



## 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	<div><div></div></div> 50%	Fat	<div><div></div></div> 55%	Fat	<div><div></div></div> 54%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 48%	Fat	<div><div></div></div> 40%
Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 30%	Carbs	<div><div></div></div> 19%	Carbs	<div><div></div></div> 41%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 45%
Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 16%	Protein	<div><div></div></div> 14%	Protein	<div><div></div></div> 13%	Protein	<div><div></div></div> 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

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- ☐ 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 tsps** 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

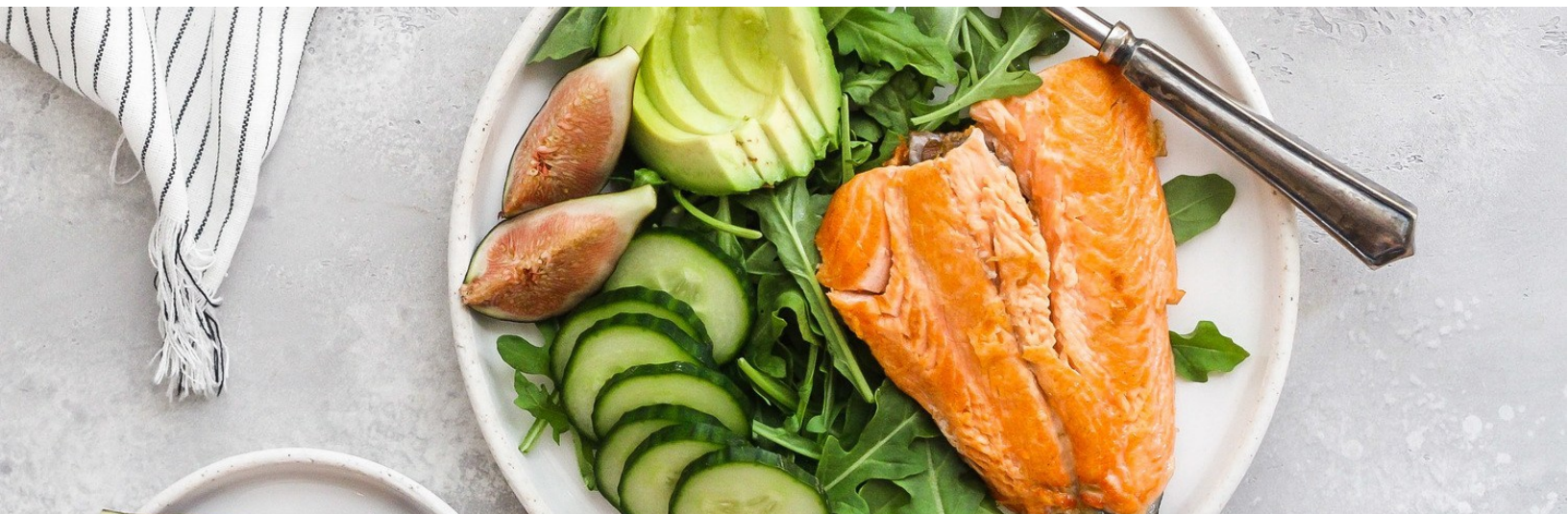
### Nutrition

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 ontop. 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

### 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.

### 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





## 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.