



40-30-30 Macro Meal Plan

Created by Swan Integrative Health and Wellness



40-30-30 Macro Meal Plan

Swan Integrative Health and Wellness

Hi!

I hope you enjoy this meal plan. This plan is designed to follow a “40-30-30” macro breakdown. This means that about 40% of daily calories come from carbohydrates (healthy ones!), 30% of calories come from fats, and 30% come from protein. This is a common ratio used in health and fitness circles, and works well for most people. It provides adequate carbohydrates to support energy, sufficient protein for muscle growth, and just enough healthy fats to keep you satisfied and keep that brain fueled.

If followed “as written”, this plan provides 1600 calories per day. This is probably enough calories for the average woman. If you are a man, or are a woman with caloric needs that are more or less than 1600, you can adjust portions or add/subtract snacks to reach your goals.

All recipes are based on real, whole foods. Some recipes include some dairy, but this can easily be swapped for non-dairy alternatives (coconut yogurt vs cow’s milk yogurt, for example).

Everyone has their own caloric and macronutrient needs. Starting with this plan is a good way to see if this balance feels good for your body. Pay attention to how you feel - your energy, sleep quality, satiety, hunger, and workout recovery. If something feels off, make note of it, and seek out a nutrition professional or a nutrition-savvy healthcare practitioner to give you some guidance!

Bon appetit!

Amanda

40-30-30 Macro Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Vanilla Raspberry Zinger Smoothie	Vanilla Raspberry Zinger Smoothie	Vanilla Raspberry Zinger Smoothie	Chocolate Protein Cauliflower Shake	Chocolate Protein Cauliflower Shake	Brownie Protein Pancakes	Brownie Protein Pancakes
Snack 1	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Spinach and Sweet Potato Egg Muffin Snacks	Spinach and Sweet Potato Egg Muffin Snacks	Banana	Banana
	Fresh Strawberries	Fresh Strawberries	Fresh Strawberries			Hard Boiled Eggs	Hard Boiled Eggs
Lunch	Slow Cooker Chicken & White Bean Stew	Slow Cooker Chicken & White Bean Stew	Slow Cooker Chicken & White Bean Stew	Unstuffed Cabbage Rolls	Unstuffed Cabbage Rolls	Simple Tuna Salad	Simple Tuna Salad
Snack 2	Yogurt & Berries	Yogurt & Berries	Yogurt & Berries	Tuna Nori Wraps	Tuna Nori Wraps	Greek Yogurt	Greek Yogurt
						Apple	Apple
Dinner	Ground Turkey, Rice & Broccoli	Ground Turkey, Rice & Broccoli	Ground Turkey, Rice & Broccoli	Salmon, Rice & Arugula	Salmon, Rice & Arugula	Hummus-Crusted Chicken with Turmeric Rice	Hummus-Crusted Chicken with Turmeric Rice

40-30-30 Macro Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1590	Calories 1590	Calories 1590	Calories 1618	Calories 1618	Calories 1600	Calories 1600
Fat 51g	Fat 51g	Fat 51g	Fat 55g	Fat 55g	Fat 56g	Fat 56g
Saturated 17g	Saturated 17g	Saturated 17g	Saturated 14g	Saturated 14g	Saturated 23g	Saturated 23g
Carbs 162g	Carbs 162g	Carbs 162g	Carbs 155g	Carbs 155g	Carbs 155g	Carbs 155g
Fiber 39g	Fiber 39g	Fiber 39g	Fiber 33g	Fiber 33g	Fiber 22g	Fiber 22g
Sugar 46g	Sugar 46g	Sugar 46g	Sugar 38g	Sugar 38g	Sugar 62g	Sugar 62g
Protein 135g	Protein 135g	Protein 135g	Protein 133g	Protein 133g	Protein 121g	Protein 121g
Cholesterol 612mg	Cholesterol 612mg	Cholesterol 612mg	Cholesterol 423mg	Cholesterol 423mg	Cholesterol 609mg	Cholesterol 609mg
Sodium 1981mg	Sodium 1981mg	Sodium 1981mg	Sodium 1633mg	Sodium 1633mg	Sodium 1793mg	Sodium 1793mg
Potassium 3087mg	Potassium 3087mg	Potassium 3087mg	Potassium 3661mg	Potassium 3661mg	Potassium 1948mg	Potassium 1948mg
Vitamin A 4260IU	Vitamin A 4260IU	Vitamin A 4260IU	Vitamin A 17602IU	Vitamin A 17602IU	Vitamin A 5518IU	Vitamin A 5518IU
Vitamin C 345mg	Vitamin C 345mg	Vitamin C 345mg	Vitamin C 165mg	Vitamin C 165mg	Vitamin C 41mg	Vitamin C 41mg
Calcium 1719mg	Calcium 1719mg	Calcium 1719mg	Calcium 1105mg	Calcium 1105mg	Calcium 1214mg	Calcium 1214mg
Iron 15mg	Iron 15mg	Iron 15mg	Iron 14mg	Iron 14mg	Iron 12mg	Iron 12mg
Vitamin D 350IU	Vitamin D 350IU	Vitamin D 350IU	Vitamin D 198IU	Vitamin D 198IU	Vitamin D 270IU	Vitamin D 270IU
Vitamin B6 2.8mg	Vitamin B6 2.8mg	Vitamin B6 2.8mg	Vitamin B6 3.2mg	Vitamin B6 3.2mg	Vitamin B6 2.1mg	Vitamin B6 2.1mg
Folate 424µg	Folate 424µg	Folate 424µg	Folate 427µg	Folate 427µg	Folate 180µg	Folate 180µg
Vitamin B12 3.1µg	Vitamin B12 3.1µg	Vitamin B12 3.1µg	Vitamin B12 10.0µg	Vitamin B12 10.0µg	Vitamin B12 6.2µg	Vitamin B12 6.2µg

Magnesium 335mg	Magnesium 335mg	Magnesium 335mg	Magnesium 445mg	Magnesium 445mg	Magnesium 234mg	Magnesium 234mg
Zinc 8mg	Zinc 8mg	Zinc 8mg	Zinc 13mg	Zinc 13mg	Zinc 7mg	Zinc 7mg
Selenium 99µg	Selenium 99µg	Selenium 99µg	Selenium 165µg	Selenium 165µg	Selenium 188µg	Selenium 188µg

40-30-30 Macro Meal Plan

57 items

Fruits

- ☐ 4 Apple
- ☐ 1 Avocado
- ☐ 6 Banana
- ☐ 2 Green Apple
- ☐ 3 1/2 Lemon
- ☐ 6 cups Strawberries

Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Turmeric

Frozen

- ☐ 6 cups Frozen Berries
- ☐ 4 cups Frozen Cauliflower
- ☐ 3 cups Frozen Raspberries

Vegetables

- ☐ 4 cups Arugula
- ☐ 12 cups Baby Spinach
- ☐ 6 cups Broccoli
- ☐ 2 Carrot
- ☐ 1 Cucumber
- ☐ 8 cups Green Cabbage
- ☐ 4 stalks Green Onion
- ☐ 1 Sweet Potato
- ☐ 3 Tomato
- ☐ 2 Yellow Onion
- ☐ 1 Yellow Potato

Boxed & Canned

- ☐ 1/2 cup Brown Rice
- ☐ 3 cups Diced Tomatoes
- ☐ 3 1/2 cups Jasmine Rice
- ☐ 1 tbsp Tomato Paste
- ☐ 6 cans Tuna
- ☐ 2 cups White Navy Beans

Baking

- ☐ 2 tbsps Baking Powder
- ☐ 2 tbsps Cacao Powder
- ☐ 1 cup Chickpea Flour
- ☐ 2 tbsps Cocoa Powder
- ☐ 1/2 cup Oats
- ☐ 1/2 cup Organic Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Breast
- ☐ 1 lb Chicken Thighs
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1 1/2 lbs Extra Lean Ground Turkey
- ☐ 1/4 cup Hummus
- ☐ 1 lb Salmon Fillet

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 1/4 cup Coconut Oil
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise

Cold

- ☐ 28 Egg
- ☐ 8 cups Plain Greek Yogurt
- ☐ 8 1/2 cups Unsweetened Almond Milk

Other

- ☐ 2 cups Chocolate Protein Powder
- ☐ 1 1/3 tbsps Maca Powder
- ☐ 12 Nori Sheets
- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 6 3/4 cups Water

Vanilla Raspberry Zinger Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving

Calories	373	Vitamin C	100mg
Fat	17g	Calcium	925mg
Saturated	6g	Iron	4mg
Carbs	36g	Vitamin D	152IU
Fiber	16g	Vitamin B6	0.4mg
Sugar	12g	Folate	131µg
Protein	27g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	158mg
Sodium	317mg	Zinc	2mg
Potassium	819mg	Selenium	8µg
Vitamin A	874IU		

Chocolate Protein Cauliflower Shake

8 ingredients · 1 minute · 1 serving



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

1/2 cup Frozen Cauliflower

1 Banana (frozen)

1 tbsp Cacao Powder

1/2 cup Chocolate Protein Powder

1 cup Unsweetened Almond Milk

2 tsps Maca Powder

1 cup Baby Spinach

1/4 cup Oats (Gluten Free oats preferred)

Nutrition

Amount per serving

Calories	481	Vitamin C	47mg
Fat	7g	Calcium	776mg
Saturated	1g	Iron	4mg
Carbs	60g	Vitamin D	101IU
Fiber	15g	Vitamin B6	0.9mg
Sugar	20g	Folate	142µg
Protein	48g	Vitamin B12	1.2µg
Cholesterol	8mg	Magnesium	243mg
Sodium	280mg	Zinc	4mg
Potassium	1364mg	Selenium	21µg
Vitamin A	3397IU		

Brownie Protein Pancakes

9 ingredients · 15 minutes · 4 servings



Directions

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
2. In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
5. Plate the pancakes and enjoy!

Notes

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time

Make the pancake batter in a blender.

Toppings

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour

Try oat flour instead. Results may vary.

Ingredients

- 1/4 cup Ground Flax Seed
- 3/4 cup Water
- 1 cup Chickpea Flour
- 1 cup Chocolate Protein Powder
- 2 tbsps Cocoa Powder
- 2 tbsps Baking Powder
- 2 cups Unsweetened Almond Milk (or water)
- 1/2 cup Organic Dark Chocolate Chips
- 1 tbsp Coconut Oil

Nutrition

Amount per serving

Calories	464	Vitamin C	1mg
Fat	20g	Calcium	802mg
Saturated	13g	Iron	4mg
Carbs	41g	Vitamin D	51IU
Fiber	9g	Vitamin B6	0.2mg
Sugar	17g	Folate	9µg
Protein	29g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	71mg
Sodium	857mg	Zinc	2mg
Potassium	182mg	Selenium	7µg
Vitamin A	250IU		

Hard Boiled Eggs

1 ingredient · 15 minutes · 10 servings



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel

Add salt to the water while boiling.

Ingredients

20 Egg

Nutrition

Amount per serving

Calories	144	Vitamin C	0mg
Fat	10g	Calcium	56mg
Saturated	3g	Iron	2mg
Carbs	1g	Vitamin D	82IU
Fiber	0g	Vitamin B6	0.2mg
Sugar	0g	Folate	48µg
Protein	13g	Vitamin B12	0.9µg
Cholesterol	372mg	Magnesium	12mg
Sodium	142mg	Zinc	1mg
Potassium	138mg	Selenium	31µg
Vitamin A	540IU		

Fresh Strawberries

1 ingredient · 5 minutes · 6 servings



Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Ingredients

6 cups Strawberries

Nutrition

Amount per serving

Calories	49	Vitamin C	89mg
Fat	0g	Calcium	24mg
Saturated	0g	Iron	1mg
Carbs	12g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.1mg
Sugar	7g	Folate	36µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	2mg	Zinc	0mg
Potassium	233mg	Selenium	1µg
Vitamin A	18IU		

Spinach and Sweet Potato Egg Muffin Snacks

8 ingredients · 35 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size

One serving is equal to two egg cups.

Leftovers

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach

Use finely sliced kale or swiss chard instead.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 8 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	152	Vitamin C	9mg
Fat	10g	Calcium	76mg
Saturated	3g	Iron	2mg
Carbs	6g	Vitamin D	55IU
Fiber	1g	Vitamin B6	0.2mg
Sugar	1g	Folate	92µg
Protein	10g	Vitamin B12	0.6µg
Cholesterol	248mg	Magnesium	38mg
Sodium	328mg	Zinc	1mg
Potassium	335mg	Selenium	21µg
Vitamin A	6248IU		

Banana

1 ingredient · 1 minute · 2 servings



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

2 Banana

Nutrition

Amount per serving

Calories	105	Vitamin C	10mg
Fat	0g	Calcium	6mg
Saturated	0g	Iron	0mg
Carbs	27g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.4mg
Sugar	14g	Folate	24µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	32mg
Sodium	1mg	Zinc	0mg
Potassium	422mg	Selenium	1µg
Vitamin A	76IU		

Slow Cooker Chicken & White Bean Stew

10 ingredients · 5 hours · 4 servings



Directions

1. Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
2. Before serving, shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Serve it With

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies

Add watercress, kale or spinach before serving.

No Potato

Use cauliflower instead.

Serve as Iranian Abgoosht

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Leftovers

Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

Vegan & Vegetarians

Replace the lamb with chickpeas.

Ingredients

5 cups Water
2 cups White Navy Beans (cooked)
1 Yellow Onion (medium, diced)
2 Tomato (diced)
1 Yellow Potato (medium, diced)
2 tsps Turmeric
2 tbsps Apple Cider Vinegar
1 tbsp Tomato Paste
1 lb Chicken Breast
2 tsps Sea Salt

Nutrition

Amount per serving

Calories	357	Vitamin C	20mg
Fat	4g	Calcium	121mg
Saturated	1g	Iron	4mg
Carbs	37g	Vitamin D	1IU
Fiber	12g	Vitamin B6	1.5mg
Sugar	4g	Folate	144µg
Protein	44g	Vitamin B12	0.2µg
Cholesterol	118mg	Magnesium	102mg
Sodium	1272mg	Zinc	2mg
Potassium	1143mg	Selenium	35µg
Vitamin A	928IU		

Unstuffed Cabbage Rolls

9 ingredients · 45 minutes · 4 servings



Directions

1. Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
2. While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
3. Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
4. Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
5. Divide into bowls and enjoy!

Notes

No Beef

Any type of ground meat will work.

Vegetarian & Vegan

Use lentils instead of ground meat.

Leftovers

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

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving

Calories	408	Vitamin C	86mg
Fat	16g	Calcium	135mg
Saturated	7g	Iron	5mg
Carbs	37g	Vitamin D	3IU
Fiber	8g	Vitamin B6	0.7mg
Sugar	13g	Folate	88µg
Protein	28g	Vitamin B12	2.5µg
Cholesterol	74mg	Magnesium	73mg
Sodium	436mg	Zinc	6mg
Potassium	728mg	Selenium	23µg
Vitamin A	942IU		

Simple Tuna Salad

5 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve

Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 4 cans** Tuna (drained)
- 2** Green Apple (chopped)
- 4 stalks** Green Onion (finely sliced)
- 1/4 cup** Mayonnaise
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	288	Vitamin C	2mg
Fat	12g	Calcium	39mg
Saturated	2g	Iron	3mg
Carbs	12g	Vitamin D	79IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	9g	Folate	15µg
Protein	33g	Vitamin B12	4.2µg
Cholesterol	65mg	Magnesium	44mg
Sodium	499mg	Zinc	1mg
Potassium	417mg	Selenium	117µg
Vitamin A	667IU		

Yogurt & Berries

2 ingredients · 5 minutes · 6 servings



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

6 cups Plain Greek Yogurt

6 cups Frozen Berries (thawed)

Nutrition

Amount per serving

Calories	261	Vitamin C	55mg
Fat	5g	Calcium	526mg
Saturated	3g	Iron	2mg
Carbs	32g	Vitamin D	99IU
Fiber	5g	Vitamin B6	0mg
Sugar	21g	Folate	0µg
Protein	23g	Vitamin B12	0µg
Cholesterol	34mg	Magnesium	0mg
Sodium	140mg	Zinc	0mg
Potassium	225mg	Selenium	0µg
Vitamin A	1250IU		

Tuna Nori Wraps

5 ingredients · 15 minutes · 4 servings



Directions

1. Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
2. Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Serving Size

Each serving size will yield approximately 3 small rolls.

Storage

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smalled, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Nutrition

Amount per serving

Calories	190	Vitamin C	18mg
Fat	8g	Calcium	72mg
Saturated	1g	Iron	2mg
Carbs	13g	Vitamin D	39IU
Fiber	8g	Vitamin B6	0.5mg
Sugar	3g	Folate	56µg
Protein	21g	Vitamin B12	2.1µg
Cholesterol	30mg	Magnesium	47mg
Sodium	239mg	Zinc	1mg
Potassium	599mg	Selenium	59µg
Vitamin A	6495IU		

Greek Yogurt

1 ingredient · 5 minutes · 4 servings



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

2 cups Plain Greek Yogurt

Nutrition

Amount per serving

Calories	91	Vitamin C	7mg
Fat	2g	Calcium	250mg
Saturated	2g	Iron	0mg
Carbs	6g	Vitamin D	50IU
Fiber	0g	Vitamin B6	0mg
Sugar	3g	Folate	0µg
Protein	11g	Vitamin B12	0µg
Cholesterol	17mg	Magnesium	0mg
Sodium	70mg	Zinc	0mg
Potassium	0mg	Selenium	0µg
Vitamin A	625IU		

Apple

1 ingredient · 2 minutes · 2 servings



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

2 Apple

Nutrition		Amount per serving	
Calories	95	Vitamin C	8mg
Fat	0g	Calcium	11mg
Saturated	0g	Iron	0mg
Carbs	25g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.1mg
Sugar	19g	Folate	5µg
Protein	0g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	9mg
Sodium	2mg	Zinc	0mg
Potassium	195mg	Selenium	0µg
Vitamin A	98IU		

Ground Turkey, Rice & Broccoli

5 ingredients · 25 minutes · 6 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
4. While the turkey is cooking, cook the jasmine rice according to the directions on the package.
5. Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

Notes

Leftovers

Refrigerate up to 3 days. Freeze for longer.

No Ground Turkey

Use ground chicken, beef, lamb or pork instead.

Vegan & Vegetarian

Use roasted chickpeas instead of ground meat.

No Rice

Use quinoa or cauliflower rice instead.

Ingredients

6 cups Broccoli (chopped into florets)

1 1/2 tbsps Extra Virgin Olive Oil

2 1/4 tsps Coconut Oil

1 1/2 lbs Extra Lean Ground Turkey

1 1/2 cups Jasmine Rice (dry)

Nutrition

Amount per serving

Calories	406	Vitamin C	81mg
Fat	15g	Calcium	67mg
Saturated	4g	Iron	2mg
Carbs	44g	Vitamin D	16IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	2g	Folate	65µg
Protein	27g	Vitamin B12	1.4µg
Cholesterol	84mg	Magnesium	43mg
Sodium	108mg	Zinc	3mg
Potassium	529mg	Selenium	24µg
Vitamin A	650IU		

Salmon, Rice & Arugula

6 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
3. While the salmon roasts, make your jasmine rice according to the instructions on the package.
4. Combine the extra virgin olive oil and lemon juice in a jar and mix well.
5. Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon

Use any type of fish fillet instead, or use canned fish.

No Arugula

Use baby spinach, kale or mixed greens instead.

No Rice

Use quinoa instead.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 1 lb Salmon Fillet
- 1/2 tsp Sea Salt
- 1 cup Jasmine Rice (dry, uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 4 cups Arugula

Nutrition

Amount per serving

Calories	387	Vitamin C	5mg
Fat	14g	Calcium	46mg
Saturated	2g	Iron	1mg
Carbs	39g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0.9mg
Sugar	1g	Folate	49µg
Protein	26g	Vitamin B12	3.6µg
Cholesterol	63mg	Magnesium	44mg
Sodium	350mg	Zinc	1mg
Potassium	635mg	Selenium	41µg
Vitamin A	520IU		

Hummus-Crusted Chicken with Turmeric Rice

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
3. Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
4. Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker

Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

1 lb Chicken Thighs (skinless, boneless)

1/4 cup Hummus

1 cup Jasmine Rice (dry, uncooked)

1 tsp Turmeric

1 Tomato (large, diced)

4 cups Baby Spinach

Nutrition

Amount per serving

Calories	413	Vitamin C	13mg
Fat	12g	Calcium	50mg
Saturated	3g	Iron	3mg
Carbs	43g	Vitamin D	8IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	0g	Folate	79µg
Protein	34g	Vitamin B12	0.5µg
Cholesterol	151mg	Magnesium	66mg
Sodium	222mg	Zinc	3mg
Potassium	594mg	Selenium	32µg
Vitamin A	3262IU		