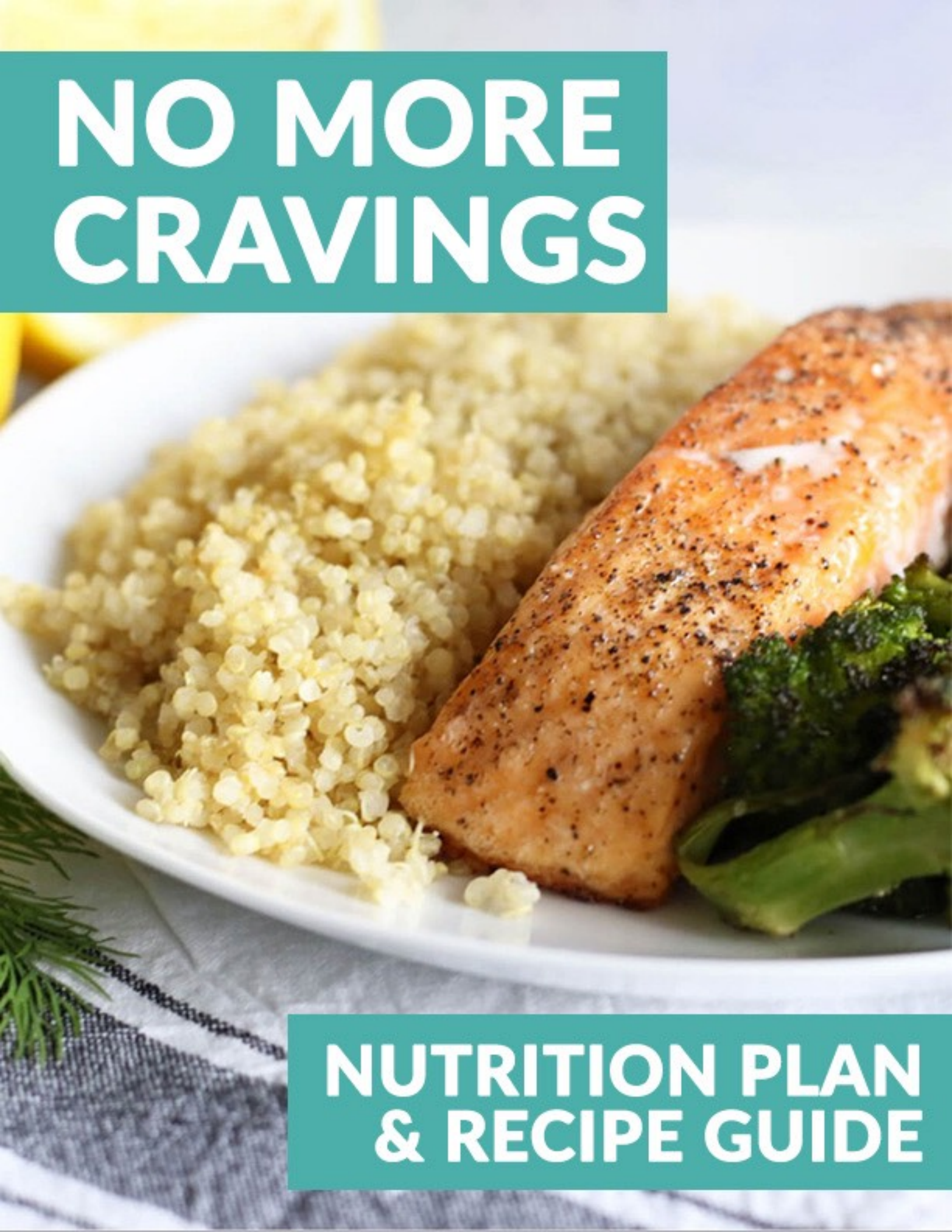


A close-up photograph of a white plate containing a meal. On the right side of the plate is a large, cooked salmon fillet, seasoned with black pepper and a small pat of butter. To the left of the salmon is a generous portion of fluffy, yellow quinoa. In the bottom right corner of the plate, there are several florets of steamed broccoli. A fresh dill sprig is placed on a grey and white patterned cloth napkin to the left of the plate. In the top left background, a slice of a yellow lemon is visible.

NO MORE CRAVINGS

NUTRITION PLAN & RECIPE GUIDE

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Protein-Packed Avocado Toast	Eggvocado	Yogurt & Berries	Veggie Goat Cheese Omelette	Eggvocado	Yogurt & Berries	Berry Baked Oatmeal
Snack 1	Apple with Peanut Butter	Summer Fruit Salad	Suzys Kamut Cakes & Hummus	Baby Carrots & Hummus	Apple with Peanut Butter	Greek Yogurt and Raspberries	Baby Carrots & Hummus
		Cottage Cheese					
Lunch					Turkey Hummus Sandwich House Salad	Mini Turkey Quinoa Meatloaves	Avocado Egg Salad Sandwich
Dinner	Baked Salmon with Broccoli & Quinoa	Red Thai Coconut Curry Chicken	Thai Basil Turkey with Bok Choy & Brown Rice	Steak with Balsamic Jus	Spicy Curried Kale & Quinoa Stir Fry	Thai Turkey Burgers with Almond Carrot Slaw	Spicy Curried Kale & Quinoa Stir Fry
		Brown Rice					

72 items

Fruits

☐	3	Apple
☐	2 3/4	Avocado
☐	1/3 cup	Blackberries
☐	1/8	Cantaloupe
☐	1 1/8	Lemon
☐	1 1/16	Lime
☐	1 cup	Raspberries
☐	1/16	Seedless Watermelon

Breakfast

☐	2 tbsps	All Natural Almond Butter
☐	2 tbsps	Almond Butter
☐	1/4 cup	Chopped Walnuts
☐	2 tsps	Maple Syrup

Seeds, Nuts & Spices

☐	2 tsps	Chia Seeds
☐	1/3 tsp	Cinnamon
☐	2 tbsps	Hemp Seeds
☐	1/8 tsp	Sea Salt
☐	0	Sea Salt & Black Pepper
☐	1 1/3 tbsps	Sliced Almonds
☐	2 tbsps	Slivered Almonds

Frozen

☐	2 2/3 cups	Frozen Berries
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Vegetables

☐	1 1/2 cups	Baby Carrots
☐	12 1/4 cups	Baby Spinach
☐	2 1/4 cups	Basil Leaves
☐	8 cups	Bok Choy
☐	1 head	Boston Lettuce
☐	8 cups	Broccoli
☐	2	Carrot
☐	1 head	Cauliflower
☐	1/4 cup	Cilantro
☐	1/4	Cucumber
☐	12	Garlic
☐	1 tbsp	Ginger
☐	1/8 head	Green Lettuce
☐	14 stalks	Green Onion
☐	1	Jalapeno Pepper
☐	1/2 cup	Mixed Greens
☐	1/2 cup	Mushrooms
☐	2 tbsps	Parsley
☐	1/2 cup	Red Onion
☐	4	Thai Chili
☐	3 1/2	Tomato
☐	1/2	Yellow Onion

Boxed & Canned

☐	2 1/3 cups	Brown Rice
☐	3/4 cup	Organic Coconut Milk
☐	1 1/4 cups	Quinoa
☐	2 pieces	Suzys Kamut Rice Cakes
☐	1/2 cup	White Navy Beans

Baking

☐	2/3 cup	Oats
☐	2 1/16 tbsps	Raw Honey
☐	2 2/3 tbsps	Unsweetened Applesauce

Bread, Fish, Meat & Cheese

☐	20 ozs	Beef Tenderloin
☐	1 1/3 lbs	Chicken Thighs
☐	3 1/2 lbs	Extra Lean Ground Turkey
☐	1/4 cup	Feta Cheese
☐	2 2/3 tbsps	Goat Cheese
☐	2/3 cup	Hummus
☐	6 slices	Organic Bread
☐	20 ozs	Salmon Fillet
☐	1/4 lb	Turkey Breast

Condiments & Oils

☐	1/2 cup	Balsamic Vinegar
☐	1/4 cup	Coconut Oil
☐	1/3 cup	Dijon Mustard
☐	4 tbsps	Extra Virgin Olive Oil
☐	1 1/2 tsps	Red Wine Vinegar
☐	1 1/3 tbsps	Sesame Oil
☐	2/3 cup	Tamari
☐	2 2/3 tbsps	Thai Red Curry Paste

Cold

☐	1/2 cup	Cottage Cheese
☐	9	Egg
☐	2 1/2 cups	Plain Greek Yogurt
☐	2/3 cup	Unsweetened Almond Milk

Other

☐	4 cups	Water
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Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 1 serving



Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans

Use chickpeas instead.

Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

Ingredients

1/2	Avocado
1/2 cup	White Navy Beans (cooked)
1/8	Lemon (juiced)
1/8 tsp	Sea Salt
2 slices	Organic Bread
2 tbsps	Hemp Seeds

Eggvocado

2 ingredients · 15 minutes · 1 serving



Directions

1. Preheat oven to 350 degrees F.
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10-15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

Ingredients

- | | |
|---|---------|
| 1 | Avocado |
| 2 | Egg |

Yogurt & Berries

3 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

1 cup	Plain Greek Yogurt
1 cup	Frozen Berries (thawed)
2 tbsps	Chopped Walnuts (Added chopped walnuts)

Veggie Goat Cheese Omelette

10 ingredients · 15 minutes · 1 serving



Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Ingredients

1 1/2 tsps	Tamari
1 1/2 tsps	Extra Virgin Olive Oil
1/2 cup	Mushrooms (sliced)
2 tbsps	Red Onion (diced)
1	Garlic (cloves, minced)
1 cup	Baby Spinach
2 1/2	Egg
2 2/3 tbsps	Goat Cheese (crumbled)
2 tbsps	Parsley (chopped)
	Sea Salt & Black Pepper (to taste)

Berry Baked Oatmeal

8 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F. Grease a baking pan with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce

Use mashed banana instead.

No Almonds

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Ingredients

2/3 cup	Oats (quick or traditional)
2/3 cup	Unsweetened Almond Milk
2 tsps	Maple Syrup
2 2/3 tsps	Unsweetened Applesauce
1/3 tsp	Cinnamon
2 tsps	Chia Seeds
2/3 cup	Frozen Berries
1 1/3 tsps	Sliced Almonds

Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



Directions

1. Cut apple into slices and remove the core. Dip into almond butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

- | | |
|--------|---------------------------|
| 1 | Apple |
| 1 tbsp | All Natural Almond Butter |

Summer Fruit Salad

5 ingredients · 15 minutes · 1 serving



Directions

1. Combine all ingredients together in a large mixing bowl. Toss well. Cover and leave in the fridge until ready to eat. Enjoy!

Ingredients

1/8	Cantaloupe (chopped)
1/16	Seedless Watermelon (chopped)
1/3 cup	Blackberries
1/16	Lime (juiced)
1/4 tsp	Raw Honey

Cottage Cheese

1 ingredient · 5 minutes · 1 serving



Directions

1. Scoop into a bowl and enjoy!

Notes

Serve it With

Fruit, cinnamon, honey, nut butter, pancakes, omelettes, toast or pasta.

Ingredients

1/2 cup	Cottage Cheese
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Suzys Kamut Cakes & Hummus

3 ingredients · 5 minutes · 1 serving



Directions

1. Put 1 tbsp on each rice cake with apple slices. Enjoy!

Notes

Crackers

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

Ingredients

2 pieces	Suzys Kamut Rice Cakes
2 tbsps	Hummus
1	Apple

Baby Carrots & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

3/4 cup	Baby Carrots
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

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)

House Salad

5 ingredients · 10 minutes · 1 serving



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

Serve it With

Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

1 tbsp	Extra Virgin Olive Oil
1 1/2 tsps	Red Wine Vinegar
1/8 head	Green Lettuce (roughly chopped)
1/2	Tomato (medium, sliced)
1/4	Cucumber (sliced)

Mini Turkey Quinoa Meatloaves

14 ingredients · 1 hour · 6 servings



Directions

1. Preheat oven to 350.
2. Place quinoa and water in a small sauce pan over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes and remove from heat. Set aside.
3. Place olive oil in a small frying pan over medium heat. Saute onions for about 5 minutes or until golden. Add minced garlic and stir for another minute. Remove from heat.
4. In a large mixing bowl, combine quinoa, garlic/onion mix, turkey, tomato, spinach, jalapeno, tamari, egg and salt and pepper to taste. Mix well with a spatula until all ingredients are well distributed.
5. Lightly grease a muffin tin with coconut oil or line each muffin cup with parchment paper. Spoon mixture evenly across muffin tin. Bake in oven for 30 - 40 minutes, or until cooked through.
6. Serve with a handful of leftover baby spinach and some lightly steamed cauliflower tossed in 1/2 tbsp coconut oil, seasoned with salt and pepper.

Notes

Vegetarian

Use lentils instead of ground turkey.

Make Meatballs

Roll into balls and fry in a pan with olive oil until cooked through.

Make Burgers

Form into patties and bake in the oven or fry in a pan.

Make a Glaze

Brush the tops of the mini meatloaves with raw honey or maple syrup before baking.

Ingredients

1/4 cup	Quinoa (uncooked)
1/2 cup	Water
1 1/2 tsps	Extra Virgin Olive Oil
1/2	Yellow Onion (chopped)
2	Garlic (cloves, minced)
1 lb	Extra Lean Ground Turkey
1	Tomato (diced)
1 cup	Baby Spinach (chopped)
1	Jalapeno Pepper (deseeded and chopped)
1 tbsp	Tamari
1	Egg
	Sea Salt & Black Pepper (to taste)
1 head	Cauliflower (cut into florets)
1 1/2 tsps	Coconut Oil (melted)

Avocado Egg Salad Sandwich

7 ingredients · 15 minutes · 1 serving



Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

Notes

Less Bread

Make it an open-face sandwich.

Add a Kick

Add red chili flakes or hot sauce.

Vegan

Use mashed chickpeas or white kidney beans instead of eggs.

Ingredients

1 1/2	Egg
1/4	Avocado
1/4 cup	Baby Spinach (chopped)
3/4 tsp	Dijon Mustard
1/16	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)
2 slices	Organic Bread (toasted)

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 450 degrees F 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.

Ingredients

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

Red Thai Coconut Curry Chicken

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat your oven to 400 degrees F.
2. Rub the chicken thighs with half of the Thai red curry paste.
3. Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Saute the red onions in the remaining Thai red curry paste for about 3 to 5 minutes.
4. Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
5. Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
6. Remove from the oven, divide the chicken onto plates and enjoy!

Notes

Optional Garnishes

Sea salt, pepper, lime juice and/or chopped cilantro.

Serve it With

Rice, quinoa or cauliflower rice.

Add Veggies

Serve it with wilted kale, roasted asparagus or green peas.

Ingredients

1 1/3 lbs	Chicken Thighs (skinless, boneless)
2 2/3 tbsps	Thai Red Curry Paste (divided)
2 tsps	Coconut Oil
1/3 cup	Red Onion (finely diced)
3/4 cup	Organic Coconut Milk (canned, full fat)

Brown Rice

2 ingredients · 45 minutes · 4 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1 cup	Brown Rice (uncooked)
2 cups	Water

Thai Basil Turkey with Bok Choy & Brown Rice

11 ingredients · 25 minutes · 4 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 1/3 cups	Brown Rice (dry)
2 tbsps	Coconut Oil
4	Thai Chili (stems removed and finely sliced)
12 stalks	Green Onion (finely diced)
8	Garlic (cloves, minced)
24 ozs	Extra Lean Ground Turkey
2 tbsps	Raw Honey
1/3 cup	Tamari
2 cups	Basil Leaves (fresh, chopped)
1 1/3 tbsps	Sesame Oil
8 cups	Bok Choy (sliced in half lengthwise)

Vegan & Vegetarian

Replace the ground turkey with roasted chickpeas or warm lentils.

Steak with Balsamic Jus

9 ingredients · 15 minutes · 4 servings



Directions

1. Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
2. Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
4. Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

Notes

Make it Even Quicker

Skip sauteing the spinach and make a raw salad instead.

Ingredients

1 tbsp	Coconut Oil
20 ozs	Beef Tenderloin (sliced into steaks)
	Sea Salt & Black Pepper (to taste)
1/2 cup	Balsamic Vinegar
1/4 cup	Dijon Mustard
10 cups	Baby Spinach
2 tbsps	Slivered Almonds (toasted)
1/2	Lemon (juiced)
1/4 cup	Feta Cheese (crumbled)

Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 4 servings



Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10-15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs

Serve on burger buns or sweet potato toast.

Make Ahead

Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce

Use cabbages leaves instead.

Oven Version

Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Ingredients

1 lb	Extra Lean Ground Turkey
2 stalks	Green Onion (sliced)
1/4 cup	Cilantro (chopped)
1/4 cup	Basil Leaves (chopped)
1	Garlic (clove, minced)
1 tbsp	Ginger (peeled and grated)
	Sea Salt & Black Pepper (to taste)
2	Carrot (medium, grated)
1	Lime (juiced)
2 tbsps	Almond Butter
2 tbsps	Tamari (or Coconut Aminos)
1 head	Boston Lettuce (peeled apart into leaves)