THE GINSTITUTE
of Functional Medicine

Stress & Anxiety Support Meal Plan

Created by The Ginstitute of Functional Medicine

Stress & Anxiety Support Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Berry Avocado Smoothie	Berry Avocado Smoothie	Mushroom & Chive Omelette	Chocolate Banana Cauliflower N'Oats	Chocolate Banana Cauliflower N'Oats
	Green Egg Scramble	Green Egg Scramble					
Lunch	Hummus & Veggie Wrap copy	Spaghetti Squash, Turkey & Broccoli	Salmon with Coconut Kale	Balsamic Burger Salad	Spicy Tuna Wrap	One Pan Lemon & Chive Salmon	One Pan Basil Chicken
	Smoked Salmon & Avocado Cucumber Bites		Kohlrabi Fries	Sweet Potato Fries			Rapini & Rice
Snack 2	Cucumbers with Beef Liver Pate	Cucumbers with Beef Liver Pate	Dark Chocolate Almond Mousse	Smoked Salmon Egg Cups	Apple with Almond Butter	Blueberry Protein Smoothie	Blueberry Protein Smoothie
Dinner	Spaghetti Squash, Turkey & Broccoli	Salmon with Coconut Kale	Balsamic Burger Salad	Kale & White Bean Caesar Salad	One Pan Lemon & Chive Salmon	One Pan Basil Chicken	Meal Prep Beef Fajitas
		Kohlrabi Fries	Sweet Potato Fries			Rapini & Rice	

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7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1709	**Calories**	1685	**Calories**	1695	**Calories**	1587	**Calories**	1708	**Calories**	1542	**Calories**	1666
Fat	106g	**Fat**	115g	**Fat**	119g	**Fat**	96g	**Fat**	105g	**Fat**	74g	**Fat**	77g
Carbs	103g	**Carbs**	78g	**Carbs**	95g	**Carbs**	97g	**Carbs**	94g	**Carbs**	128g	**Carbs**	154g
Fiber	42g	Fiber	33g	Fiber	37g	Fiber	35g	Fiber	20g	Fiber	32g	Fiber	33g
Sugar	15g	Sugar	13g	Sugar	30g	Sugar	25g	Sugar	41g	Sugar	41g	Sugar	40g
Protein	95g	**Protein**	94g	**Protein**	86g	**Protein**	93g	**Protein**	105g	**Protein**	103g	**Protein**	97g
Sodium	3164mg	Sodium	3183mg	Sodium	1887mg	Sodium	997mg	Sodium	1342mg	Sodium	1178mg	Sodium	1221mg
Potassium	3477mg	Potassium	3448mg	Potassium	3662mg	Potassium	3144mg	Potassium	3278mg	Potassium	3328mg	Potassium	2913mg
Vitamin A	20282IU	Vitamin A	18218IU	Vitamin A	15574IU	Vitamin A	14823IU	Vitamin A	23989IU	Vitamin A	10791IU	Vitamin A	9466IU
Vitamin C	179mg	Vitamin C	287mg	Vitamin C	234mg	Vitamin C	119mg	Vitamin C	107mg	Vitamin C	155mg	Vitamin C	183mg
Calcium	1232mg	Calcium	1300mg	Calcium	1394mg	Calcium	1066mg	Calcium	418mg	Calcium	957mg	Calcium	1112mg
Iron	21mg	Iron	19mg	Iron	13mg	Iron	14mg	Iron	12mg	Iron	11mg	Iron	14mg
Vitamin D	711IU	Vitamin D	129IU	Vitamin D	144IU	Vitamin D	450IU	Vitamin D	256IU	Vitamin D	77IU	Vitamin D	77IU
Vitamin E	8mg	Vitamin E	5mg	Vitamin E	10mg	Vitamin E	8mg	Vitamin E	16mg	Vitamin E	12mg	Vitamin E	10mg
Vitamin K	381µg	Vitamin K	587µg	Vitamin K	412µg	Vitamin K	300µg	Vitamin K	161µg	Vitamin K	578µg	Vitamin K	516µg
Thiamine	8.2mg	Thiamine	8.0mg	Thiamine	0.8mg	Thiamine	3.4mg	Thiamine	0.8mg	Thiamine	1.1mg	Thiamine	0.9mg
Riboflavin	10.4mg	Riboflavin	10.5mg	Riboflavin	1.9mg	Riboflavin	4.3mg	Riboflavin	2.9mg	Riboflavin	1.9mg	Riboflavin	1.6mg
Niacin	64mg	Niacin	66mg	Niacin	21mg	Niacin	28mg	Niacin	38mg	Niacin	32mg	Niacin	24mg

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Vitamin B6	10.1mg	Vitamin B6	10.5mg	Vitamin B6	2.5mg	Vitamin B6	4.5mg	Vitamin B6	3.0mg	Vitamin B6	3.5mg	Vitamin B6	2.6mg
Folate	637µg	Folate	469µg	Folate	299µg	Folate	468µg	Folate	258µg	Folate	313µg	Folate	271µg
Vitamin B12	75.3µg	Vitamin B12	76.1µg	Vitamin B12	9.7µg	Vitamin B12	19.6µg	Vitamin B12	10.6µg	Vitamin B12	5.3µg	Vitamin B12	3.8µg
Magnesium	439mg	Magnesium	371mg	Magnesium	425mg	Magnesium	399mg	Magnesium	275mg	Magnesium	417mg	Magnesium	389mg
Zinc	10mg	Zinc	8mg	Zinc	10mg	Zinc	12mg	Zinc	8mg	Zinc	6mg	Zinc	9mg
Selenium	129µg	Selenium	125µg	Selenium	71µg	Selenium	81µg	Selenium	251µg	Selenium	90µg	Selenium	57µg

Stress & Anxiety Support Meal Plan

83 items

Fruits

- [ ] **2** Apple
- [ ] **2** Avocado
- [ ] **1** Banana
- [ ] **1/2** Lemon
- [ ] **1 1/2 tbsps** Lemon Juice
- [ ] **3/4 cup** Strawberries

Breakfast

- [ ] **1/4 cup** All Natural Peanut Butter
- [ ] **1/2 cup** Almond Butter

Seeds, Nuts & Spices

- [ ] **1 1/2 cups** Chia Seeds
- [ ] **1/4 tsp** Chili Flakes
- [ ] **1/2 tsp** Chili Powder
- [ ] **1 tbsp** Cinnamon
- [ ] **1/2 tsp** Cumin
- [ ] **1 1/2 tsps** Dried Thyme
- [ ] **1 tbsp** Ground Flax Seed
- [ ] **1/4 cup** Hemp Seeds
- [ ] **1/4 tsp** Onion Powder
- [ ] **1 1/8 tbsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper

Frozen

- [ ] **1** Brown Rice Tortilla
- [ ] **1 cup** Frozen Berries
- [ ] **1 cup** Frozen Blueberries
- [ ] **1/2 cup** Frozen Cauliflower

Vegetables

- [ ] **4 cups** Arugula
- [ ] **4 cups** Baby Spinach
- [ ] **2 tbsps** Basil Leaves
- [ ] **2 cups** Broccoli
- [ ] **2** Carrot
- [ ] **2 cups** Cauliflower Rice
- [ ] **1/4 cup** Chives
- [ ] **1 3/4** Cucumber
- [ ] **3** Garlic
- [ ] **2 cups** Green Beans
- [ ] **1** Green Bell Pepper
- [ ] **14 cups** Kale Leaves
- [ ] **2 cups** Kohlrabi
- [ ] **2 cups** Mushrooms
- [ ] **3 cups** Purple Cabbage
- [ ] **1 bunch** Rapini
- [ ] **1/2** Red Bell Pepper
- [ ] **3/4 cup** Red Onion
- [ ] **4 leaves** Romaine
- [ ] **1/2** Spaghetti Squash
- [ ] **2** Sweet Potato
- [ ] **1** Yellow Bell Pepper
- [ ] **1 1/4** Yellow Onion
- [ ] **1** Zucchini

Boxed & Canned

- [ ] **1 cup** Jasmine Rice
- [ ] **1/2 cup** Salsa
- [ ] **1 can** Tuna
- [ ] **2 cups** White Navy Beans

Baking

- [ ] **2 tbsps** Cacao Nibs
- [ ] **2 tbsps** Cacao Powder
- [ ] **1/2 cup** Cocoa Powder
- [ ] **3 tbsps** Monk Fruit Sweetener
- [ ] **3 tbsps** Nutritional Yeast

Bread, Fish, Meat & Cheese

- [ ] **5 1/2 slices** Bacon
- [ ] **4 1/16 ozs** Beef Liver
- [ ] **1 lb** Beef Tenderloin
- [ ] **8 ozs** Chicken Breast
- [ ] **8** Corn Tortilla
- [ ] **8 ozs** Extra Lean Ground Beef
- [ ] **8 ozs** Extra Lean Ground Turkey
- [ ] **1/2 cup** Hummus
- [ ] **1 1/8 lbs** Salmon Fillet
- [ ] **2** Siete Tortilla
- [ ] **10 ozs** Smoked Salmon

Condiments & Oils

- [ ] **1 1/2 tsps** Avocado Oil
- [ ] **1/4 cup** Balsamic Vinegar
- [ ] **1 tsp** Capers
- [ ] **2/3 cup** Coconut Oil
- [ ] **1 1/2 tsps** Dijon Mustard
- [ ] **2/3 cup** Extra Virgin Olive Oil
- [ ] **1 1/2 tbsps** Mayonnaise

Cold

- [ ] **1 tbsp** Butter
- [ ] **14** Egg
- [ ] **2 cups** Plain Coconut Milk
- [ ] **3 1/2 cups** Unsweetened Almond Milk
- [ ] **3 cups** Unsweetened Coconut Yogurt

Other

- [ ] **3/4 cup** Vanilla Protein Powder
- [ ] **2 1/8 cups** Water

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- [ ] **1 1/2 tbsps** Tapioca Flour
- [ ] **1 tsp** Vanilla Extract

Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 3 servings

Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

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

More Flavor
Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings
Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

3 cups Unsweetened Coconut Yogurt

3/4 cup Chia Seeds

1 tbsp Cinnamon

3/4 cup Strawberries (chopped)

Nutrition

Amount per serving

Calories	368	Vitamin D	0IU
Fat	23g	Vitamin E	0mg
Carbs	37g	Vitamin K	2µg
Fiber	17g	Thiamine	0mg
Sugar	3g	Riboflavin	0mg
Protein	9g	Niacin	0mg
Sodium	50mg	Vitamin B6	0mg
Potassium	414mg	Folate	9µg
Vitamin A	12IU	Vitamin B12	2.7µg
Vitamin C	21mg	Magnesium	146mg
Calcium	799mg	Zinc	0mg
Iron	5mg	Selenium	0µg

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Green Egg Scramble

4 ingredients · 10 minutes · 1 serving

Directions

1. Place eggs, spinach and salt in a blender and blend until well combined.
2. Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
3. Divide onto plates and enjoy!

Notes

No Coconut Oil
Use butter, ghee or avocado oil.

Serve it With
Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.

Ingredients

2 Egg

1 cup Baby Spinach

1/4 tsp Sea Salt

1 1/2 tsps Coconut Oil

Nutrition

Amount per serving

Calories	211	Vitamin D	82IU
Fat	16g	Vitamin E	2mg
Carbs	2g	Vitamin K	145µg
Fiber	1g	Thiamine	0.1mg
Sugar	1g	Riboflavin	0.5mg
Protein	13g	Niacin	0mg
Sodium	756mg	Vitamin B6	0.2mg
Potassium	305mg	Folate	105µg
Vitamin A	3353IU	Vitamin B12	0.9µg
Vitamin C	8mg	Magnesium	36mg
Calcium	86mg	Zinc	1mg
Iron	3mg	Selenium	31µg

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Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving

Directions

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

Notes

No Chia Seeds
Use flax seeds instead.

No Avocado
Use almond butter or sunflower seed butter instead.

Additional Toppings
Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder
This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 cup Plain Coconut Milk (unsweetened, from the box)

1/2 Zucchini (chopped, frozen)

1/4 cup Frozen Cauliflower

1/2 cup Frozen Berries

1/4 Avocado

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	370	Vitamin D	101IU
Fat	17g	Vitamin E	1mg
Carbs	33g	Vitamin K	20µg
Fiber	12g	Thiamine	0.2mg
Sugar	18g	Riboflavin	0.7mg
Protein	25g	Niacin	2mg
Sodium	93mg	Vitamin B6	0.5mg
Potassium	924mg	Folate	91µg
Vitamin A	773IU	Vitamin B12	3.6µg
Vitamin C	57mg	Magnesium	119mg
Calcium	674mg	Zinc	2mg
Iron	3mg	Selenium	7µg

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Mushroom & Chive Omelette

4 ingredients · 15 minutes · 1 serving

Directions

1. Heat half of the butter in a pan over medium heat. Add the mushrooms and cook for five to seven minutes until the mushrooms have softened. Add the chives and transfer to a plate to set aside.
2. Whisk the eggs in a small bowl.
3. Heat the remaining butter in the pan. Add the eggs and cook until almost set. Place the mushrooms 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.

Dairy-Free
Use oil instead of butter.

More Flavor
Add garlic, onions, red pepper flakes, hot sauce, and/or salt.

Additional Toppings
Add cheese and/or fresh herbs.

Make it Fluffy
For a fluffier omelette, whisk the eggs with milk or water.

More Veggies
Add spinach or kale.

Ingredients

1 tbsp Butter (divided)

2 cups Mushrooms (sliced)

1 tbsp Chives (chopped)

4 Egg

Nutrition

Amount per serving

Calories	431	Vitamin D	177IU
Fat	31g	Vitamin E	2mg
Carbs	8g	Vitamin K	8µg
Fiber	2g	Thiamine	0.2mg
Sugar	5g	Riboflavin	1.7mg
Protein	31g	Niacin	7mg
Sodium	295mg	Vitamin B6	0.6mg
Potassium	899mg	Folate	130µg
Vitamin A	1565IU	Vitamin B12	1.9µg
Vitamin C	6mg	Magnesium	43mg
Calcium	124mg	Zinc	4mg
Iron	5mg	Selenium	79µg

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Chocolate Banana Cauliflower N'Oats

8 ingredients · 20 minutes · 1 serving

Directions

1. In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
2. Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

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

Nut-Free
Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor
Add cinnamon or maple syrup.

More Protein
Add collagen or protein powder.

No Cacao Powder
Use cocoa powder instead.

No Banana
Top with berries instead.

Ingredients

1 cup Cauliflower Rice

3/4 cup Unsweetened Almond Milk

1 1/2 tbsps Chia Seeds

1 tbsp Cacao Powder

2 tbsps All Natural Peanut Butter (divided)

1/8 tsp Sea Salt

1/2 Banana (sliced)

1 tbsp Cacao Nibs

Nutrition

Amount per serving

Calories	457	Vitamin D	76IU
Fat	30g	Vitamin E	3mg
Carbs	38g	Vitamin K	0µg
Fiber	15g	Thiamine	0.1mg
Sugar	13g	Riboflavin	0.2mg
Protein	16g	Niacin	5mg
Sodium	443mg	Vitamin B6	0.4mg
Potassium	853mg	Folate	40µg
Vitamin A	412IU	Vitamin B12	0µg
Vitamin C	5mg	Magnesium	175mg
Calcium	491mg	Zinc	1mg
Iron	4mg	Selenium	2µg

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Hummus & Veggie Wrap copy

6 ingredients · 5 minutes · 2 servings

Directions

1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

Notes

Gluten-Free
Use a brown rice tortilla instead.

Oil-Free
Use an oil-free hummus.

More Flavor
Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating
Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Ingredients

2 Siete Tortilla (large)

1/2 cup Hummus (choose brand made with olive oil)

4 leaves Romaine (large, whole)

1/2 Avocado (sliced)

1/2 Cucumber (sliced)

1/2 Red Bell Pepper (sliced)

Nutrition

Amount per serving

Calories	365	Vitamin D	0IU
Fat	23g	Vitamin E	3mg
Carbs	31g	Vitamin K	98µg
Fiber	13g	Thiamine	0.5mg
Sugar	5g	Riboflavin	0.4mg
Protein	11g	Niacin	4mg
Sodium	526mg	Vitamin B6	0.5mg
Potassium	855mg	Folate	222µg
Vitamin A	5978IU	Vitamin B12	0µg
Vitamin C	47mg	Magnesium	117mg
Calcium	168mg	Zinc	2mg
Iron	4mg	Selenium	19µg

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Smoked Salmon & Avocado Cucumber Bites

5 ingredients · 5 minutes · 2 servings

Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. In a small bowl, mash the avocado with a fork.
3. Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

Notes

Leftovers
Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor
Add spices like chili flakes, cayenne or black pepper.

Make it Vegan
Omit the smoked salmon and use hemp hearts on top instead.

Ingredients

1/2 Cucumber (large)

1/2 Avocado (mashed)

6 ozs Smoked Salmon

1 tsp Capers

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	191	Vitamin D	582IU
Fat	11g	Vitamin E	2mg
Carbs	7g	Vitamin K	23µg
Fiber	4g	Thiamine	0.1mg
Sugar	2g	Riboflavin	0.2mg
Protein	17g	Niacin	5mg
Sodium	757mg	Vitamin B6	0.4mg
Potassium	504mg	Folate	48µg
Vitamin A	228IU	Vitamin B12	2.8µg
Vitamin C	7mg	Magnesium	40mg
Calcium	28mg	Zinc	1mg
Iron	1mg	Selenium	28µg

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Spicy Tuna Wrap

7 ingredients · 10 minutes · 1 serving

Directions

1. In a small bowl add the tuna, mayonnaise, chili flakes, salt and pepper. Mix together until well combined.
2. Lay the tortilla flat and spread the tuna in the middle. Top with carrots and cucumber. Roll the wrap tightly while folding the ends in.
3. For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

Notes

Leftovers
Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

Canned Tuna
One can of tuna is equal to 165 grams (5.8 ounces).

More Flavor
Add fresh herbs such as chives, parsley, dill and/or basil.

Additional Toppings
Romaine, spinach or green lettuce.

No Spice
Omit the chili flakes.

Ingredients

1 can Tuna

1 1/2 tbsps Mayonnaise

1/4 tsp Chili Flakes

Sea Salt & Black Pepper (to taste)

1 Brown Rice Tortilla

2 Carrot (shredded)

1/2 Cucumber (small, sliced)

Nutrition

Amount per serving

Calories	505	Vitamin D	79IU
Fat	20g	Vitamin E	2mg
Carbs	44g	Vitamin K	75µg
Fiber	7g	Thiamine	0.2mg
Sugar	11g	Riboflavin	0.3mg
Protein	37g	Niacin	18mg
Sodium	796mg	Vitamin B6	0.8mg
Potassium	911mg	Folate	41µg
Vitamin A	20647IU	Vitamin B12	4.2µg
Vitamin C	11mg	Magnesium	72mg
Calcium	94mg	Zinc	2mg
Iron	4mg	Selenium	118µg

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Cucumbers with Beef Liver Pate

8 ingredients · 15 minutes · 2 servings

Directions

1. In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
2. Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
3. Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
4. Spread onto cucumber slices and enjoy!

Notes

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

Serving Size
Each serving equals approximately 1/4 cup of beef pate.

More Flavor
Use fresh instead of dried herbs.

No Cucumbers
Use carrot sticks or plantain chips instead.

Ingredients

1 1/2 slices Bacon

1/4 Yellow Onion (small, minced)

1 Garlic (cloves, minced)

4 1/16 ozs Beef Liver

1 1/2 tsps Dried Thyme

2 tbsps Coconut Oil (melted)

1/8 tsp Sea Salt

1/4 Cucumber (sliced)

Nutrition

Amount per serving

Calories	296	Vitamin D	31IU
Fat	23g	Vitamin E	0mg
Carbs	6g	Vitamin K	21µg
Fiber	1g	Thiamine	0.2mg
Sugar	2g	Riboflavin	1.6mg
Protein	15g	Niacin	8mg
Sodium	346mg	Vitamin B6	0.7mg
Potassium	307mg	Folate	169µg
Vitamin A	9666IU	Vitamin B12	33.8µg
Vitamin C	3mg	Magnesium	20mg
Calcium	32mg	Zinc	3mg
Iron	4mg	Selenium	27µg

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Dark Chocolate Almond Mousse

7 ingredients · 3 hours 5 minutes · 5 servings

Directions

1. Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
2. Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size
One serving is roughly 1/2 cup.

Additional Toppings
Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter
Use another nut or seed butter instead.

Ingredients

2 cups Unsweetened Almond Milk

1/2 cup Chia Seeds

1/2 cup Cocoa Powder

1/4 cup Almond Butter

3 tbsps Monk Fruit Sweetener

1 tsp Vanilla Extract

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	206	Vitamin D	40IU
Fat	16g	Vitamin E	3mg
Carbs	23g	Vitamin K	0µg
Fiber	10g	Thiamine	0mg
Sugar	1g	Riboflavin	0.2mg
Protein	8g	Niacin	1mg
Sodium	303mg	Vitamin B6	0mg
Potassium	379mg	Folate	9µg
Vitamin A	200IU	Vitamin B12	0µg
Vitamin C	0mg	Magnesium	141mg
Calcium	342mg	Zinc	1mg
Iron	3mg	Selenium	2µg

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Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings

Directions

1. Preheat the oven to 350ºF (177ºC) and lightly grease a muffin tin with avocado oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

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

Serving Size
One serving is equal to two egg cups.

More Flavor
Add fresh dill or capers to the muffin tins.

Ingredients

1 1/2 tsps Avocado Oil

6 Egg

1 tbsp Chives (chopped)

Sea Salt & Black Pepper (to taste)

1 cup Baby Spinach (chopped)

4 ozs Smoked Salmon (roughly chopped)

Nutrition

Amount per serving

Calories	210	Vitamin D	340IU
Fat	14g	Vitamin E	2mg
Carbs	1g	Vitamin K	51µg
Fiber	0g	Thiamine	0.1mg
Sugar	0g	Riboflavin	0.5mg
Protein	20g	Niacin	2mg
Sodium	403mg	Vitamin B6	0.3mg
Potassium	263mg	Folate	68µg
Vitamin A	1554IU	Vitamin B12	2.1µg
Vitamin C	3mg	Magnesium	27mg
Calcium	71mg	Zinc	1mg
Iron	2mg	Selenium	43µg

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Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Notes

Nut-Free
Use sunflower seed butter instead of almond butter.

Ingredients

2 Apple

1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	287	Vitamin D	0IU
Fat	18g	Vitamin E	8mg
Carbs	31g	Vitamin K	4µg
Fiber	8g	Thiamine	0mg
Sugar	20g	Riboflavin	0.3mg
Protein	7g	Niacin	1mg
Sodium	4mg	Vitamin B6	0.1mg
Potassium	428mg	Folate	22µg
Vitamin A	99IU	Vitamin B12	0µg
Vitamin C	8mg	Magnesium	96mg
Calcium	119mg	Zinc	1mg
Iron	1mg	Selenium	1µg

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Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving

Directions

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

Notes

No Blueberries
Use any type of frozen berry instead.

No Protein Powder
Use hemp seeds instead

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Water (cold)

Nutrition

Amount per serving

Calories	206	Vitamin D	0IU
Fat	4g	Vitamin E	1mg
Carbs	23g	Vitamin K	170µg
Fiber	7g	Thiamine	0.2mg
Sugar	13g	Riboflavin	0.6mg
Protein	22g	Niacin	1mg
Sodium	68mg	Vitamin B6	0.3mg
Potassium	372mg	Folate	77µg
Vitamin A	2884IU	Vitamin B12	0.6µg
Vitamin C	12mg	Magnesium	83mg
Calcium	190mg	Zinc	2mg
Iron	2mg	Selenium	7µg

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Spaghetti Squash, Turkey & Broccoli

6 ingredients · 1 hour · 2 servings

Directions

1. Preheat the oven to 425ºF (218ºC). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

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

Serving Size
One serving is approximately 1 cup of each ingredient.

More Flavor
Season the turkey with minced onion or garlic while it cooks.

Additional Toppings
Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan
Use chickpeas or lentils instead of ground turkey.

Ingredients

1/2 Spaghetti Squash (medium)

8 ozs Extra Lean Ground Turkey

1 cup Water

2 cups Broccoli (chopped into florets)

2 tbsps Nutritional Yeast

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	278	Vitamin D	16IU
Fat	10g	Vitamin E	1mg
Carbs	20g	Vitamin K	92µg
Fiber	6g	Thiamine	7.3mg
Sugar	2g	Riboflavin	7.7mg
Protein	30g	Niacin	47mg
Sodium	729mg	Vitamin B6	8.3mg
Potassium	1092mg	Folate	84µg
Vitamin A	1045IU	Vitamin B12	35.1µg
Vitamin C	93mg	Magnesium	80mg
Calcium	119mg	Zinc	3mg
Iron	4mg	Selenium	24µg

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Salmon with Coconut Kale

4 ingredients · 20 minutes · 2 servings

Directions

1. Preheat oven to 320ºF (160ºC).
2. Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
3. Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
4. Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

Notes

No Coconut Oil
Use butter, ghee or avocado oil instead.

No Kale
Use collard greens, cabbage, broccolini or bok choy instead.

More Carbs
Serve it with quinoa, brown rice, or potatoes.

Leftovers
Store covered in the fridge up to 3 days.

Ingredients

8 ozs Salmon Fillet

3 tbsps Coconut Oil (divided)

1/2 tsp Sea Salt

8 cups Kale Leaves (roughly chopped)

Nutrition

Amount per serving

Calories	372	Vitamin D	0IU
Fat	29g	Vitamin E	1mg
Carbs	4g	Vitamin K	327µg
Fiber	3g	Thiamine	0.3mg
Sugar	1g	Riboflavin	0.7mg
Protein	25g	Niacin	10mg
Sodium	684mg	Vitamin B6	1.1mg
Potassium	848mg	Folate	80µg
Vitamin A	4087IU	Vitamin B12	3.6µg
Vitamin C	78mg	Magnesium	61mg
Calcium	227mg	Zinc	1mg
Iron	2mg	Selenium	42µg

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Kohlrabi Fries

4 ingredients · 20 minutes · 2 servings

Directions

1. Preheat oven to 425ºF (218ºC) and line a baking sheet with foil. Grease with half the coconut oil.
2. In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
3. Remove from the oven and enjoy!

Notes

Storage
Refrigerate in an airtight container up to 3 days.

Reheating
Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.

Serve Them With
Our Steak with Balsamic Jus, Vegan Ranch Dressing, Magical Mayo or any of our burgers.

Ingredients

2 tbsps Coconut Oil (melted)

2 cups Kohlrabi (peeled and sliced into thin strips)

1/2 tsp Sea Salt

1/2 tsp Cumin

Nutrition

Amount per serving

Calories	160	Vitamin D	0IU
Fat	14g	Vitamin E	1mg
Carbs	9g	Vitamin K	0µg
Fiber	5g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0mg
Protein	2g	Niacin	1mg
Sodium	618mg	Vitamin B6	0.2mg
Potassium	482mg	Folate	22µg
Vitamin A	55IU	Vitamin B12	0µg
Vitamin C	84mg	Magnesium	28mg
Calcium	37mg	Zinc	0mg
Iron	1mg	Selenium	1µg

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Balsamic Burger Salad

10 ingredients · 15 minutes · 2 servings

Directions

1. In a medium-sized bowl, add the beef, onion powder, chili powder, and salt and pepper to taste. Mix to combine and form into patties.
2. Heat a cast-iron skillet over medium heat. Add a splash of oil if needed. Once hot, add the patties and cook for four to five minutes per side or until cooked through to your liking. Remove and set aside.
3. In a small bowl, whisk together the oil, balsamic vinegar, and dijon mustard. Season with salt and pepper.
4. Divide the arugula onto plates and top with avocado and red onion. Add the burger and drizzle the dressing on top. Enjoy!

Notes

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

Additional Toppings
Cherry tomatoes, green onion, bacon, goat cheese, and/or pickles to the salad.

No Beef
Use ground turkey, chicken, or pork to make a burger patty instead.

Ingredients

8 ozs Extra Lean Ground Beef

1/4 tsp Onion Powder

1/2 tsp Chili Powder

Sea Salt & Black Pepper (to taste)

2 tbsps Extra Virgin Olive Oil

1 tbsp Balsamic Vinegar

1 1/2 tsps Dijon Mustard

4 cups Arugula

1/2 Avocado (cubed)

1/4 cup Red Onion (thinly sliced)

Nutrition

Amount per serving

Calories	431	Vitamin D	3IU
Fat	33g	Vitamin E	4mg
Carbs	10g	Vitamin K	64µg
Fiber	5g	Thiamine	0.1mg
Sugar	3g	Riboflavin	0.3mg
Protein	25g	Niacin	7mg
Sodium	153mg	Vitamin B6	0.6mg
Potassium	810mg	Folate	90µg
Vitamin A	1237IU	Vitamin B12	2.5µg
Vitamin C	13mg	Magnesium	60mg
Calcium	94mg	Zinc	6mg

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Iron	4mg	Selenium	19µg

Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings

Directions

1. Preheat oven to 425ºF (218ºC) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour
Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up
Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries
For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With
Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers
Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

3 tbsps Coconut Oil (melted)

2 Sweet Potato (large, sliced into 1/4 inch strips)

1 1/2 tbsps Tapioca Flour

Nutrition

Amount per serving

Calories	156	Vitamin D	0IU
Fat	10g	Vitamin E	0mg
Carbs	16g	Vitamin K	1µg
Fiber	2g	Thiamine	0.1mg
Sugar	3g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Sodium	36mg	Vitamin B6	0.1mg
Potassium	219mg	Folate	7µg
Vitamin A	9222IU	Vitamin B12	0µg
Vitamin C	2mg	Magnesium	16mg
Calcium	20mg	Zinc	0mg
Iron	0mg	Selenium	0µg

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Kale & White Bean Caesar Salad

9 ingredients · 25 minutes · 3 servings

Directions

1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian
Omit the bacon, or use coconut bacon.

Leftovers
Keeps well in the fridge for 2 to 3 days.

Ingredients

4 slices Bacon

1/4 cup Hemp Seeds

2 tbsps Water

1 tbsp Nutritional Yeast

1/2 Lemon (juiced)

1 Garlic (clove, peeled)

6 cups Kale Leaves (chopped)

2 cups White Navy Beans (cooked)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	420	Vitamin D	6IU
Fat	22g	Vitamin E	1mg
Carbs	37g	Vitamin K	164µg
Fiber	16g	Thiamine	2.9mg
Sugar	1g	Riboflavin	2.8mg
Protein	22g	Niacin	17mg
Sodium	312mg	Vitamin B6	3.0mg
Potassium	928mg	Folate	212µg
Vitamin A	2037IU	Vitamin B12	11.4µg
Vitamin C	44mg	Magnesium	177mg
Calcium	207mg	Zinc	3mg
Iron	5mg	Selenium	12µg

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One Pan Lemon & Chive Salmon

6 ingredients · 15 minutes · 2 servings

Directions

1. Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
2. In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
3. Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
4. Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers
For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor
Add red pepper flakes and black pepper to the chive mixture.

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)

3 cups Purple Cabbage (sliced into thick wedges)

1/8 tsp Sea Salt (divided)

10 ozs Salmon Fillet

2 tbsps Chives (finely chopped)

1 1/2 tbsps Lemon Juice

Nutrition

Amount per serving

Calories	485	Vitamin D	0IU
Fat	36g	Vitamin E	4mg
Carbs	11g	Vitamin K	74µg
Fiber	3g	Thiamine	0.4mg
Sugar	5g	Riboflavin	0.6mg
Protein	30g	Niacin	12mg
Sodium	247mg	Vitamin B6	1.5mg
Potassium	1040mg	Folate	65µg
Vitamin A	1678IU	Vitamin B12	4.5µg
Vitamin C	82mg	Magnesium	64mg
Calcium	81mg	Zinc	1mg
Iron	2mg	Selenium	53µg

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One Pan Basil Chicken

7 ingredients · 30 minutes · 2 servings

Directions

1. Preheat the oven to 400F (204ºC) and line a baking sheet with parchment paper. Place the chicken, onion and green beans on the sheet. Drizzle everything with half the balsamic vinegar and sea salt. Add the minced garlic to the chicken. Bake for 15 minutes.
2. Remove from the oven and drizzle the remaining balsamic vinegar on top of the chicken and veggies. Add the basil to the chicken and place back in the oven for 5 minutes, or until the chicken is cooked through.
3. Remove from the oven. Serve and enjoy!

Notes

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

More Flavor
Add thyme, oregano or chili flakes to the chicken.

Serve it With
Cauliflower rice, brown rice or quinoa.

Ingredients

8 ozs Chicken Breast (boneless, skinless, cut into cubes)

1/2 cup Red Onion (small, thinly sliced)

2 cups Green Beans (washed, trimmed)

3 tbsps Balsamic Vinegar (divided)

1/4 tsp Sea Salt

1 Garlic (clove, minced)

2 tbsps Basil Leaves (fresh, chopped)

Nutrition

Amount per serving

Calories	207	Vitamin D	1IU
Fat	3g	Vitamin E	1mg
Carbs	15g	Vitamin K	54µg
Fiber	3g	Thiamine	0.2mg
Sugar	9g	Riboflavin	0.3mg
Protein	28g	Niacin	12mg
Sodium	359mg	Vitamin B6	1.1mg
Potassium	688mg	Folate	53µg
Vitamin A	865IU	Vitamin B12	0.2µg
Vitamin C	16mg	Magnesium	66mg
Calcium	66mg	Zinc	1mg
Iron	2mg	Selenium	27µg

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Rapini & Rice

2 ingredients · 25 minutes · 4 servings

Directions

1. Cook the jasmine rice according to the directions on the package.
2. Meanwhile, add the rapini stems to a large pan with enough water to cover. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes, or until tender. Do not overcook.
3. Divide the rice and rapini onto plates or into container if on-the-go. Enjoy!

Notes

Serve it With
A protein of your choice such as chicken breast, turkey breast, pork tenderloin, steak, ground meat, egg whites, tofu or tempeh

Less Bitter Rapini
Saute the rapini in your choice of oil and seasoning after boiling. This will remove some of the bitterness.

No Jasmine Rice
Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Serving Size
One serving is equal to approximately one cup of rapini and one cup of rice.

Storage
Refrigerate in an airtight container up to three days.

Ingredients

1 cup Jasmine Rice (uncooked)

1 bunch Rapini (chopped, divided)

Nutrition

Amount per serving

Calories	187	Vitamin D	0IU
Fat	1g	Vitamin E	3mg
Carbs	41g	Vitamin K	280µg
Fiber	4g	Thiamine	0.2mg
Sugar	1g	Riboflavin	0.2mg
Protein	7g	Niacin	2mg
Sodium	61mg	Vitamin B6	0.2mg
Potassium	375mg	Folate	78µg
Vitamin A	4952IU	Vitamin B12	0µg
Vitamin C	40mg	Magnesium	29mg
Calcium	129mg	Zinc	1mg
Iron	1mg	Selenium	1µg

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Meal Prep Beef Fajitas

8 ingredients · 20 minutes · 4 servings

Directions

1. Divide the sliced beef, bell peppers and onions into containers and cover with lids. Store in the fridge.
2. When ready to eat, heat 1/4 of the olive oil in a skillet over medium heat. Add the peppers and onion from one container and saute until soft (about 5 minutes). Add the beef and cook to your desired level of doneness. Season everything with sea salt and black pepper to taste. Repeat with the remaining containers and oil just before serving.
3. Add the cooked beef, peppers and onions to tortillas and top with salsa. Enjoy!

Notes

No Beef
Use sliced chicken breast instead. Cook entirely through.

Optional Toppings
Add shredded cheese, sour cream, plain yogurt or avocado.

No Tortillas
Serve with rice instead.

Ingredients

1 lb Beef Tenderloin (sliced into strips)

1 Green Bell Pepper (diced)

1 Yellow Bell Pepper (diced)

1 Yellow Onion (small, diced)

1/4 cup Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

8 Corn Tortilla (medium)

1/2 cup Salsa

Nutrition

Amount per serving

Calories	609	Vitamin D	0IU
Fat	39g	Vitamin E	2mg
Carbs	37g	Vitamin K	12µg
Fiber	4g	Thiamine	0.2mg
Sugar	4g	Riboflavin	0.3mg
Protein	24g	Niacin	4mg
Sodium	290mg	Vitamin B6	0.6mg
Potassium	625mg	Folate	23µg
Vitamin A	353IU	Vitamin B12	3.0µg
Vitamin C	110mg	Magnesium	36mg
Calcium	236mg	Zinc	4mg
Iron	5mg	Selenium	20µg

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