



7 Day Lighten Up Nutrition Plan

Created by Lisa Goldberg Nutrition



7 Day Lighten Up Nutrition Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sweet Cherry Steel Cut Oats	Avocado Sweet Potato Toast with Poached Egg	Asian Veggie Omelette	Carrot Cake Chia Pudding	Sweet Cherry Steel Cut Oats	Avocado Sweet Potato Toast with Poached Egg	Spinach & Goat Cheese Omelette
Snack 1	Celery with Sunflower Seed Butter	Apple with Almond Butter	Pistachios	Crackers & Hummus	Celery with Sunflower Seed Butter	Apple with Almond Butter	Greek Yogurt and Raspberries
Lunch	Toasted Veggie Sandwich	Turkey Hummus Sandwich	Greek Chicken Salad	White Bean, Spinach & Tomato Salad with Chicken	Turkey Hummus Sandwich	Mediterranean Tuna Pasta Salad	Roasted Winter Vegetables with Tahini Drizzle
Snack 2	Pistachios	Toasted Walnuts	Greek Yogurt and Raspberries	Salt n' Vinegar Hard Boiled Eggs	Apple with Almond Butter	Greek Yogurt and Raspberries	Toasted Walnuts and cottage cheese
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	Roasted Sweet Potato & Brussels Sprouts Salad	Spaghetti Squash Chow Mein	Shiratake Noodle Chicken Stir Fry	Thai Basil Turkey with Bok Choy & Rice	Roasted Winter Vegetables with Tahini Drizzle	15 Minute Halibut with Dill Pesto

7 Day Lighten Up Nutrition Plan

93 items

Fruits

- ☐ 2 Apple
- ☐ 2 1/2 Avocado
- ☐ 1 3/4 Lemon
- ☐ 3 cups Raspberries

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 1 1/2 tsps Maple Syrup
- ☐ 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 2/3 tsp Black Pepper
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 3/4 tsp Cinnamon
- ☐ 1 1/2 tsps Greek Seasoning
- ☐ 1/8 tsp Ground Ginger
- ☐ 1/3 cup Hemp Seeds
- ☐ 3/4 tsp Italian Seasoning
- ☐ 1 cup Pistachios
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Sesame Seeds
- ☐ 1 1/3 tbsps Slivered Almonds
- ☐ 3/4 cup Walnuts

Frozen

- ☐ 1 cup Frozen Cherries

Vegetables

- ☐ 2 cups Arugula
- ☐ 7 1/2 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 3 cups Bok Choy
- ☐ 3 1/2 cups Brussels Sprouts
- ☐ 1/2 Carrot
- ☐ 10 stalks Celery
- ☐ 1 1/4 cups Cherry Tomatoes
- ☐ 2 cups Coleslaw Mix
- ☐ 1/2 Cucumber
- ☐ 1/2 Delicata Squash
- ☐ 1/2 bulb Fennel
- ☐ 1 tbsp Fresh Dill
- ☐ 5 1/4 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 1 cup Green Beans
- ☐ 5 stalks Green Onion
- ☐ 3 cups Mixed Greens
- ☐ 1 Orange Bell Pepper
- ☐ 1/4 cup Parsley
- ☐ 1/2 cup Red Onion
- ☐ 2 tbsps Shallot
- ☐ 1/2 cup Shiitake Mushrooms
- ☐ 1/2 Spaghetti Squash
- ☐ 3 Sweet Potato
- ☐ 1 Thai Chili
- ☐ 5 Tomato
- ☐ 1/2 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1/2 cup Brown Rice Fusilli
- ☐ 1/2 cup Jasmine Rice
- ☐ 1 cup Lentils
- ☐ 1/4 cup Organic Salsa
- ☐ 225 grams Shiratake Noodles
- ☐ 1/4 can Tuna

Bread, Fish, Meat & Cheese

- ☐ 18 ozs Chicken Breast
- ☐ 1/2 lb Extra Lean Ground Chicken
- ☐ 1/2 lb Extra Lean Ground Turkey
- ☐ 1/4 cup Goat Cheese
- ☐ 5 ozs Halibut Fillet
- ☐ 1/3 cup Hummus
- ☐ 6 slices Organic Bread
- ☐ 5 ozs Salmon Fillet
- ☐ 1/2 lb Turkey Breast

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 2 1/4 tsps Balsamic Vinegar
- ☐ 1/4 cup Coconut Aminos
- ☐ 1 2/3 tbsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Green Olives
- ☐ 1 tbsp Hot Sauce
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1 1/3 tbsps Sesame Oil
- ☐ 2 tbsps Sun Dried Tomatoes
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/4 cup Tahini
- ☐ 2 1/4 tbsps Tamari
- ☐ 1 tbsp Yellow Mustard

Cold

- ☐ 1/2 cup Cottage Cheese
- ☐ 14 Egg
- ☐ 1 1/2 cups Plain Greek Yogurt
- ☐ 1 cup Unsweetened Almond Milk

Other

☐ **1 cup** White Navy Beans
☐ **50 grams** Whole Grain Crackers

☐ **1 3/4 cups** Water

Baking

☐ **1/16 tsp** Ground Cloves
☐ **1 1/2 tsps** Raw Honey
☐ **1/2 tsp** Stevia Powder
☐ **1 tbsp** Unsweetened Coconut Flakes

Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 1 serving



Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries

Any fruit will work.

Ingredients

1/4 cup	Steel Cut Oats
3/4 cup	Water
1/2 cup	Frozen Cherries
2 tbsps	Hemp Seeds

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

- | | |
|---|------------------------------------|
| 1 | Sweet Potato (large) |
| 4 | Egg |
| 1 | Avocado |
| | Sea Salt & Black Pepper (to taste) |

Asian Veggie Omelette

6 ingredients · 20 minutes · 1 serving



Directions

1. Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
2. In a bowl, whisk together eggs, tamari and green onion.
3. Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy

Whisk unsweetened almond milk into your egg mixture.

More Flavour

Whisk sesame oil into your egg mixture.

Mix it Up

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy

Serve with hot sauce.

Ingredients

1 1/2 tsps	Coconut Oil
1/2 cup	Shiitake Mushrooms (sliced)
1 cup	Bok Choy (sliced into quarters)
3	Egg
2 1/4 tsps	Tamari
2 stalks	Green Onion (sliced)

Carrot Cake Chia Pudding

9 ingredients • 3 hours • 1 serving



Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

1/2	Carrot (medium, grated)
1/4 tsp	Cinnamon
1/16 tsp	Ground Cloves
1/8 tsp	Ground Ginger
1/2 tsp	Stevia Powder (to taste)
1 cup	Unsweetened Almond Milk
1/4 cup	Chia Seeds
2 tbsps	Walnuts (chopped)
1 tbsp	Unsweetened Coconut Flakes

Spinach & Goat Cheese Omelette

7 ingredients · 20 minutes · 1 serving



Directions

1. Heat coconut oil in medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

Notes

No Goat Cheese

Use feta cheese instead

Ingredients

3/4 tsp	Coconut Oil
3	Egg
1/4 tsp	Sea Salt
1/2 tsp	Black Pepper
1 cup	Baby Spinach
1/4 cup	Goat Cheese (crumbled)
1/4 cup	Organic Salsa

Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery

Use cucumber instead

Ingredients

8 stalks	Celery (sliced into sticks)
1/2 cup	Sunflower Seed Butter

Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Notes

Crackers

Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!

Ingredients

50 grams	Whole Grain Crackers
1/4 cup	Hummus

Greek Yogurt and Raspberries

2 ingredients · 5 minutes · 1 serving



Directions

1. Scoop into a bowl and enjoy!

Notes

Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free

Use coconut, almond or cashew yogurt instead.

Ingredients

1/2 cup	Plain Greek Yogurt
1 cup	Raspberries

Toasted Veggie Sandwich

9 ingredients · 15 minutes · 1 serving



Directions

1. Toast your bread and put mustard on the inside of each slice.
2. Layer on veggies. Sprinkle with sea salt, pepper and cayenne.
3. Slice diagonally and enjoy!

Ingredients

2 slices	Organic Bread (toasted)
1 tbsp	Yellow Mustard
1/2	Tomato (sliced)
1/2	Avocado (diced)
1/4	Cucumber (sliced)
2 tbsps	Red Onion (chopped)
1/2 cup	Baby Spinach
	Sea Salt & Black Pepper (to taste)
1/8 tsp	Cayenne Pepper

Turkey Hummus Sandwich

6 ingredients · 5 minutes · 1 serving



Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey, tomato and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey

Use chicken breast instead.

Vegan & Vegetarian

Use smashed chickpeas instead of turkey.

Ingredients

2 slices	Organic Bread (or gluten-free)
1/4 lb	Turkey Breast (cooked)
1 tbsp	Hummus
1 1/2 tps	Dijon Mustard
1/2 cup	Mixed Greens
2	Tomato (Add 2 slices tomato)

Greek Chicken Salad

10 ingredients · 45 minutes · 1 serving



Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover

Sprinkle with feta cheese.

No Greek Seasoning

Use Italian seasoning instead.

Ingredients

1 1/2 tps	Greek Seasoning
1/4	Lemon (juiced)
1 tbsp	Extra Virgin Olive Oil
5 ozs	Chicken Breast (boneless, skinless)
3/4 cup	Cherry Tomatoes (halved)
1/4	Cucumber (diced)
1 tbsp	Red Onion (finely diced)
1/4 cup	Pitted Kalamata Olives (chopped)
2 1/4 tps	Balsamic Vinegar
	Sea Salt & Black Pepper (to taste)

White Bean, Spinach & Tomato Salad with Chicken

8 ingredients · 10 minutes · 1 serving



Directions

1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans

Use chickpeas or lentils instead.

Extra Flavour

Add avocado, lemon juice and/or feta cheese.

Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Ingredients

1 1/2 tps	Extra Virgin Olive Oil
2 tbsps	Shallot (diced)
1	Garlic (cloves, minced)
1 cup	White Navy Beans (cooked, drained and rinsed)
2 cups	Baby Spinach (chopped)
1/2	Tomato (medium, diced)
	Sea Salt & Black Pepper (to taste)
5 ozs	Chicken Breast

Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 1 serving



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan

Use chickpeas or lentils instead of tuna.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

1/2 cup	Brown Rice Fusilli (cooked)
1 tbsp	Extra Virgin Olive Oil
1/4	Lemon (juiced)
3/4 tsp	Italian Seasoning
	Sea Salt & Black Pepper (to taste)
2 tbsps	Green Olives (sliced)
2 tbsps	Sun Dried Tomatoes (sliced)
1/4 can	Tuna (drained and flaked)
2 cups	Arugula
1 tbsp	Hemp Seeds

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios (in the shell)

Toasted Walnuts

1 ingredient · 15 minutes · 1 serving



Directions

1. Preheat oven to 350F and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

1/3 cup	Walnuts (shelled)
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Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

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

Ingredients

- | | |
|---------|---------------|
| 1 | Apple |
| 2 tbsps | Almond Butter |

Toasted Walnuts and cottage cheese

3 ingredients · 15 minutes · 1 serving



Directions

1. Preheat oven to 350F and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!
3. Sprinkle over cottage cheese with touch of cinnamon

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

1/3 cup	Walnuts (shelled)
1/2 cup	Cottage Cheese
1/2 tsp	Cinnamon

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

1 cup	Green Beans (washed and trimmed)
1/2 cup	Cherry Tomatoes
3/4 tsp	Extra Virgin Olive Oil (or coconut oil)
	Sea Salt & Black Pepper (to taste)
5 ozs	Salmon Fillet

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

1	Sweet Potato (medium. sliced into 1 inch cubes)
2 cups	Brussels Sprouts (washed and halved)
1 1/2 tps	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
2 tbsps	Tahini
1 1/2 tps	Maple Syrup
2 tbsps	Water (warm)
1/8 tsp	Cayenne Pepper (less if you don't like it spicy)
1/16 tsp	Sea Salt
1 cup	Lentils (cooked, drained and rinsed)
4 cups	Baby Spinach (chopped)

Spaghetti Squash Chow Mein

10 ingredients · 1 hour 30 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos

Use tamari instead.

Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy

Serve with hot sauce.

Leftovers

Refrigerate up to 3 days.

Ingredients

1/2	Spaghetti Squash
1 tbsp	Sesame Oil
1/2	Yellow Onion (medium, diced)
2 stalks	Celery (sliced diagonally)
2 cups	Coleslaw Mix
1 1/2	Garlic (cloves, minced)
1 1/2 tsps	Ginger (peeled and grated)
3/4 tsp	Coconut Oil
1/2 lb	Extra Lean Ground Chicken
2 tsps	Coconut Aminos

Shiratake Noodle Chicken Stir Fry

8 ingredients · 20 minutes · 2 servings



Directions

1. Drain and rinse the shiratake noodles. Add them to a small saucepan and cover with water. Bring to a boil for about 5 minutes, then drain and rinse again.
2. In a large frying pan or wok, heat the avocado oil over medium-high heat. Add the sliced bell pepper, zucchini, and chicken. Cook for about 10 minutes, until the chicken is cooked through.
3. Add the coconut aminos, hot sauce, and shiratake noodles to the pan. Toss to coat, then transfer the stirfry to bowls. Sprinkle with sesame seeds and enjoy!

Notes

Shiratake Noodles

A high-fibre pasta alternative made from the konjac root. You can find them at most grocery or health food stores, often in the refrigerated natural foods section. If you avoid soy, be sure to check the ingredients as some brands use soy flour.

Vegan & Vegetarian

Use mashed tofu or scrambled eggs instead of chicken.

Ingredients

225 grams	Shiratake Noodles
1 tbsp	Avocado Oil
1	Orange Bell Pepper (sliced)
1	Zucchini (medium, sliced)
8 ozs	Chicken Breast (diced)
2 tbsps	Coconut Aminos
1 tbsp	Hot Sauce (or to taste)
1 tbsp	Sesame Seeds

Thai Basil Turkey with Bok Choy & Rice

11 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the instructions on the package and set aside.
2. While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
3. Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
4. Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice

Use quinoa or roasted potatoes instead.

Storage

Store in an airtight container in the fridge up to 3 days.

Low Carb

Use cauliflower rice instead of jasmine rice.

Make it Faster

Use green peas instead of bok choy.

No Thai Chili

If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers

Saute in a skillet until warmed through.

Ingredients

1/2 cup	Jasmine Rice (dry)
1 1/2 tsps	Coconut Oil
1	Thai Chili (stems removed and finely sliced)
3 stalks	Green Onion (finely diced)
2	Garlic (cloves, minced)
1/2 lb	Extra Lean Ground Turkey
1 1/2 tsps	Raw Honey
1 1/2 tbsps	Tamari
1/2 cup	Basil Leaves (fresh, chopped)
1 tsp	Sesame Oil
2 cups	Bok Choy (sliced in half lengthwise)

Vegan & Vegetarian

Replace the ground turkey with roasted chickpeas or warm lentils.

Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375F. Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein

Add lentils, chickpeas or diced chicken.

Leftovers

Store covered in the fridge up to 2 - 3 days.

Ingredients

1/2	Delicata Squash (small)
1 1/2 cups	Brussels Sprouts (washed and halved)
1/2 bulb	Fennel (coarsley chopped)
1/4 cup	Red Onion (coarsley chopped)
2 tbsps	Extra Virgin Olive Oil (divided)
1/8 tsp	Sea Salt
1/8 tsp	Black Pepper
2 tbsps	Tahini
1/2	Garlic (clove)
2 tbsps	Water
1	Lemon (small, juiced)
2 tbsps	Pumpkin Seeds

15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 1 serving



Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 - 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free

Use pumpkin seeds or sunflower seeds instead.

Save Time

Blend up the pesto in advance.

More Carbs

Serve it with rice, quinoa or roasted mini potatoes.

Ingredients

1/4 cup	Parsley (packed)
1 tbsp	Fresh Dill (packed)
1 1/3 tbsps	Slivered Almonds
2 1/4 tpsps	Extra Virgin Olive Oil
1/4	Lemon (juiced)
1/4	Garlic (clove)
	Sea Salt & Black Pepper
5 ozs	Halibut Fillet
1/3 tsp	Coconut Oil
2 cups	Mixed Greens (or Arugula)