

A glass of smoothie on a wooden cutting board with strawberries, blueberries, and almonds. The background is a light blue wooden surface.

No-Cook Recipe Bundle

HIGH-PROTEIN, NO-COOK MEALS
PACKED WITH NUTRITION AND
FLAVOR TO FUEL YOUR BUSY
DAYS.

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A top-down view of a white ceramic bowl filled with oatmeal, topped with several fresh raspberries. The bowl is placed on a rustic, weathered wooden surface. A semi-transparent white rectangular box is overlaid on the center of the bowl, containing the text.

No-Cook Breakfast

KICKSTART YOUR DAY

Hard Boiled Eggs, Rainbow Slaw and Cashew Breakfast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [85 g] Broccoli Slaw
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 2 tbsp [30 g] Apple Cider Vinegar
- 0.5 tbsp [7 g] Olive Oil
- 4 large [200 g] Hard-Boiled Egg
- 1 tbsp [1 8.5] Dry Roasted Cashew Nuts
- 1 Dash [1 g] Himalayan Pink Salt

DIRECTIONS

1. Mix broccoli slaw and red cabbage together in a large bowl.
2. Using your hands, massage the broccoli slaw and cabbage mix with apple cider vinegar, olive oil and salt.
3. Serve with hardboiled eggs and cashews.

NUTRITION INFO

Calories : 433.5

Fat : 29.95 g

Carbs : 11.75 g

Protein : 28.32 g

Fiber : 3.65 g

Sugar : 6.4 g

Hot Chocolate Protein, Nuts and Fruit Breakfast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 30 g Chocolate Protein Powder
- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 4 tbsp [34 g] Dry Roasted Mixed Nuts
- 0.5 cup [72.5 g] Blueberries
- 0.5 cup [76 g] Strawberries (*Cut in half*)

DIRECTIONS

1. Warm almond milk and mix in protein powder with whisk until desired likeness.
2. Measure nuts and prep fruit.
3. Serve protein drink warm and enjoy the extra time you have in the morning.

NUTRITION INFO

Calories : 447

Fat : 23.74 g

Carbs : 24.44 g

Protein : 31.85 g

Fiber : 8.5 g

Sugar : 10.76 g

Yogurt Fruit Parfait



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [227 g] Whole Milk Greek Yogurt - Vanilla
- 0.25 cup [28 g] Paleo Mix Granola
- 1 tbsp [14 g] Chia Seeds
- 1 medium [118 g] Banana
- 0.25 cup [36.25 g] Blueberries

DIRECTIONS

1. In a cup add the yogurt, granola, chia seeds, and blueberries. Option to serve the banana on the side or slice and serve over the yogurt. Enjoy!

NUTRITION INFO

Calories : 566.95 Fat : 24.91 g Carbs : 56.6 g Protein : 34.96 g Fiber : 11.23 g Sugar : 29.29 g

Banana Chia Seed Pudding



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 tbsp [56 g] Chia Seed
- 1.5 cup [367.5 g] Almond Milk
- 1 medium [118 g] Banana (*Ripe*)
- 1 tbsp [20 g] Maple Syrup
- 1 tbsp [13 g] Vanilla Extract
- 1.5 scoop (20 g) [30 g] Protein Powder - Vanilla
- 1 tbsp [7 g] Sliced Almonds

DIRECTIONS

1. Add almond milk, banana, maple syrup, vanilla extract, and protein powder to a blender and blend until combined. Pour into a bowl with the chia seeds and mix until combined.
2. Refrigerate overnight. Keep refrigerated until ready to eat and top with sliced almonds.

NUTRITION INFO

Calories : 334.5 Fat : 15.03 g Carbs : 32.56 g Protein : 22.78 g Fiber : 13.4 g Sugar : 14.99 g

PB&J Overnight Oats



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 tablespoon [32 g] Peanut Butter
- 1 cup [245 g] Almond Milk
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt - Vanilla
- 1 tbsp [21 g] Honey
- 1 tsp [4.2 g] Vanilla Extract
- 0.5 medium [59 g] Banana
- 1.5 cup [135 g] Rolled Oats Gluten Free
- 0.5 cup [61.5 g] Raspberries

DIRECTIONS

1. Add peanut butter, almond milk, Greek yogurt, honey, vanilla extract, and banana to a blender and blend until combined. Pour into a bowl with the rolled oats and mix well.
2. Refrigerate overnight. Keep refrigerated until ready to eat. Top with fresh raspberries before eating.

NUTRITION INFO

Calories : 489.93 Fat : 16.57 g Carbs : 66.68 g Protein : 21.95 g Fiber : 10.1 g Sugar : 18.14 g

Berry "Cheesecake" Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread
- 0.5 cup [113 g] Cottage Cheese (4% milk fat)
- 0.75 cup [170.25 g] Whole Milk Greek Yogurt - Vanilla
- 0.5 tsp [2 g] Monk Fruit Sweetener
- 1 tsp [4.2 g] Vanilla Extract
- 0.5 cup, halves [76 g] Strawberries (*Sliced*)
- 0.25 cup [36.25 g] Blueberries

DIRECTIONS

1. Mix cottage cheese, Greek yogurt, monk fruit sweetener, and vanilla extract in a bowl until combined to create the "cheesecake" spread. Refrigerate until ready to eat.
2. Optional: lightly toast sourdough bread slices.
3. Spread the "cheesecake" spread on top of each sourdough bread slice and top with strawberries and blueberries.

NUTRITION INFO

Calories : 493.53 Fat : 14.65 g Carbs : 53.5 g Protein : 38.35 g Fiber : 3.98 g Sugar : 17.43 g

Oatmeal Raisin Protein Balls



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [90 g] Rolled Oats Gluten Free
- 0.33 cup [84.48 g] Peanut Butter
- 0.25 cup [36.25 g] Raisins
- 1 scoop (20 g) [20 g] Protein Powder - Vanilla
- 0.25 tsp [0.57 g] Cinnamon
- 1 medium [118 g] Banana (*Mashed*)

DIRECTIONS

1. Mix all ingredients together until well combined.
2. Form into four balls per serving.
3. Refrigerate for a minimum of one hour. Enjoy chilled.

NUTRITION INFO

Calories : 556.16 Fat : 24.21 g Carbs : 65.36 g Protein : 27.93 g Fiber : 9.2 g Sugar : 21.81 g

Avocado Toast with Hard Boiled Egg



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread
- 0.5 avocado [68 g] Avocado
- 2 large [100 g] Egg (*Hard boiled*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Peel and slice the hard-boiled eggs.
2. Add the bread to a toaster and toast to your liking.
3. Evenly spread the avocado on the toast, sprinkle a dash of salt and pepper, then top off the toast with sliced egg.

NUTRITION INFO

Calories : 409

Fat : 22.49 g

Carbs : 33.18 g

Protein : 18.49 g

Fiber : 6.65 g

Sugar : 1.13 g

Cottage Cheese Banana Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 1 medium [118 g] Banana
- 0.5 tbsp [10 g] Maple Syrup
- 1 tbsp [7 g] Chopped Walnuts
- 0.5 tsp [1.15 g] Cinnamon

DIRECTIONS

1. Add the cottage cheese, 3/4 banana, maple syrup, and cinnamon to a blender. Blend until smooth.
2. Thinly slice the remaining banana.
3. Layer the cottage cheese and banana pudding with chopped walnuts and top with the banana slices and a dash of cinnamon. Enjoy as is or chilled.

NUTRITION INFO

Calories : 402

Fat : 15.05 g

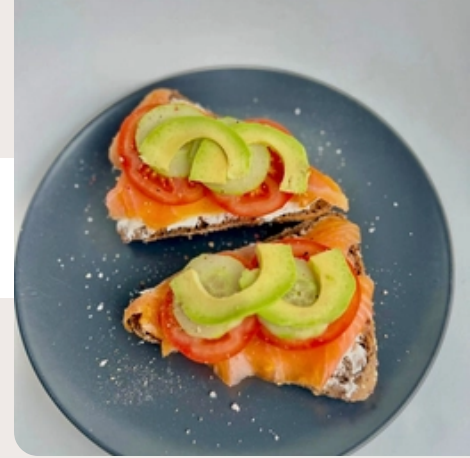
Carbs : 45.28 g

Protein : 29.24 g

Fiber : 4.2 g

Sugar : 28.65 g

Smoked Salmon Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 oz, boneless [85.05 g] Smoked Salmon (Wild Caught)
- 2 tbsp [56 g] Whole Milk Greek Yogurt Plain
- 2 slice [84 g] Sprouted Grain Bread
- 4 slice [28 g] Cucumber
- 1 medium [148 g] Tomatoes (Roma)
- 0.5 avocado [68 g] Avocado
- 1 Dash [1 g] Himalayan Pink Salt (*To Taste*)
- 1 dash [0.1 g] Black Pepper (*To Taste*)

DIRECTIONS

1. Wash the tomato and cucumber and slice thin. Pit, peel, and slice the avocado.
2. On the bread add the greek yogurt at the bottom and layer with the smoked salmon, tomato, cucumber, and avocado. Season with a little salt and pepper to taste and enjoy!

NUTRITION INFO

Calories : 526.5 Fat : 17.09 g Carbs : 47.86 g Protein : 41.26 g Fiber : 13.05 g Sugar : 8.45 g



No-Cook Lunch

RE-FUEL AND RE-ENERGIZE

Avocado Lime Shrimp Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 30 medium shrimp (shelled) [150 g] Shrimp (*Chilled cocktail shrimp cut in thirds*)
- 1 avocado [136 g] Avocado (*Diced*)
- 0.5 onion (small) [74 g] Red Onions (*Diced*)
- 2 tbsp [2 g] Cilantro (Coriander) (*Chopped*)
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [59.5 g] Bell Peppers (*Diced*)
- 2 lime [76 g] Fresh Lime Juice
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 2 serving [56 g] Grain Free Tortilla Chips

DIRECTIONS

1. Add cocktail shrimp, avocado, bell pepper, red onion, cilantro, lime juice, salt, and black pepper to a bowl and gently mix until combined. Refrigerate until ready to eat.
2. Serve with a side of grain-free tortilla chips.

NUTRITION INFO

Calories : 320.25

Fat : 16.6 g

Carbs : 22.89 g

Protein : 23.64 g

Fiber : 8.32 g

Sugar : 2.94 g

Turkey Caprese Sandwich



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 slice [220 g] Organic Oven Roasted Turkey Breast (*Sliced*)
- 2 oz [56.7 g] Mozzarella Cheese (Whole Milk) (*Sliced*)
- 2 medium [296 g] Tomatoes (Roma) (*Sliced*)
- 6 leaves [3 g] Basil (*Thinly sliced*)
- 2 tbsp [30 g] Balsamic Glaze
- 4 medium slice (4-3/4" x 4" x 1/2") [100 g] Sour Dough Bread

DIRECTIONS

1. Option to toast sourdough bread slices.
2. Spread a thin layer of balsamic glaze on each sourdough bread slice.
3. Top half of the sourdough bread slices with turkey, mozzarella cheese, tomatoes, and basil. The remaining sourdough bread slices should be placed on top of each ingredient-topped slice to close the sandwich.

NUTRITION INFO

Calories : 391.6

Fat : 8.85 g

Carbs : 34.65 g

Protein : 33.73 g

Fiber : 4.66 g

Sugar : 5.42 g

Italian Chicken Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 oz, boneless, cooked [56.7 g] Rotisserie Chicken (*Chopped*)
- 1 slices [28.33 g] Mozzarella Cheese (Whole Milk)
- 0.5 medium [74 g] Tomatoes (Roma)
- 0.25 cup, hearts [65 g] Cooked Artichoke (Canned/Jarred)
- 0.25 cup [5 g] Arugula (Rocket)
- 1 tbsp [15 g] Balsamic Glaze
- 1 large [56 g] Tortilla

DIRECTIONS

1. Chop the rotisserie chicken into small chunks and set aside.
2. Wash the tomato and arugula, then slice the tomato. Chop the artichoke into small pieces as well.
3. Place the tortilla on a plate and add the chicken, artichoke, tomato, mozzarella and arugula. Drizzle the balsamic glaze and enjoy!

NUTRITION INFO

Calories : 462.5

Fat : 17.61 g

Carbs : 42.02 g

Protein : 29.1 g

Fiber : 10.25 g

Sugar : 6 g

Succotash Toast



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 medium slice (4-3/4" x 4" x 1/2") [100 g] Sour Dough Bread
- 0.25 onion (small) [37 g] Red Onions (*Thinly Sliced*)
- 0.5 cup [85 g] Edamame (Shelled)
- 1 oz [28 g] Roasted Red Peppers (*Thinly sliced*)
- 0.5 can [170 g] Yellow Sweet Corn (canned, 15.5 oz) (*Drained*)
- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 1 tbsp [5 g] Nutritional Yeast
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper

DIRECTIONS

1. Optional: lightly toast sourdough bread slices.
2. Mix the cottage cheese, nutritional yeast, salt, and black pepper in a bowl until combined.
3. Mix corn, red onion, roasted red peppers, and edamame in a bowl until combined.
4. Spread the cottage cheese on top of each sourdough slice and top with succotash mix. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 379.88

Fat : 8.98 g

Carbs : 54.24 g

Protein : 25.27 g

Fiber : 6.14 g

Sugar : 8.37 g

Vegetable Dip



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [149 g] Baby Carrots
- 2 serving [56 g] Grain Free Tortilla Chips
- 2 cup [454 g] Whole Milk Greek Yogurt Plain
- 2 tbsp [10 g] Nutritional Yeast
- 1 tbsp [1.3 g] Parsley (Dried)
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 0.5 tsp [1.05 g] Paprika
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.4 g] Onion Powder
- 2 tsp [2 g] Dill (Dried)
- 2 tsp [9.4 g] Lemon Juice

DIRECTIONS

1. Add Greek yogurt, nutritional yeast, parsley, salt, black pepper, paprika, onion powder, garlic powder, dill, and lemon juice to a bowl and mix until combined. Refrigerate until ready to eat.
2. Serve with baby carrots and grain-free tortilla chips for dipping.

NUTRITION INFO

Calories : 381.95 Fat : 14.18 g Carbs : 33.77 g Protein : 31.74 g Fiber : 5.77 g Sugar : 11.27 g

Guilt-Free Ranch Dip Lunch



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 0.5 tsp [0.5 g] Dill (Dried)
- 0.5 tsp [3 g] Salt
- 0.5 tsp [1.4 g] Garlic Powder
- 0.5 tsp [1.2 g] Onion Powder
- 0.25 cup, whole [35.75 g] Almonds
- 1 medium [201 g] Cucumber (*Sliced*)
- 1 cup, sliced [92 g] Sweet Red Peppers
- 0.5 cup [74.5 g] Baby Carrots

DIRECTIONS

1. Add seasonings to yogurt and mix well.
2. Cut veggies and enjoy.

NUTRITION INFO

Calories : 405.75 Fat : 18.85 g Carbs : 32.22 g Protein : 32.66 g Fiber : 10.07 g Sugar : 18.51 g

Hummus and Veggie Turkey Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 tortillas [25 g] Cassava Flour Tortillas
- 3 slice [165 g] Organic Oven Roasted Turkey Breast
- 2 tbsp [30 g] Hummus
- 0.1 medium [20.1 g] Cucumber
- 0.5 medium [30.5 g] Carrots
- 2 tbsp [17 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Evenly spread the hummus on the tortilla.
2. Add the turkey breast to the tortilla.
3. Thinly slice the cucumber and carrots and add to the tortilla. Roll up and enjoy!
4. Serve with a side of dry roasted mixed nuts.

NUTRITION INFO

Calories : 410.9

Fat : 17.21 g

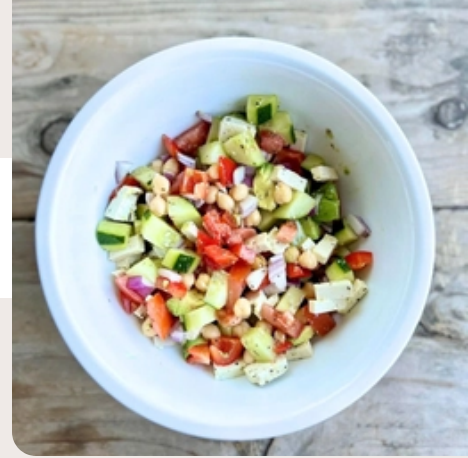
Carbs : 20.85 g

Protein : 37.9 g

Fiber : 4.49 g

Sugar : 2.16 g

Avocado, Chickpea and Tofu Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 cup [125 g] Chickpeas (canned and drained)
- 0.25 medium [50.25 g] Cucumber
- 0.5 medium [74 g] Tomatoes (Roma)
- 2 tbsp, chopped [10 g] Red Onions
- 0.25 medium (approx 2-3/4" long, 2-1/2" dia) [28.5 g] Red Bell Pepper
- 0.25 avocado [34 g] Avocado
- 0.5 small lemon [15 g] Lemon Juice
- 1 tbsp [14 g] Olive Oil
- 4 oz [112 g] Firm Tofu
- 0.25 tsp [0.45 g] Italian Seasoning

DIRECTIONS

1. Dice the cucumber, bell pepper, red onion, avocado and tofu. Add to a medium sized bowl with the chickpeas.
2. Squeeze the lemon juice over top. Add the olive oil, Italian seasoning and a dash of salt and pepper. Mix well and enjoy!

NUTRITION INFO

Calories : 471.45

Fat : 26.37 g

Carbs : 41.39 g

Protein : 17.29 g

Fiber : 11.23 g

Sugar : 4.63 g

Pickled Egg Salad (Oil Free)



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 large [150 g] Egg (*Hardboiled*)
- 0.5 avocado [68 g] Avocado (*Peeled and chopped*)
- 0.25 cup [38.75 g] Pickles (*Chopped*)
- 1 tbsp, chopped [5 g] Red Onions
- 0.5 tsp [0.5 g] Dill (*Dried*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup [40 g] Arugula (*Rocket*)
- 0.5 tbsp [4.4 g] Dry Roasted Sunflower Seeds (*with Salt Added*)

DIRECTIONS

1. Peel and chop the hard boiled eggs.
2. In a mixing bowl combine the chopped eggs, avocado, red onion, pickles, dill, salt, and pepper. Mix well.
3. Serve egg mixture over a bed of arugula and top with sunflower seeds.

NUTRITION INFO

Calories : 399.95

Fat : 28.58 g

Carbs : 14.07 g

Protein : 22.76 g

Fiber : 7.37 g

Sugar : 4.4 g

Cottage Cheese Crunch Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 1 large [50 g] Egg (*Hard boiled and peeled*)
- 8 tomato [136 g] Cherry Tomatoes (*Halved*)
- 0.5 medium [100.5 g] Cucumber (*Chopped*)
- 1 tbsp, chopped [5 g] Red Onions (*Chopped*)
- 0.5 tbsp, ground [3.25 g] Flaxseeds
- 1 medium [118 g] Banana

DIRECTIONS

1. Put the cottage cheese in a bowl and layer with the sliced tomatoes, chopped cucumber, chopped red onion, chopped parsley, hard boiled egg, flaxseed, salt, and pepper.
2. Serve with a side of fruit.

NUTRITION INFO

Calories : 463.5

Fat : 17.06 g

Carbs : 47.96 g

Protein : 36.28 g

Fiber : 6.7 g

Sugar : 28.74 g



No-Cook Dinner

FINISH STRONG

Rotisserie Chicken and Avocado Tostadas



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 shells [66 g] Corn Tostada
- 6 oz, boneless, cooked [170.1 g] Rotisserie Chicken (*Shredded*)
- 0.5 avocado [68 g] Avocado (*Thinly sliced*)
- 6 leaf, medium [12 g] Iceberg Lettuce (*Thinly sliced*)
- 0.25 onion (small) [37 g] Red Onions (*Thinly Sliced*)
- 1 Lime [38 g] Fresh Lime Juice
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 tbsp [14 g] Hot Sauce
- 0.25 cup [60 g] Plain Non Fat Greek Yogurt

DIRECTIONS

1. Add Greek yogurt, lime juice, salt, black pepper, and hot sauce to a bowl and mix until combined to create a sauce. Refrigerate until ready to use.
2. Top each corn tostada with rotisserie chicken, avocado, red onion, iceberg lettuce, and a drizzle of Greek yogurt lime sauce.

NUTRITION INFO

Calories : 439.75 Fat : 23.07 g Carbs : 29.82 g Protein : 28.78 g Fiber : 5.01 g Sugar : 2.71 g

Smoked Salmon Pita



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 8 oz, boneless [226.8 g] Smoked Salmon (Wild Caught)
- 2 tbsp, drained [17.2 g] Capers
- 0.25 onion (small) [37 g] Red Onions (*Thinly sliced*)
- 1 cup [20 g] Arugula (Rocket)
- 0.5 cup [123 g] Ricotta Cheese (Whole Milk)
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 small lemon [30 g] Lemon Juice
- 2 medium pita (5-1/4" dia) [90 g] Pita Bread

DIRECTIONS

1. Add ricotta cheese, salt, black pepper, and lemon juice to a bowl and mix until combined. Refrigerate until ready to use.
2. Spread a layer of the ricotta cheese mixture on each pita bread.
3. Top pita bread with arugula, smoked salmon, red onions, and capers. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 373.88

Fat : 10.7 g

Carbs : 28.77 g

Protein : 40.91 g

Fiber : 1.81 g

Sugar : 1.27 g

Chicken Brussels Sprouts Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 6 oz, boneless, cooked [170.1 g] Rotisserie Chicken (*Shredded*)
- 3 cup [264 g] Brussels Sprouts (*Thinly shaved*)
- 0.25 cup [10 g] Unsweetened Dried Cranberries
- 2 tbsp [14 g] Chopped Walnuts
- 2 tbsp [10 g] Parmesan Cheese (*Shredded*)
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [21 g] Honey
- 1 tbsp [16.5 g] Dijon Mustard
- 1 tbsp [14 g] Olive Oil
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper

DIRECTIONS

1. Add apple cider vinegar, honey, dijon mustard, olive oil, kosher salt, and black pepper to a bowl and mix until combined to create a dressing.
2. Add rotisserie chicken, brussels sprouts, cranberries, walnuts, parmesan cheese, and dressing to a large bowl and gently mix until all ingredients are combined. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 439.75 Fat : 24.87 g Carbs : 26.24 g Protein : 31.88 g Fiber : 7.36 g Sugar : 13.17 g

No-Cook Chicken Fajitas



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 2 tbsp [18 g] Fajita Seasoning
- 1 cup [130 g] Roasted Red Pepper (*Chopped*)
- 0.5 onion (small) [74 g] Red Onions (*Chopped*)
- 1 oz [28.35 g] Cheddar Cheese (*Shredded*)
- 3 tablespoon [48 g] Salsa
- 0.5 serving [14 g] Grain Free Tortilla Chips
- 1 pepper [22 g] Jalapeno Peppers (*Optional: Sliced*)

DIRECTIONS

1. Mix fajita seasoning, red peppers, and red onion in with canned chicken.
2. Optional top with jalapenos
3. Serve with a side of shredded cheese, salsa, grain free chips or grain free tortillas.

NUTRITION INFO

Calories : 527

Fat : 21.63 g

Carbs : 36.65 g

Protein : 42.03 g

Fiber : 4.9 g

Sugar : 11.24 g

Spicy Bean Salad with Savory Tofu



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 12 oz [336 g] Firm Tofu (*Pre-cooked tofu cut into cubes*)
- 1 cup [256 g] Kidney Beans (Canned) (*Drained and rinsed*)
- 1 cup [262 g] Great Northern Beans (Canned) (*Drained and rinsed*)
- 1 tbsp [14 g] Olive Oil
- 1 medium [201 g] Cucumber (*Peeled and chopped*)
- 1 clove [3 g] Garlic (*Minced*)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tsp [1.8 g] Red or Cayenne Pepper
- 1 tsp [2.6 g] Chili Powder
- 1 tsp [2.1 g] Paprika

DIRECTIONS

1. Rinse and drain beans.
2. Add cucumber, olive oil and seasoning to beans and mix well.
3. Top with pre-baked tofu. (optional: add Italian seasoning for garnish).
4. Serve chilled or keep in the refrigerator up to 3 days.

NUTRITION INFO

Calories : 477.8

Fat : 16.51 g

Carbs : 54.78 g

Protein : 31.25 g

Fiber : 14.95 g

Sugar : 4.07 g

Mediterranean Salad with Rotisserie Chicken



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 0.25 tsp, ground [0.15 g] Oregano
- 0.25 tsp [0.7 g] Garlic Powder
- 0.25 medium [50.25 g] Cucumber
- 0.25 medium (approx 2-3/4" long, 2-1/2" dia) [28.5 g] Red Bell Pepper
- 0.5 cup [74.5 g] Cherry Tomatoes
- 1 tbsp (packed) [15 g] Feta Cheese
- 1 tbsp, chopped [5 g] Red Onions
- 4 oz, boneless, cooked [113.4 g] Rotisserie Chicken

DIRECTIONS

1. Whisk together the olive oil, apple cider vinegar, oregano, garlic powder and a dash of salt and pepper. Set aside.
2. Dice the cucumber, bell pepper, red onion and cherry tomatoes. Add to a bowl and toss with the dressing.
3. Top with feta cheese and rotisserie chicken.

NUTRITION INFO

Calories : 467.6

Fat : 32.36 g

Carbs : 9.15 g

Protein : 34.37 g

Fiber : 3.76 g

Sugar : 5.44 g

Tuna Salad Lettuce Wraps



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (6.5 oz), drained [167 g] Tuna in Water (Canned)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.25 stalk [10 g] Celery
- 1 medium [61 g] Carrots
- 2 leaf [40 g] Romaine Lettuce
- 1 medium (2-5/8" dia) [131 g] Orange

DIRECTIONS

1. Dice the celery and add to a bowl with the tuna and mayonnaise. Season with a dash of salt and pepper; mix well.
2. Evenly divide the tuna and place onto the lettuce leaves. Serve with a side of sliced carrots.
3. Serve with an orange on the side.

NUTRITION INFO

Calories : 389.5

Fat : 13.7 g

Carbs : 22.03 g

Protein : 44.97 g

Fiber : 5.2 g

Sugar : 15.2 g

Salmon Poke Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz, boneless, raw [113.4 g] Salmon (*Sushi grade*)
- 1 medium [201 g] Cucumber
- 0.5 avocado [68 g] Avocado
- 0.25 cup [42.5 g] Edamame (Shelled)
- 1.5 oz, canned, yields [30 g] Cooked Yellow Corn (Canned)
- 3 leaf, medium medium [45 g] Butterhead Lettuce
- 1 tbsp (1/8 cup) [5 g] Wakame Seaweed
- 0.5 tbsp [6.8 g] Sesame Oil
- 1 tbsp [14 g] Coconut Aminos
- 1 tsp [11 g] Ginger

DIRECTIONS

1. Pat the salmon dry (make sure it is sushi-grade salmon) and cut into bite-sized pieces.
2. In a bowl, add the coconut aminos, sesame oil, and grated ginger.
3. Add the coconut aminos mixture with the cut salmon and set aside.
4. Slice the avocado, cucumber, and lettuce.
5. Drain the canned corn and rinse thoroughly.
6. Build the poke bowl with the lettuce on the bottom and all other ingredients on top. Drizzle with the coconut amino dressing.

NUTRITION INFO

Calories : 483

Fat : 27.96 g

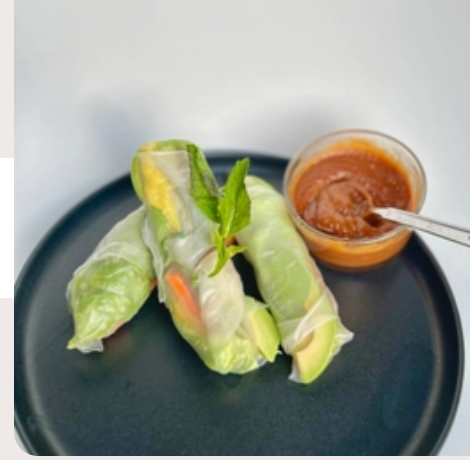
Carbs : 27.92 g

Protein : 32.56 g

Fiber : 9.26 g

Sugar : 11.25 g

Chicken Mango Avocado Rolls



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 medium paper [42.6 g] Rice Paper
- 3 oz, boneless, cooked [85.05 g] Rotisserie Chicken
- 0.5 avocado [68 g] Avocado
- 3 leaf, medium medium [45 g] Butterhead Lettuce
- 0.25 cup [41.25 g] Mango
- 0.25 cup [28.25 g] Shredded Carrots
- 1 tablespoon [16 g] Peanut Butter
- 0.5 tbsp [7 g] Coconut Aminos
- 1 tsp [4.5 g] Sesame Oil
- 1 tbsp [3 g] Mint
- 1 clove [3 g] Garlic

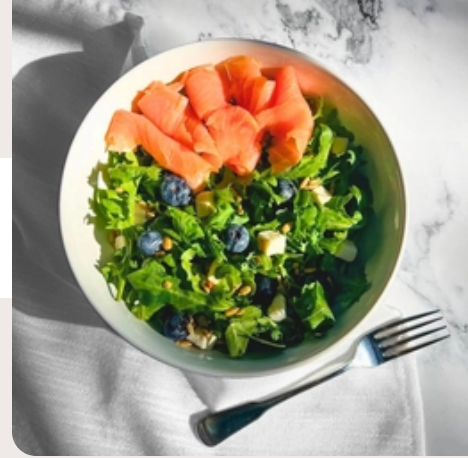
DIRECTIONS

1. Cut the avocado, mango, and carrots into matchstick-sized pieces and set aside. Mince the garlic.
2. In a bowl, mix together the peanut butter, coconut aminos, sesame oil, honey, and minced garlic.
3. In a bowl of hot water, soak the rice paper for 30 seconds.
4. Remove the rice paper from the water and build the rolls by placing the lettuce leaf on the rice paper and layering with the chicken, mango, avocado, carrots, and mint leaf. Roll tightly and serve with the peanut dipping sauce.

NUTRITION INFO

Calories : 558.42 Fat : 35.41 g Carbs : 33.2 g Protein : 30.01 g Fiber : 8.43 g Sugar : 13.98 g

Berry Salmon Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup [40 g] Arugula (Rocket)
- 2 oz [56.7 g] Mozzarella Cheese (Part Skim Milk)
- 0.25 cup [36.25 g] Blueberries
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 2 oz, boneless [56.7 g] Smoked Salmon (Wild Caught)
- 1 slice [42 g] Sprouted Grain Bread
- 1 tbsp [14 g] Lemon Juice
- 0.5 tbsp [7 g] Olive Oil

DIRECTIONS

1. Top arugula with all other ingredients. Toss with lemon juice and olive oil.

NUTRITION INFO

Calories : 453.15 Fat : 22.07 g Carbs : 29.37 g Protein : 36.43 g Fiber : 6.76 g Sugar : 7.25 g