

7-Day Meal Plan: Complete Recipes

***Note: For pre-plan prep, the order is as follows:**

1. *Sheet Pan Vegetables* (see: 'Vegetables' section)
2. *Cilantro Lime Meatballs / Thai-Style Turkey Mix* (see: 'Proteins')
3. *Cooked Brown Rice* (see: 'Grains')
4. *Greek Yogurt Tzatziki + Balsamic Vinegar Reduction* (see: 'Sauces')
5. *Grilled Chickpeas* (see: 'Vegetables')

Breakfast Recipes

Almond Milk Oatmeal with Peanut Butter, Banana & Strawberries

Recipe yield: 1 portion

Total time: 15 minutes

Ingredients:

- ½ cup old fashioned rolled oats
- 1 ½ cups unsweetened almond milk
- ¼ tsp. kosher salt
- ¼ tsp. lemon juice
- 1 tbsp. peanut butter
- 1 banana, sliced
- 1 strawberry, sliced
- 1 tbsp. chopped peanuts

Method:

1. In a medium sauce pot, heat oats, almond milk, half the sliced banana, and salt over low heat and let cook for 7-8 minutes until thick and creamy.
2. Add lemon juice and stir.
3. Transfer to a bowl and top with peanut butter, sliced banana, sliced strawberry, and peanuts.

Creamy Peanut Butter Toast With Banana

Recipe yield: 1 portion

Total time: 10 minutes

Ingredients:

- 1 slice of sourdough bread, toasted
- 2 tbsp. peanut butter

½ a banana, sliced
1 tbsp. chopped peanuts, roasted

Method:

1. Smear peanut butter on toast and top with sliced banana.
 2. Garnish with peanuts.
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Strawberry Balsamic Toast With Greek Yogurt

Recipe yield: 1 portion

Total time: 10 minutes

Ingredients:

1 slice of sourdough bread, toasted
2 tbsp. greek yogurt, 2% fat
3 strawberries, sliced
½ tsp. balsamic reduction (see recipe in *Dressings & Sauces* section)

Method:

1. Smear yogurt on toast and top with sliced strawberries.
 2. Drizzle with balsamic reduction.
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Breakfast Bowl with Quinoa, Avocado & Tomato

Recipe yield: 1 portion

Total time: 5 minutes

Ingredients:

1 cup cooked white quinoa (see recipe in *Grain* section)
½ cup cherry tomato pico de gallo (see recipe in *Vegetable* section)
¼ of an avocado, thinly sliced
1 soft boiled egg (see cooking method in *Protein* section)
kosher salt, to taste
ground black pepper, to taste

Method:

1. Combine cooked quinoa with cherry tomato pico de gallo in a bowl.
 2. Top with sliced avocado and soft boiled egg.
 3. Finish kosher salt, and ground black pepper to taste.
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Fried Egg Breakfast Tacos

Recipe yield: 2 tacos

Total time: 10 minutes

Ingredients:

2 small corn tortillas
2 fried eggs (cooking method in *Protein* section)
½ cup cherry tomato pico de gallo (see recipe in *Vegetable* section)
¼ an avocado, sliced
kosher salt, to taste
ground black pepper, to taste
red pepper flakes, to taste
1 lime wedge

Method:

1. Heat tortillas directly on a burner set at medium heat until warm and slightly charred.
2. Divide fried eggs, cherry tomato pico de gallo, and sliced avocado between tortillas.
3. Season with kosher salt, ground black pepper, red pepper flakes, and a squeeze of fresh lime juice.

Note: Drain any excess liquid cherry tomato pico de gallo may have purged before using.

Lunch Recipes

One-Pan Summer Vegetable Frittata

Recipe Yield: 9" frittata, 4 portions

Total time: 15 minutes

1 tsp. extra virgin olive oil
2 cups sheet pan vegetables (see recipe in *Vegetable* section)
6 large eggs
½ tsp. kosher salt
¼ tsp. ground black pepper

Method:

1. Preheat oven at 400° F.
2. Heat olive oil in a 9" cast-iron skillet over medium heat and add vegetables. Cook for 3-5 minutes, stirring often.
3. Meanwhile, beat eggs with salt and pepper and add to skillet.
4. Immediately transfer to oven and cook for 9-12 minutes, until eggs are set.

Power Salad With Roasted Chickpeas and Sweet Potatoes

Recipe yield: 1 portion

Total time: 10 minutes

Ingredients:

1 cup baby spinach
¾ cup roasted sweet potatoes (see recipe in *Vegetable* section)
¾ cup roasted chickpeas (see recipe in *Vegetable* section)
½ cup sheet pan vegetables (see recipe in *vegetable* section)
½ cup quinoa, cooked (see cooking method in *Grain* section)
3 tbsp. extra virgin olive oil
1 tbsp. balsamic reduction (see recipe in *Dressings & Sauces* section)
kosher salt, to taste
ground black pepper, to taste

Method:

1. Just put everything in a bowl and mix.

Roasted Veggie Pita with Greek Yogurt Tzatziki

Recipe yield: 1 portion

Total time: 10 minutes

Ingredients:

1 pita
1 cup sheet pan vegetables (see recipe in *Vegetable* section)
½ cup roasted chickpeas (see recipe in *Vegetable* section)
¼ cup tzatziki (see recipe in *Dressings & Sauces* section)

Method:

1. Heat pita in a pan until warm.
2. Distribute vegetables, chickpeas, and tzatziki onto the pita.

Southwestern Quinoa Bowl with Black Beans & Lime Crema

Recipe yield: 1 portion

Prep time: 5 minutes

Ingredients:

¾ cup cooked white quinoa (see cooking method in *Grain* section)
½ cup canned black beans, drained
½ cup cherry tomato pico de gallo (see recipe in *Vegetable* section)
¼ cup lime crema (see recipe in *Dressings & Sauces* section)
roughly chopped cilantro, to taste
1 lime wedge

Method:

1. Combine cooked quinoa, black beans, and cherry tomato pico de gallo in a bowl.
2. Top with lime crema, crispy tortilla strips (optional), cilantro, and a squeeze of lime.

Dinner Recipes

One-Pot Hash with Chicken, Sweet Potato & Kale

Recipe yield: 2 portions

Total time: 30 minutes

Ingredients:

4 tbsp. extra virgin olive oil

1 boneless skinless chicken breast, sliced

2 garlic cloves, minced

¼ tsp. red pepper flakes

2 cups curly kale, chopped, ribs removed

1 tbsp balsamic reduction (see recipe in *Dressings & Sauces* section)

3 cups roasted sweet potatoes (see recipe in *Vegetable* section)

kosher salt, to taste

ground black pepper, to taste

Method:

1. Heat 2 tbsp. of olive oil in a cast iron skillet over medium heat. Brown the sliced chicken on each side and remove from pan.
2. Add the garlic, red pepper flakes, and the 2 remaining tbsp of olive oil and cook until fragrant, about one minute. Add the kale, ¼ cup of water, and balsamic reduction and cook until wilted and tender.
3. Add the roasted sweet potatoes and chicken and season with salt and pepper. Reserve into two portions.

Whole Wheat Pasta With Lemon Kale Chicken

Recipe yield: 1 portion

Total time: 30 minutes

Ingredients:

4 oz whole wheat spaghetti

1 boneless, skinless chicken breast, sliced

5 tbsp. extra virgin olive oil

2 garlic cloves, minced

¼ tsp. red pepper flakes

2 cups chopped curly kale, ribs removed

zest of 1 lemon

1 tbsp. lemon juice

kosher salt, to taste

ground black pepper, to taste

Method:

1. Boil salted water and cook the whole wheat pasta for one minute less than the time indicated on the package. Reserve $\frac{1}{4}$ cup of pasta water.
 2. Meanwhile, heat two tablespoons of olive oil in a cast iron skillet, seasoned chicken with salt and pepper, and brown it on each side. Remove from skillet and reserve.
 3. Heat remaining three tablespoon of olive oil in skillet and add garlic and red pepper flakes. Cook until fragrant, about two minutes.
 4. Add kale, lemon zest, lemon juice, salt, pepper, and reserved pasta water. Cook until kale is tender, about three minutes.
 5. Add cooked chicken, pasta, stir to coat, and serve immediately.
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Cilantro-Lime Turkey Meatballs With Peanut Sauce

Recipe Yield: 1 portion

Total time: 10 minutes

Ingredients:

- 1 cup cooked brown rice (see cooking method in *Grain* section)
- 4 cilantro lime meatballs (see recipe in *Protein* section)
- $\frac{1}{3}$ cup Thai peanut sauce (see recipe in *Dressings & Sauces* section)
- $\frac{1}{4}$ cup edamame, thawed
- 2 tbsp. roasted peanuts, chopped
- 1 tbsp. roughly chopped cilantro
- 5 slices of jalapeño

Method:

1. Place brown rice in a bowl and top with meatballs and Thai peanut sauce.
 2. Garnish with edamame, peanuts, cilantro, and jalapeno.
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Cold Thai Peanut Noodle Salad

Recipe yield: 1 portion

Total time: 25 minutes

Ingredients:

- 4 oz whole wheat spaghetti
- $\frac{1}{3}$ cup Thai peanut sauce (see recipe in *Dressings & Sauces* section)
- $\frac{1}{4}$ cup sliced cucumber
- $\frac{1}{4}$ cup edamame, thawed
- 3 tbsp. thinly sliced green onion
- 1 tbsp roughly chopped cilantro
- 1 tbsp roasted peanuts, chopped

Method:

1. Cook spaghetti for 7-9 minutes in salted, boiling water until al dente and immediately rinse under cold water.
 2. Toss cooked spaghetti with Thai peanut sauce, cucumber, edamame, and green onions.
 3. Garnish with cilantro and peanuts.
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Sweet Potato Veggie Tacos With Lime Crema

Recipe yield: 2 tacos

Total time: 15 minutes

Ingredients:

3 small corn tortillas

$\frac{3}{4}$ cup diced roasted sweet potatoes (see recipe in *Vegetable* section)

$\frac{1}{2}$ cup cherry tomato pico de gallo (see recipe in *Vegetable* section)

$\frac{1}{2}$ cup canned black beans, strained

$\frac{1}{4}$ cup lime crema (see recipe in *Dressings & Sauces* section)

1 tbsp. roughly chopped cilantro

kosher salt, to taste

ground black pepper, to taste

1 lime wedge

Method:

1. Heat tortillas directly on a burner until warm and slightly charred.
 2. Divide sweet potatoes, cherry tomato pico de gallo, black beans, lime crema, and cilantro between tortillas.
 3. Season with kosher salt, ground black pepper, and a squeeze of fresh lime juice.
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Thai-Style Turkey Over Rice

Recipe Yield: 1 portion

Total time: 20 minutes

Ingredients:

1 tbsp. extra virgin olive oil

5 oz turkey larb mixture (see recipe in *Protein* section)

1 cup cooked brown rice (see cooking method in *Grain* section)

$\frac{1}{4}$ cup shredded carrots

$\frac{1}{2}$ cup baby spinach

$\frac{1}{4}$ cup thinly sliced red onion

2 tbsp. sliced green onions

1 tbsp. roasted peanuts, chopped

2 tbsp. Thai peanut sauce (see recipe in *Dressings & Sauces* section)

1 lime wedge

Method:

1. Heat olive oil in a nonstick skillet over medium heat.
 2. Add turkey larb mixture and cook, stirring continuously, until no longer pink, about 5 minutes.
 3. Place brown rice, shredded carrots, and baby spinach in a bowl and top with cooked larb mixture.
 4. Garnish with red onion, green onion, peanuts, peanut sauce, and a lime wedge.
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Protein-Packed Banh Mi Bowl

Recipe Yield: 1 portion

Total time: 15 minutes

Ingredients:

- 1 cup cooked brown rice (see cooking method in *Grain* section)
- 4 cilantro lime turkey meatballs (see recipe in *Protein* section)
- ¼ cup shredded carrots
- 3 tbsp. edamame, thawed
- 2 tbsp. roasted peanuts, chopped
- 5 slices of cucumber
- 5 slices of jalapeño
- ⅓ cup Thai peanut sauce (see recipe in *Dressings & Sauces* section)

Method:

1. Place brown rice in a bowl and top with individual piles of meatballs, carrot, edamame, peanuts, cucumber, and jalapeño.
 2. Finish with a drizzling of Thai peanut sauce.
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Vegetable Recipes

Roasted Sweet Potatoes

Recipe Yield: 7 cups

Total time: 55 minutes

Ingredients:

- 9 small sweet potatoes (about 2 lbs.), skin-on, diced into ¾" cubes
- 2 garlic cloves, minced
- 2 tbsp. extra virgin olive oil
- 1 tsp. kosher salt

Method:

1. Preheat oven to 400° F.
2. Toss sweet potatoes with garlic, olive oil, and salt and transfer to a baking sheet lined with foil.
3. Bake until tender, about 45 minutes.

Sheet Pan Vegetables

Prep time: 20 minutes

Total time: 1 hour 25 minutes

Ingredients:

2 zucchini, skin-on, cut into $\frac{3}{4}$ " cubes
2 eggplants, skin-on, cut into $\frac{3}{4}$ " cubes
1 yellow onion, thinly sliced
3 garlic cloves, minced
 $\frac{1}{4}$ cup extra virgin olive oil
2 tsp. kosher salt
7 roma tomatoes

Method:

1. Preheat the oven at 350° F.
2. In a large bowl toss zucchini, eggplant, onion, garlic, olive oil, and salt and transfer to a foil-lined sheet tray.
3. Bake for 40 minutes, stirring every 10 minutes.
4. Meanwhile, score a small X into the bottom of each tomato and microwave them for 10 minutes in a bowl. Once cooled, peel the skin off and roughly dice them.
5. After 40 minutes of cooking, increase oven to 400° F, add the tomatoes, and bake for an additional 25 minutes.

Grilled Chickpeas

Recipe Yield: 1 $\frac{1}{4}$ cup

Total time: 15 minutes

Ingredients:

1 can (15.5 oz) of chickpeas
2 tbsp olive oil
 $\frac{1}{2}$ tsp kosher salt
2 tsp. minced jalapeño
1 tbsp. chopped cilantro

Method:

1. Drain, rinse, and pat the chickpeas dry.
2. Heat olive oil in a cast iron pan. Add the chickpeas, salt, and jalapeno. Cook, stirring frequently, until chickpeas are brown and crispy, about 10 minutes.
3. Remove from heat and toss with cilantro.

Cherry Tomato Pico de Gallo

Recipe yield: 2 cups

Total time: 25 minutes

16 oz multicolored cherry tomatoes, quartered
½ cup finely chopped red onion
1 jalapeno, minced and seeded
2 tbsp. lime juice
1 tbsp. roughly chopped cilantro
1 tbsp. extra virgin olive oil
1 ½ tsp. kosher salt
½ tsp. minced garlic (1 small clove)
½ tsp. ground black pepper

Method:

1. Gently toss all ingredients in a large bowl.
 2. Drain any excess liquid tomatoes may have purged and store in refrigerator.
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Dressings & Sauces Recipes

Tzatziki

Recipe Yield: 1 cup

Total time: 10 minutes

Ingredients:

½ a cucumber, unpeeled
¾ cup Greek yogurt
1 tbsp. lemon juice
1 tbsp. olive oil
¼ tsp. lemon zest
¼ tsp. minced garlic
¼ tsp. kosher salt
¼ tsp. ground black pepper

Method:

1. Grate the cucumber and squeeze in a paper towel to remove excess moisture.
 2. Mix with yogurt, lemon juice, olive oil, lemon zest, garlic, salt, and pepper.
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Balsamic Reduction

Recipe yield: ¼ cup

Total time: 10 minutes

Ingredients:

½ cup balsamic vinegar

Method:

1. Place vinegar in a non stick pan over medium-high heat and bring to a boil.
 2. Reduce heat to medium-low, stirring occasionally, and cook until reduced by half.
 3. Transfer to a bowl and let cool before using.
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Thai Peanut Sauce

Recipe yield: 1 cup

Total time: 11 minutes

Ingredients:

$\frac{3}{4}$ cup water

$\frac{1}{2}$ cup creamy peanut butter

$\frac{1}{4}$ cup lime juice

1 $\frac{1}{2}$ tsp. minced ginger

1 $\frac{1}{2}$ tsp. minced garlic

$\frac{1}{2}$ tsp. kosher salt

Method:

1. Place all ingredients in a microwave safe bowl.
 2. Microwave on high for one minute.
 3. Stir until creamy and emulsified.
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Lime Crema

Recipe yield: $\frac{1}{2}$ cup

Total time: 5 minutes

Ingredients:

$\frac{1}{2}$ cup greek yogurt, 2% fat

1 tbsp. lime juice

$\frac{1}{4}$ tsp. lime zest

kosher salt, to taste

Method:

1. Combine all ingredients and stir.
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Protein Recipes

Soft Boiled Egg

Recipe yield: 2 soft boiled eggs

Total time: 11 minutes

Ingredients:

1 large egg
water, as needed

Method:

1. Bring a medium pot of water to a rolling boil.
2. Gently add egg directly from fridge (egg must be cold).
3. Boil for six minutes.
4. Immediately transfer to an ice water bath and peel under cold running water.

Note: Store cooked egg in water in the fridge.

Cilantro Lime Meatballs / Thai-Style Turkey Mix

Recipe Yield: eight meatballs / 5 ounces of larb

Total time: 45 minutes / 25 minutes

Ingredients:

1 lb. ground turkey
¼ cup minced green onion
2 tbsp. minced ginger
2 tbsp. minced garlic (about 4 cloves)
2 tbsp. minced jalapeño, seeded
1 tbsp. lime juice
1 tbsp. finely chopped cilantro
1 ½ tsp. kosher salt
1 tsp. lime zest
½ tsp. ground black pepper

1 large egg, beaten
1/2 cup breadcrumbs (see recipe below)

Method:

1. Preheat oven to 350° F.
 2. Combine turkey, green onion, ginger, garlic, jalapeño, lime juice, cilantro, salt, lime zest, and black pepper and gently mix until just combined. Reserve five ounces of mixture (about ½ a cup) for larb.
 3. Add egg to remaining mixture and gently mix to incorporate.
 4. Slowly add just enough bread crumbs until mixture holds together.
 5. Roll into ten meatballs, about 1 oz each (2 tbsp.).
 6. Place meatballs onto a sheet tray prepped with nonstick spray and bake for 25 minutes.
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Fried Eggs

Recipe yield: 2 fried eggs

Total time: 5 minutes

Ingredients:

2 large eggs

1 tbsp. extra virgin olive oil

Method:

1. Heat olive oil in a nonstick skillet over medium heat.
 2. Add eggs and let cook until whites are firm, about 2 minutes.
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Grain Recipes

Cooked White Quinoa

Recipe yield: 3 cups

Total time: 30 minutes

Ingredients:

1 ¼ cups white quinoa

2 ½ cups water

2 tsp. extra virgin olive oil

¾ tsp. kosher salt

Method:

1. Combine all ingredients in a medium sauce pot.
 2. Bring to a simmer, reduce heat to low, and cover with a lid.
 3. Continue cooking until all water is absorbed, about 25 minutes.
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Cooked Brown Rice

Recipe Yield: 4 cups

Total time: 40 minutes

Ingredients:

2 cups brown jasmine rice

4 cups water

1 tbsp. extra virgin olive oil

1 tsp. kosher salt

Method:

1. Combine all ingredients in a medium sauce pot.
2. Bring to a simmer, reduce heat to low, and cover with a lid.

3. Continue cooking until water is completely absorbed, about 35 minutes.
 4. Note: This recipe can also be made in a rice cooker.
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Miscellaneous Recipes

Homemade Bread Crumbs

Recipe Yield: 1 ½ cups

Total time: 12 minutes

Ingredients:

4 slices of sourdough bread

Method:

1. Preheat oven to 400 F.
 2. Bake bread slices on a sheet pan for 10-12 minutes until browned and dry. Let cool.
 3. Transfer cooled slices to a food processor and process into fine crumbs
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Snacks

Chili Lime Pineapple & Cucumber

Recipe Yield: 1 snack portion

Total time: 10 minutes

Ingredients:

5 jicama spears

5 pineapple spears

5 cucumber spears

1 tsp. chili lime seasoning

1 lime wedge

Method:

1. Toss cut jicama, pineapple and cucumber with chili lime seasoning and finish with a squirt of fresh lime.

Note: To make your own chili lime seasoning, combine equal parts lime zest, chili powder, and kosher salt.

Pita Chips With Homemade Greek Yogurt Tzatziki

Recipe Yield: 1 snack portion

Total time: 12 minutes

Ingredients:

1 piece of pita bread, cut into 8 wedges
2 tbsp. extra virgin olive oil
kosher salt, to taste
¼ cup Greek yogurt tzatziki (sub recipe on roasted veggie pita)

Method:

1. Preheat oven to 400° F.
2. Toss cut pita with olive oil and kosher salt and spread onto a baking sheet.
3. Cook for 7 minutes until crisp and golden. Let cool.
4. Serve with Greek yogurt tzatziki.

Spiced Popcorn

Recipe Yield: 4 cups

Ingredients:

¼ cup coconut oil, melted
1 tsp. chili powder
1 tsp. madras curry powder
½ tsp. kosher salt
¼ tsp. ground turmeric
¼ cup nutritional yeast
½ cup popcorn kernels

Method:

1. In a small bowl combine chili powder, curry powder, salt, turmeric, and nutritional yeast. Set aside.
2. Place 2 tbsp. of coconut oil and three popcorn kernels in a large heavy-bottomed pot over medium heat. Cover with lid and shake every 15 seconds. When all three kernels pop, the pot is hot enough. Take those 3 kernels out, so they don't burn.
3. Add remaining popcorn kernels, cover with lid, and shake every 15 seconds. Popcorn is done when popping slows to five seconds between every pop.
4. Transfer popcorn to bowl, add remaining coconut oil, and toss with spice mixture.

Mango Strawberry Yogurt Bark

Recipe Yield: 1 sheet tray, about 5 portions

Total time: 2 hours and 15 minutes

Ingredients:

2 cups 2% Greek yogurt
1 cup diced mango
5 strawberries, sliced
¼ cup shredded coconut, toasted
zest of 1 lime

Method:

1. Combine Greek yogurt and mango in a blender and puree until smooth.
2. Spread mixture onto a parchment lined sheet tray into an even ¼" layer.
3. Top with shredded sliced strawberries, coconut, and lime zest.
4. Freeze uncovered until frozen, about two hours.
5. Break into pieces and serve immediately. Keep any uneaten bark in freezer.

Almond Butter, Date, and Coconut Energy Bites

Recipe Yield: 20 energy balls

Total time: 2 hours 20 minutes

Ingredients:

2 cups medjool dates, pits removed
½ cup roasted almonds
½ cup almond butter
½ cup unsweetened shredded coconut, divided
pinch of salt

Method:

1. Combine dates, almonds, almond butter, salt, and ¼ cup of the coconut in a food processor and blend until a sticky dough forms. If dough is not coming together, add one tablespoon of water and continue blending.
2. Wet hands and form dough into 2 tbsp. sized balls and roll in remaining shredded coconut.
3. Let dry at room temperature for 2 hours before serving. Store in an airtight container.

Banana Cocoa Ice Cream

Recipe Yield: 2 cups

Total time: 2-4 hours, depending on freezing time

Ingredients:

4 bananas
1-2 tbsp. unsweetened cocoa powder, depending on taste
¼ tsp. ground cinnamon

Method:

1. Slice bananas and place in an airtight container. Freeze for at least two hours, preferably overnight.
2. Place frozen banana slices in a food processor and blend until they reach the consistency of soft serve, about four minutes.
3. Add cocoa powder and cinnamon. Blend until just combined.
4. Serve immediately for soft serve or transfer to freezer for at least two hours for sorbet.