



Heart Health Program WLMD

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<http://www.weighlessmd.com>

This program was created with the following key considerations:

Low Saturated Fat

Replacing saturated fat in the diet with healthy plant-based fats is shown to reduce the risk of cardiovascular disease. This program limits saturated fat to less than 16 grams per day, and the sources of this type of fat come from healthier foods like coconut oil, coconut yogurt, seeds, tahini, and chicken.

Healthy Fats

This program contains omega-3 fats from salmon and walnuts, and monounsaturated fatty acids from olive oil, almonds, and avocado. Nuts and nut butter is included daily in this plan as research shows that eating five servings of nuts per week is associated with a decrease in coronary heart disease events.

Fiber

Adequate dietary fiber intake is associated with lower blood pressure and reduced inflammation. This program is rich in fruits and vegetables, whole grains, and legumes to provide a daily total fiber amount of up to 45 grams. Soluble fiber found in foods like oats, chickpeas, bananas, berries, and sweet potato, are incorporated into the program and have been shown to improve glycemic control and lower cholesterol levels.

Low Sodium

Guidelines recommend restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. This program meets the sodium limit and provides less than 1,000 milligrams of sodium daily for a majority of the plan.

Plant Sterols

Plant sterols can help lower cholesterol by blocking the absorption of some of the cholesterol in food. This program contains naturally occurring plant sterols found in plant-based foods, such as fruits, vegetables, nuts, seeds, and legumes.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|--|---|--|--|--|--|
| Breakfast |  Carrot & Banana N'Oatmeal Bake |  Carrot & Banana N'Oatmeal Bake |  Creamy Mushroom & Cauliflower Omelette |  Caramelized Banana & Almond Oatmeal |  Caramelized Banana & Almond Oatmeal |  Apple Crisp Yogurt Bowls |  Apple Crisp Yogurt Bowls |
| Lunch |  Penne with Bursting Cherry Tomato Sauce |  Arugula Salad with Salmon |  Roasted Garlic & Asparagus Soup |  One Pan Roasted Chicken, Broccoli & Sweet Potato |  Butternut Squash Buckwheat Bowl |  Egg Roll in a Bowl |  Lemon Kale Salad with Chickpeas & Avocado |
| Snack 2 |  Blueberry Buckwheat Parfait |  Pear & Walnuts |  Almonds |  Pear & Walnuts |  Apple with Almond Butter |  Pear & Walnuts |  Banana with Almond Butter |
| Dinner |  Arugula Salad with Salmon |  Penne with Bursting Cherry Tomato Sauce |  One Pan Roasted Chicken, Broccoli & Sweet Potato |  Butternut Squash Buckwheat Bowl |  Egg Roll in a Bowl |  Lemon Kale Salad with Chickpeas & Avocado |  Grilled Honey Dijon Salmon with Zucchini & Quinoa |

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|--|---|---|---|
| Fat  50% | Fat  55% | Fat  54% | Fat  43% | Fat  46% | Fat  48% | Fat  40% |
| Carbs  35% | Carbs  30% | Carbs  19% | Carbs  41% | Carbs  40% | Carbs  39% | Carbs  45% |
| Protein  15% | Protein  15% | Protein  27% | Protein  16% | Protein  14% | Protein  13% | Protein  15% |
| Calories 1678 | Calories 1704 | Calories 1345 | Calories 1687 | Calories 1649 | Calories 1641 | Calories 1644 |
| Fat 98g | Fat 111g | Fat 83g | Fat 85g | Fat 90g | Fat 92g | Fat 76g |
| Saturated 31g | Saturated 30g | Saturated 13g | Saturated 11g | Saturated 13g | Saturated 19g | Saturated 14g |
| Monounsaturated 44g | Monounsaturated 46g | Monounsaturated 43g | Monounsaturated 37g | Monounsaturated 48g | Monounsaturated 39g | Monounsaturated 37g |
| Carbs 153g | Carbs 135g | Carbs 67g | Carbs 181g | Carbs 173g | Carbs 170g | Carbs 193g |
| Fiber 35g | Fiber 36g | Fiber 22g | Fiber 37g | Fiber 36g | Fiber 44g | Fiber 41g |
| Sugar 53g | Sugar 61g | Sugar 20g | Sugar 37g | Sugar 41g | Sugar 59g | Sugar 60g |
| Protein 68g | Protein 66g | Protein 95g | Protein 72g | Protein 61g | Protein 56g | Protein 64g |
| Sodium 690mg | Sodium 659mg | Sodium 1845mg | Sodium 1535mg | Sodium 2040mg | Sodium 1059mg | Sodium 922mg |
| Magnesium 315mg | Magnesium 243mg | Magnesium 335mg | Magnesium 629mg | Magnesium 587mg | Magnesium 260mg | Magnesium 449mg |
| Zinc 5mg | Zinc 4mg | Zinc 8mg | Zinc 9mg | Zinc 9mg | Zinc 8mg | Zinc 9mg |

Fruits

- 4 Apple
- 4 1/2 Avocado
- 8 Banana
- 1 1/2 cups Blueberries
- 4 Fig
- 1/3 cup Lemon Juice
- 1/2 Lime
- 6 Pear

Breakfast

- 1 cup Almond Butter
- 3 1/2 cups Buckwheat Groats
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 2 1/4 cups Almonds
- 1/4 tsp Cayenne Pepper
- 1 1/8 tbsps Cinnamon
- 2 tsps Dried Basil
- 1/2 cup Hemp Seeds
- 2 tsps Jerk Seasoning
- 1/4 cup Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 1/2 cups Walnuts

Vegetables

- 8 cups Arugula
- 4 cups Asparagus
- 2 cups Baby Spinach
- 3 cups Basil Leaves
- 2 cups Bean Sprouts
- 6 cups Broccoli
- 2 cups Butternut Squash
- 6 Carrot
- 1/4 head Cauliflower
- 1 cup Cauliflower Rice
- 9 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 6 cups Coleslaw Mix
- 4 Cremini Mushrooms
- 1 Cucumber
- 1/4 cup Fresh Dill
- 20 Garlic
- 1 tbsp Ginger
- 5 stalks Green Onion
- 10 cups Kale Leaves
- 1 cup Mushrooms
- 1/4 cup Red Onion
- 8 leaves Romaine
- 2 Sweet Potato
- 1 1/2 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 3/4 cups Canned Coconut Milk
- 12 ozs Chickpea Pasta
- 3 1/2 cups Chickpeas
- 1/2 cup Quinoa
- 2 1/2 cups Vegetable Broth

Baking

- 1/2 tsp Baking Soda
- 1/4 cup Coconut Flour
- 3 tbsps Nutritional Yeast
- 5 cups Oats
- 1/2 cup Raisins

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 lb Lean Ground Pork
- 2 lbs Salmon Fillet
- 9 ozs Shrimp

Condiments & Oils

- 2 tbsps Avocado Oil
- 1/4 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 3 tbsps Dijon Mustard
- 1 3/4 cups Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/4 cup Tahini

Cold

- 4 Egg
- 6 cups Unsweetened Almond Milk
- 7 cups Unsweetened Coconut Yogurt

Other

- 9 1/4 cups Water

-
- 1 tbsp Raw Honey
 - 3/4 cup Unsweetened Shredded Coconut



Carrot & Banana N'Oatmeal Bake

6 servings

1 hour

Ingredients

1 3/4 cups Canned Coconut Milk
 3 Banana (medium, ripe, mashed)
 1/4 cup Coconut Flour
 1/2 tsp Baking Soda
 6 Carrot (medium, shredded)
 3/4 cup Unsweetened Shredded Coconut (plus more for garnish)
 1/2 cup Raisins

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 329 |
| Fat | 20g |
| Saturated | 18g |
| Monounsaturated | 0g |
| Carbs | 37g |
| Fiber | 7g |
| Sugar | 21g |
| Protein | 4g |
| Sodium | 182mg |
| Magnesium | 28mg |
| Zinc | 0mg |

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 3 Garnish with shredded coconut (optional). Slice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

Serving Size: One serving equals one square. A 9 by 13-inch baking dish was used to make six servings.

More Flavor: Add cinnamon, nutmeg, vanilla extract, your sweetener of choice and/or a pinch of salt.

Additional Toppings: Walnuts, whipped coconut cream, yogurt, or ice cream.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Creamy Mushroom & Cauliflower Omelette

2 servings

15 minutes

Ingredients

- 2 cups Water (divided)
- 4 Cremini Mushrooms (sliced)
- 1 cup Cauliflower Rice
- 2 tbsps Mayonnaise
- 1 tbsp Dijon Mustard
- 1/4 cup Fresh Dill (chopped, divided)
- 1/4 tsp Sea Salt (to taste)
- 4 Egg (whisked)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 263 |
| Fat | 20g |
| Saturated | 5g |
| Monounsaturated | 6g |
| Carbs | 4g |
| Fiber | 1g |
| Sugar | 2g |
| Protein | 15g |
| Sodium | 625mg |
| Magnesium | 21mg |
| Zinc | 2mg |

Directions

- 1 Heat half of the water in a non-stick pan over medium-high heat. Cook the mushrooms and cauliflower rice until tender, about five to seven minutes. Transfer to a bowl and stir in the mayonnaise, dijon mustard, half the dill and salt.
- 2 Wipe the pan clean and heat the remaining water over medium heat until simmering. Add the eggs and cook until almost set and the water has evaporated. Tilt the pan as needed to spread the eggs evenly. Gently fold in the sides with a spatula and transfer to a plate.
- 3 Top the omelette with the creamy mushroom cauliflower mixture, garnish with the remaining dill and enjoy!

Notes

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

More Flavor: Use your choice of cooking oil instead of water.



Caramelized Banana & Almond Oatmeal

6 servings

10 minutes

Ingredients

3 cups Oats (rolled or old-fashioned)
 6 cups Unsweetened Almond Milk
 1 1/2 tsps Cinnamon (divided)
 1 tbsp Coconut Oil
 3 Banana (sliced lengthwise down the middle)
 3/4 cup Almonds (chopped)
 1/3 cup Hemp Seeds
 1/3 cup Almond Butter

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 511 |
| Fat | 30g |
| Saturated | 4g |
| Monounsaturated | 14g |
| Carbs | 50g |
| Fiber | 11g |
| Sugar | 9g |
| Protein | 17g |
| Sodium | 166mg |
| Magnesium | 251mg |
| Zinc | 4mg |

Directions

- 1 Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
- 2 Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
- 3 Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

Notes

Likes it Sweet: Add a drizzle of maple syrup.

No Coconut Oil: Use ghee or butter instead.

No Rolled Oats: Use steel cut oats instead. Cook times will vary.

Nut-Free: Use a nut-free milk, seed butter and seeds for the toppings.



Apple Crisp Yogurt Bowls

4 servings
20 minutes

Ingredients

2 Apple (cored, chopped)
2 cups Oats (rolled)
1/4 cup Maple Syrup
2 tsps Cinnamon
4 cups Unsweetened Coconut Yogurt

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 366 |
| Fat | 10g |
| Saturated | 6g |
| Monounsaturated | 1g |
| Carbs | 66g |
| Fiber | 10g |
| Sugar | 23g |
| Protein | 7g |
| Sodium | 55mg |
| Magnesium | 65mg |
| Zinc | 2mg |

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings: Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Penne with Bursted Cherry Tomato Sauce

6 servings
30 minutes

Ingredients

12 ozs Chickpea Pasta (dry)
3/4 cup Extra Virgin Olive Oil
9 cups Cherry Tomatoes
6 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
3 cups Basil Leaves (chopped)
3 tbsps Nutritional Yeast

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 494 |
| Fat | 31g |
| Saturated | 4g |
| Monounsaturated | 20g |
| Carbs | 44g |
| Fiber | 12g |
| Sugar | 11g |
| Protein | 19g |
| Sodium | 85mg |
| Magnesium | 39mg |
| Zinc | 1mg |

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Roasted Garlic & Asparagus Soup

4 servings
50 minutes

Ingredients

4 cups Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
2 1/2 cups Vegetable Broth
2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 93 |
| Fat | 4g |
| Saturated | 1g |
| Monounsaturated | 2g |
| Carbs | 13g |
| Fiber | 4g |
| Sugar | 5g |
| Protein | 5g |
| Sodium | 731mg |
| Magnesium | 39mg |
| Zinc | 1mg |

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

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

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

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



Jerk Shrimp Salad

2 servings

15 minutes

Ingredients

9 ozs Shrimp (large, peeled, deveined)
 2 tsps Jerk Seasoning
 1/2 Lime (juiced, zested)
 2 tbsps Extra Virgin Olive Oil (divided)
 Sea Salt & Black Pepper (to taste)
 8 leaves Romaine (roughly chopped)
 1/2 Avocado (sliced)
 1/4 cup Red Onion (thinly sliced)
 1/4 cup Cilantro (roughly chopped, optional)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 348 |
| Fat | 22g |
| Saturated | 3g |
| Monounsaturated | 15g |
| Carbs | 13g |
| Fiber | 6g |
| Sugar | 3g |
| Protein | 28g |
| Sodium | 326mg |
| Magnesium | 78mg |
| Zinc | 2mg |

Directions

- 1 Add the shrimp to a medium-sized bowl along with the jerk seasoning. Toss to combine and let it marinate for about 10 minutes, while you prepare the rest of the salad.
- 2 In a small jar add the lime juice and zest, 2/3 of the oil, salt and pepper. Shake to combine.
- 3 Heat a cast-iron skillet over medium-high heat. Once hot, add the remaining oil and then add the shrimp. Cook for 3 minutes each side, or until cooked through. Remove and set aside.
- 4 Divide the romaine onto plates, and top with avocado, red onion and cilantro, if using. Add the shrimp on top and drizzle with the lime dressing. Enjoy!

Notes

Leftovers: Refrigerate salad and shrimp in separate sealed containers for up to two days. The dressing can be refrigerated for up to five days.

Serving Size: One serving is equal to approximately 2 cups of salad and 4 to 5 shrimp.

Likes it Sweeter: Add a drizzle of honey to the dressing.



Blueberry Buckwheat Parfait

6 servings

25 minutes

Ingredients

- 3 cups Water
- 1 1/2 cups Buckwheat Groats
- 3 tbsps Maple Syrup
- 3 cups Unsweetened Coconut Yogurt
- 1 1/2 cups Blueberries
- 3 tbsps Hemp Seeds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 272 |
| Fat | 7g |
| Saturated | 3g |
| Monounsaturated | 1g |
| Carbs | 49g |
| Fiber | 7g |
| Sugar | 10g |
| Protein | 7g |
| Sodium | 33mg |
| Magnesium | 132mg |
| Zinc | 2mg |

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

Notes

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

More Flavor: Add cinnamon.

Additional Toppings: Top with bananas or other berries.

No Coconut Yogurt: Use Greek, plain, or cashew yogurt instead.



Pear & Walnuts

2 servings

5 minutes

Ingredients

2 Pear
1/2 cup Walnuts

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 298 |
| Fat | 20g |
| Saturated | 2g |
| Monounsaturated | 3g |
| Carbs | 31g |
| Fiber | 8g |
| Sugar | 18g |
| Protein | 5g |
| Sodium | 2mg |
| Magnesium | 60mg |
| Zinc | 1mg |

Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of walnuts.

More Flavor: Season the pear with cinnamon.



Almonds

6 servings

2 minutes

Ingredients

1 1/2 cups Almonds (raw)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 207 |
| Fat | 18g |
| Saturated | 1g |
| Monounsaturated | 11g |
| Carbs | 8g |
| Fiber | 4g |
| Sugar | 2g |
| Protein | 8g |
| Sodium | 0mg |
| Magnesium | 97mg |
| Zinc | 1mg |

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 287 |
| Fat | 18g |
| Saturated | 1g |
| Monounsaturated | 10g |
| Carbs | 31g |
| Fiber | 8g |
| Sugar | 20g |
| Protein | 7g |
| Sodium | 4mg |
| Magnesium | 96mg |
| Zinc | 1mg |

Directions

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



Banana with Almond Butter

2 servings

2 minutes

Ingredients

2 Banana
1/4 cup Almond Butter

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 297 |
| Fat | 18g |
| Saturated | 1g |
| Monounsaturated | 10g |
| Carbs | 33g |
| Fiber | 6g |
| Sugar | 16g |
| Protein | 8g |
| Sodium | 3mg |
| Magnesium | 119mg |
| Zinc | 1mg |

Directions

- 1 Slice banana.
;
- 2 Dip in almond butter.
;
- 3 Bam.



Arugula Salad with Salmon

4 servings
15 minutes

Ingredients

- 1 1/2 lbs Salmon Fillet
- 1/2 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 8 cups Arugula
- 1 Cucumber (sliced)
- 2 Avocado (sliced)
- 4 Fig (optional, quartered)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 583 |
| Fat | 40g |
| Saturated | 6g |
| Monounsaturated | 23g |
| Carbs | 23g |
| Fiber | 9g |
| Sugar | 11g |
| Protein | 38g |
| Sodium | 390mg |
| Magnesium | 116mg |
| Zinc | 2mg |

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



One Pan Roasted Chicken, Broccoli & Sweet Potato

4 servings
30 minutes

Ingredients

1 1/4 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
2 Sweet Potato (medium, diced)
2 tbsps Extra Virgin Olive Oil (divided)
6 cups Broccoli (chopped into small florets)
1/4 cup Tahini
1 tbsp Maple Syrup
1/4 cup Water
1/4 tsp Cayenne Pepper

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 434 |
| Fat | 19g |
| Saturated | 3g |
| Monounsaturated | 9g |
| Carbs | 29g |
| Fiber | 7g |
| Sugar | 8g |
| Protein | 39g |
| Sodium | 163mg |
| Magnesium | 100mg |
| Zinc | 2mg |

Directions

- 1 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 2 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 3 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 4 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 5 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 6 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

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

Vegan & Vegetarian: Replace the chicken breast with black beans.



Butternut Squash Buckwheat Bowl

4 servings

30 minutes

Ingredients

4 cups Water
 2 cups Buckwheat Groats
 1/4 cup Extra Virgin Olive Oil
 2 cups Butternut Squash (chopped into small cubes)
 1 cup Mushrooms (sliced)
 2 cups Kale Leaves (chopped)
 2 tsps Sea Salt
 2 tsps Dried Basil

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 444 |
| Fat | 16g |
| Saturated | 2g |
| Monounsaturated | 11g |
| Carbs | 71g |
| Fiber | 11g |
| Sugar | 2g |
| Protein | 11g |
| Sodium | 1204mg |
| Magnesium | 218mg |
| Zinc | 2mg |

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.



Egg Roll in a Bowl

4 servings
30 minutes

Ingredients

2 tbsps Avocado Oil
1 Yellow Onion (medium, diced)
5 stalks Green Onion (diced)
4 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 lb Lean Ground Pork
6 cups Coleslaw Mix
2 cups Bean Sprouts
1/4 cup Coconut Aminos

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 407 |
| Fat | 26g |
| Saturated | 6g |
| Monounsaturated | 13g |
| Carbs | 21g |
| Fiber | 6g |
| Sugar | 10g |
| Protein | 26g |
| Sodium | 666mg |
| Magnesium | 22mg |
| Zinc | 2mg |

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

Meat-Free: Replace the ground meat with scrambled eggs or tofu.



Lemon Kale Salad with Chickpeas & Avocado

4 servings
20 minutes

Ingredients

8 cups Kale Leaves (stem removed, thinly sliced)
1/4 cup Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Sea Salt
3 1/2 cups Chickpeas (cooked)
2 Avocado (cubed)
1/4 tsp Smoked Paprika
1/4 cup Pumpkin Seeds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 570 |
| Fat | 36g |
| Saturated | 5g |
| Monounsaturated | 22g |
| Carbs | 52g |
| Fiber | 20g |
| Sugar | 8g |
| Protein | 18g |
| Sodium | 336mg |
| Magnesium | 113mg |
| Zinc | 3mg |

Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor: Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings: Add sliced onion, peppers or roasted vegetables such as sweet potato.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 411 |
| Fat | 12g |
| Saturated | 2g |
| Monounsaturated | 4g |
| Carbs | 42g |
| Fiber | 5g |
| Sugar | 13g |
| Protein | 31g |
| Sodium | 528mg |
| Magnesium | 152mg |
| Zinc | 3mg |

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.