



High Protein Athlete Program - Carnivores



Ricky Trigalo

<https://www.rickytrigalnutrition.com/>

Hi,

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will help you create your very own delicious meal plan.

How to Use This Guide

This guide contains a blank plan and a list of the recipes I have selected for you.

- Look through the recipes and select meals that appeal to you.
- Add them to your plan by clicking the "Add" button.
- Set the number of servings you'd like the recipe to create.
- Continue to add meals to your plan until it is complete to your liking.

Grocery List

As you add meals to your plan, you'll notice that your grocery list is automatically generated. You can view it by clicking on the "List" tab from your plan. Your list is organized by category so that you know exactly what you need in each section of the grocery store. When your plan is done, get the list and do your shopping.






























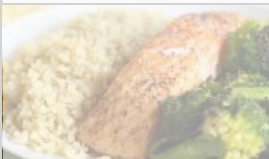












Meal Prep

Once you have done your shopping, you may want to do some meal prep. This is optional but can really help set you up for a successful week. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.






















Now you are all set to follow your meal plan! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Vanilla Blueberry Protein Oatmeal	 Creamy Vanilla Blueberry Protein Oatmeal	 Savory Egg & Beef Oats	 Savory Egg & Beef Oats	 Savory Egg & Beef Oats	 Creamy Apple Pie Protein Oatmeal	 Creamy Apple Pie Protein Oatmeal
Snack 1	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Banana & Zucchini Protein Baked Oatmeal	 Apple & Peanut Butter Smoothie	 Apple	 Greek Yogurt with Clementines & Pumpkin...	 Cherries, Banana & Cottage Cheese
Lunch	 Baked Salmon with Broccoli & Quinoa	 Italian Chicken & Rice Meal Prep Bowl	 Baked Salmon with Broccoli & Quinoa	 Chicken & Kale Skillet with Chickpea Pasta	 Beef, Zucchini & Mushrooms with Brown Rice	 Chicken & Chickpea Pasta Salad	 Salmon Quinoa Salad
Snack 2	 Vanilla Protein Pancakes	 Vanilla Protein Pancakes	 Greek Yogurt with Clementines & Pumpkin...	 Banana & Zucchini Protein Baked Oatmeal	 Cottage Cheese with Cherries & Pumpkin Seeds	 Banana & Zucchini Protein Baked Oatmeal	 Banana & Zucchini Protein Baked Oatmeal
Dinner	 Italian Chicken & Rice Meal Prep Bowl	 Baked Salmon with Broccoli & Quinoa	 Chicken & Kale Skillet with Chickpea Pasta	 Beef, Zucchini & Mushrooms with Brown Rice	 Chicken & Chickpea Pasta Salad	 Salmon Quinoa Salad	 Chicken & Chickpea Pasta Salad
Snack 3	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana	 Cherries, Banana & Cottage Cheese	 Vanilla Protein Pancakes	 Vanilla Protein Pancakes	 Blueberry Banana Protein Smoothie	 Whipped Peanut Butter Yogurt Bowl



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  33%	Fat  31%	Fat  35%	Fat  28%	Fat  28%
Carbs  36%	Carbs  36%	Carbs  36%	Carbs  39%	Carbs  34%	Carbs  41%	Carbs  41%
Protein  31%	Protein  31%	Protein  31%	Protein  30%	Protein  31%	Protein  31%	Protein  31%
Calories 2770	Calories 2770	Calories 2816	Calories 2858	Calories 2708	Calories 2792	Calories 2706
Fat 103g	Fat 103g	Fat 106g	Fat 103g	Fat 107g	Fat 92g	Fat 87g
Carbs 254g	Carbs 254g	Carbs 261g	Carbs 284g	Carbs 234g	Carbs 295g	Carbs 284g
Fiber 34g	Fiber 34g	Fiber 45g	Fiber 51g	Fiber 41g	Fiber 44g	Fiber 37g
Sugar 82g	Sugar 82g	Sugar 84g	Sugar 85g	Sugar 86g	Sugar 116g	Sugar 112g
Protein 222g	Protein 222g	Protein 229g	Protein 218g	Protein 218g	Protein 223g	Protein 217g
Cholesterol 1018mg	Cholesterol 1018mg	Cholesterol 626mg	Cholesterol 936mg	Cholesterol 875mg	Cholesterol 368mg	Cholesterol 400mg
Sodium 1013mg	Sodium 1013mg	Sodium 1935mg	Sodium 1461mg	Sodium 1575mg	Sodium 1589mg	Sodium 2013mg
Vitamin A 6925IU	Vitamin A 6925IU	Vitamin A 8627IU	Vitamin A 7632IU	Vitamin A 3636IU	Vitamin A 5830IU	Vitamin A 5478IU
Vitamin C 336mg	Vitamin C 336mg	Vitamin C 376mg	Vitamin C 157mg	Vitamin C 86mg	Vitamin C 199mg	Vitamin C 119mg
Calcium 1951mg	Calcium 1951mg	Calcium 1517mg	Calcium 1423mg	Calcium 1238mg	Calcium 2295mg	Calcium 1747mg
Iron 19mg	Iron 19mg	Iron 28mg	Iron 29mg	Iron 24mg	Iron 21mg	Iron 18mg
Vitamin B6 5.2mg	Vitamin B6 5.2mg	Vitamin B6 10.2mg	Vitamin B6 25.4mg	Vitamin B6 25.0mg	Vitamin B6 4.8mg	Vitamin B6 4.6mg
Vitamin B12 9.7µg	Vitamin B12 9.7µg	Vitamin B12 35.0µg	Vitamin B12 99.3µg	Vitamin B12 99.5µg	Vitamin B12 10.0µg	Vitamin B12 10.3µg
Magnesium 827mg	Magnesium 827mg	Magnesium 745mg	Magnesium 629mg	Magnesium 660mg	Magnesium 884mg	Magnesium 667mg
Zinc 18mg	Zinc 18mg	Zinc 21mg	Zinc 26mg	Zinc 26mg	Zinc 18mg	Zinc 15mg
Selenium 192µg	Selenium 192µg	Selenium 189µg	Selenium 197µg	Selenium 191µg	Selenium 144µg	Selenium 159µg





Fruits

- 3 Apple
- 15 Banana
- 3 1/8 cups Blueberries
- 1 1/4 cups Cherries
- 6 Clementines
- 1 Lemon
- 1/4 cup Lemon Juice

Breakfast

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

Seeds, Nuts & Spices

- 1 3/4 tsps Cinnamon
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2 1/2 tsps Italian Seasoning
- 1 1/3 cups Pumpkin Seeds
- 1 1/2 tsps Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 4 Ice Cubes

Vegetables

- 7 cups Broccoli
- 3 1/2 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1 Cucumber
- 9 cups Kale Leaves
- 2 3/4 cups Mushrooms
- 1/4 cup Parsley
- 2/3 cup Red Onion
- 2 1/2 Zucchini

Boxed & Canned

- 1 cup Brown Rice
- 1 cup Canned Coconut Milk
- 9 1/2 ozs Chickpea Pasta
- 1 1/4 cups Quinoa

Baking

- 1 1/2 tsps Baking Powder
- 2 tsps Honey
- 1/3 cup Nutritional Yeast
- 5 2/3 cups Oats

Bread, Fish, Meat & Cheese

- 2 1/4 lbs Chicken Breast
- 1 1/2 lbs Extra Lean Ground Beef
- 1 2/3 lbs Salmon Fillet

Condiments & Oils

- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil

Cold

- 2 3/4 cups Cottage Cheese
- 17 Egg
- 10 1/2 cups Plain Greek Yogurt
- 3 1/2 cups Unsweetened Almond Milk

Other

- 3 1/8 cups Vanilla Protein Powder
- 1 1/2 cups Water



Creamy Vanilla Blueberry Protein Oatmeal

2 servings

15 minutes

Ingredients

- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 2 cups Plain Greek Yogurt
- 1 cup Blueberries
- 2 tbsps Pumpkin Seeds
- 2 tsps Honey

Nutrition

Amount per serving	
Calories	484
Fat	12g
Carbs	57g
Fiber	7g
Sugar	19g
Protein	40g
Cholesterol	36mg
Sodium	163mg
Vitamin A	1291IU
Vitamin C	22mg
Calcium	586mg
Iron	3mg
Vitamin B6	0.2mg
Vitamin B12	0.3µg
Magnesium	132mg
Zinc	3mg
Selenium	16µg

Directions

- 1 Cook the oats according to the package directions.
- 2 Stir the protein powder into the yogurt.
- 3 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

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

Additional Toppings: Cinnamon, chia seeds, ground flax seeds, shredded coconut.



Savory Egg & Beef Oats

3 servings

20 minutes

Ingredients

- 1 1/2 cups Oats (rolled)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- 2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	540
Fat	25g
Carbs	31g
Fiber	6g
Sugar	1g
Protein	46g
Cholesterol	284mg
Sodium	194mg
Vitamin A	628IU
Vitamin C	7mg
Calcium	89mg
Iron	7mg
Vitamin B6	5.8mg
Vitamin B12	26.3µg
Magnesium	96mg
Zinc	9mg
Selenium	54µg

Directions

- 1 Cook the oats according to package directions.
- 2 Heat the oil in a pan over medium heat. Add the beef and break it up as it cooks. Cook for seven to 10 minutes or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 3 Add the mushrooms and kale to the beef. Crack the eggs over the mixture and stir to combine. Cook for five minutes, or until the mushrooms are soft. Stir often to ensure the eggs are cooked through.
- 4 Divide the oats and beef mixture evenly between bowls and top with the nutritional yeast. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

More Flavor: Add sea salt, pepper, garlic, onions and/or chilli flakes.

Additional Toppings: Top with sliced cherry tomatoes and/or avocado.



Creamy Apple Pie Protein Oatmeal

2 servings

20 minutes

Ingredients

- 1 Apple (diced small)
- 2 tbsps Water
- 2 tbsps Maple Syrup (plus more for garnish)
- 1 tsp Cinnamon (plus more for garnish)
- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 2 cups Plain Greek Yogurt
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	535
Fat	13g
Carbs	68g
Fiber	8g
Sugar	28g
Protein	40g
Cholesterol	36mg
Sodium	166mg
Vitamin A	1304IU
Vitamin C	19mg
Calcium	625mg
Iron	4mg
Vitamin B6	0.2mg
Vitamin B12	0.3µg
Magnesium	159mg
Zinc	4mg
Selenium	15µg

Directions

- 1 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 2 Cook the oats according to the package directions.
- 3 Stir the protein powder into the yogurt.
- 4 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size: One serving is approximately two cups.

Additional Toppings: Cinnamon, chia seeds, ground flax seeds, nuts.



Orange & Yogurt Breakfast Box

2 servings

15 minutes

Ingredients

- 4 Egg
- 2 Clementines (peeled, sectioned)
- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	494
Fat	29g
Carbs	22g
Fiber	3g
Sugar	12g
Protein	39g
Cholesterol	397mg
Sodium	250mg
Vitamin A	1482IU
Vitamin C	48mg
Calcium	468mg
Iron	5mg
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	210mg
Zinc	4mg
Selenium	34µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of greek yogurt.



Banana & Zucchini Protein Baked Oatmeal

4 servings

1 hour 10 minutes

Ingredients

- 1 Zucchini (medium, shredded)
- 2 cups Oats (rolled)
- 1 cup Vanilla Protein Powder
- 2 Egg
- 1 cup Canned Coconut Milk
- 2 tbsps Maple Syrup
- 1 1/2 tps Baking Powder
- 1/2 tsp Sea Salt
- 4 Banana (medium, ripe, divided)

Nutrition

Amount per serving	
Calories	521
Fat	17g
Carbs	66g
Fiber	8g
Sugar	23g
Protein	30g
Cholesterol	97mg
Sodium	575mg
Vitamin A	309IU
Vitamin C	19mg
Calcium	276mg
Iron	3mg
Vitamin B6	0.7mg
Vitamin B12	0.8µg
Magnesium	149mg
Zinc	4mg
Selenium	27µg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 2 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 3 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 4 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

Notes

Leftovers: Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

Serving Size: One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

Make it Vegan: Use flax eggs instead of eggs.

More Flavor: Add cinnamon or chocolate chips.

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



Apple & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp All Natural Peanut Butter
- 3/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	66g
Fiber	12g
Sugar	35g
Protein	17g
Cholesterol	2mg
Sodium	186mg
Vitamin A	679IU
Vitamin C	19mg
Calcium	558mg
Iron	2mg
Vitamin B6	0.7mg
Vitamin B12	0.3µg
Magnesium	124mg
Zinc	2mg
Selenium	8µg



Blueberry Banana Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Blueberries
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	490
Fat	19g
Carbs	59g
Fiber	11g
Sugar	32g
Protein	29g
Cholesterol	4mg
Sodium	246mg
Vitamin A	779IU
Vitamin C	25mg
Calcium	714mg
Iron	2mg
Vitamin B6	0.8mg
Vitamin B12	0.6µg
Magnesium	150mg
Zinc	3mg
Selenium	9µg

Directions

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

Notes

Nut-Free: Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

No Almond Milk: Use any other milk.

Consistency: For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	9mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Slice into wedges, or enjoy whole.



Greek Yogurt with Clementines & Pumpkin Seeds

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 2 Clementines (peeled)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	431
Fat	21g
Carbs	33g
Fiber	4g
Sugar	20g
Protein	33g
Cholesterol	34mg
Sodium	144mg
Vitamin A	1255IU
Vitamin C	88mg
Calcium	559mg
Iron	4mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	206mg
Zinc	3mg
Selenium	3µg

Directions

- 1 Combine the yogurt, clementines, and pumpkin seeds in a bowl. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is equal to one cup of yogurt, two clementines, and 1/4 cup of pumpkin seeds.

Make it Vegan: Use dairy-free yogurt instead.

More Flavor: Use vanilla yogurt.

Additional Toppings: Cacao nibs or dried goji berries.



Cherries, Banana & Cottage Cheese

1 serving

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 1 Banana (medium, sliced)
- 1/2 cup Cherries (pitted, fresh or frozen)

Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	46g
Fiber	5g
Sugar	30g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	419IU
Vitamin C	16mg
Calcium	190mg
Iron	1mg
Vitamin B6	0.6mg
Vitamin B12	0.9µg
Magnesium	57mg
Zinc	1mg
Selenium	22µg

Directions

- 1 Top the cottage cheese with banana slices and cherries. Enjoy!

Notes

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

Make it Vegan: Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



Baked Salmon with Broccoli & Quinoa

3 servings

20 minutes

Ingredients

- 15 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Broccoli (sliced into small florets)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3/4 cup Quinoa (uncooked)
- 1 1/8 cups Water
- 1/3 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	465
Fat	17g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	43g
Cholesterol	72mg
Sodium	175mg
Vitamin A	1370IU
Vitamin C	165mg
Calcium	128mg
Iron	4mg
Vitamin B6	1.6mg
Vitamin B12	6.7µg
Magnesium	167mg
Zinc	3mg
Selenium	50µg

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Vanilla Protein Pancakes

4 servings

15 minutes

Ingredients

- 4 Banana (plus extra for topping)
- 8 Egg
- 1 cup Vanilla Protein Powder
- 2 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	376mg
Sodium	181mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	176mg
Iron	2mg
Vitamin B6	0.8mg
Vitamin B12	1.5µg
Magnesium	91mg
Zinc	3mg
Selenium	38µg

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Cottage Cheese with Cherries & Pumpkin Seeds

1 serving

5 minutes

Ingredients

3/4 cup Cottage Cheese

3 tbsps Pumpkin Seeds

1/4 cup Cherries

Nutrition

Amount per serving	
Calories	314
Fat	19g
Carbs	14g
Fiber	2g
Sugar	9g
Protein	25g
Cholesterol	27mg
Sodium	498mg
Vitamin A	249IU
Vitamin C	3mg
Calcium	147mg
Iron	2mg
Vitamin B6	0.1mg
Vitamin B12	0.7µg
Magnesium	160mg
Zinc	3mg
Selenium	18µg

Directions

- 1 Add all ingredients to a bowl and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Add cinnamon, protein powder, and/or maple syrup/honey.

Additional Toppings: Hemp seeds and/or cacao nibs.



Italian Chicken & Rice Meal Prep Bowl

2 servings

35 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 10 ozs Chicken Breast (cut into large cubes)
- 1 cup Broccoli (cut into small florets)
- 1/4 cup Red Onion (cut into thick slices)
- 1/2 cup Cherry Tomatoes
- 1 Zucchini (small, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	448
Fat	13g
Carbs	45g
Fiber	5g
Sugar	5g
Protein	38g
Cholesterol	103mg
Sodium	92mg
Vitamin A	833IU
Vitamin C	65mg
Calcium	57mg
Iron	2mg
Vitamin B6	1.7mg
Vitamin B12	0.3µg
Magnesium	127mg
Zinc	3mg
Selenium	42µg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 4 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 5 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

Notes

Leftovers: Refrigerate for up to three days.

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

Additional Toppings: Avocado or dipping sauce, like tzatziki or hummus.

No Brown Rice: Omit or use white rice, quinoa, or cauliflower rice instead.



Chicken & Kale Skillet with Chickpea Pasta

2 servings

20 minutes

Ingredients

- 5 ozs Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 10 ozs Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (stems removed and leaves chopped)
- 1/4 cup Water
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Red Pepper Flakes

Nutrition

Amount per serving	
Calories	500
Fat	16g
Carbs	45g
Fiber	14g
Sugar	7g
Protein	52g
Cholesterol	103mg
Sodium	184mg
Vitamin A	4646IU
Vitamin C	81mg
Calcium	275mg
Iron	9mg
Vitamin B6	1.3mg
Vitamin B12	0.3µg
Magnesium	70mg
Zinc	1mg
Selenium	33µg

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 3 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 4 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

Make it Vegan: Omit the chicken.

More Flavor: Add minced garlic, lemon juice, parmesan and/or shallots.

Additional Toppings: Freshly parsley and/or hemp seeds.



Beef, Zucchini & Mushrooms with Brown Rice

2 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 1 tsp Extra Virgin Olive Oil
- 2 1/4 cups Mushrooms (sliced)
- 1/2 Zucchini (medium, chopped)
- 8 ozs Extra Lean Ground Beef
- 1/4 cup Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Parsley

Nutrition

Amount per serving	
Calories	492
Fat	16g
Carbs	47g
Fiber	7g
Sugar	4g
Protein	40g
Cholesterol	74mg
Sodium	141mg
Vitamin A	754IU
Vitamin C	21mg
Calcium	49mg
Iron	6mg
Vitamin B6	16.1mg
Vitamin B12	70.1µg
Magnesium	99mg
Zinc	7mg
Selenium	37µg

Directions

- 1 Cook rice according to the package directions.
- 2 Meanwhile, heat the oil in a large pan over medium heat. Add the mushrooms and cook for five minutes, until starting to soften.
- 3 Add the zucchini and ground beef. Continue to cook for 10 minutes, or until the beef is thoroughly cooked and the zucchini is softened. Add the nutritional yeast, salt, and pepper.
- 4 Serve with rice and top with parsley. 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 garlic and onion.



Chicken & Chickpea Pasta Salad

3 servings

20 minutes

Ingredients

- 4 1/2 ozs Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Breast (cubed)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered)
- 2 tbsps Red Onion (thinly sliced)
- 1/2 Lemon (zested and juiced)

Nutrition

Amount per serving	
Calories	383
Fat	11g
Carbs	29g
Fiber	7g
Sugar	6g
Protein	45g
Cholesterol	110mg
Sodium	313mg
Vitamin A	512IU
Vitamin C	12mg
Calcium	52mg
Iron	5mg
Vitamin B6	1.3mg
Vitamin B12	0.3µg
Magnesium	55mg
Zinc	1mg
Selenium	35µg

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
- 3 In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is about 1 1/2 cups of pasta salad.

Make it Vegan: Use tofu or tempeh instead of chicken.

More Flavor: Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.



Salmon Quinoa Salad

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 12 ozs Salmon Fillet
- 1/4 cup Red Onion (sliced)
- 1/4 cup Lemon Juice (fresh, divided)
- 2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (chopped)
- 2 tbsps Cilantro (minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	432
Fat	11g
Carbs	40g
Fiber	6g
Sugar	7g
Protein	46g
Cholesterol	87mg
Sodium	145mg
Vitamin A	1671IU
Vitamin C	36mg
Calcium	69mg
Iron	3mg
Vitamin B6	1.6mg
Vitamin B12	8.0µg
Magnesium	165mg
Zinc	3mg
Selenium	55µg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 3 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 4 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 5 Divide the quinoa salad between servings and top with the salmon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is approximately one cup of quinoa salad and 6 oz of salmon.

More Flavor: Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

Additional Toppings: Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.



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
Fat	15g
Carbs	61g
Fiber	7g
Sugar	28g
Protein	29g
Cholesterol	34mg
Sodium	152mg
Vitamin A	1333IU
Vitamin C	26mg
Calcium	536mg
Iron	3mg
Vitamin B6	0.6mg
Vitamin B12	0µg
Magnesium	100mg
Zinc	2mg
Selenium	12µg

Directions

- 1 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.



Whipped Peanut Butter Yogurt Bowl

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 2 tbsps All Natural Peanut Butter
- 2 tbsps Granola
- 2 tbsps Blueberries (fresh or frozen)
- 1 tsp Maple Syrup

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	35g
Fiber	3g
Sugar	18g
Protein	31g
Cholesterol	34mg
Sodium	151mg
Vitamin A	1263IU
Vitamin C	17mg
Calcium	535mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	82mg
Zinc	2mg
Selenium	5µg

Directions

- 1 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of yogurt.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Swirl berry jam or chia jam into the yogurt.