

Jennifer Ward

High Protein + Low Meat Meal Plan

Created by Jennifer Ward



High Protein + Low Meat Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	High Fiber Seed Loaf	Blueberry Protein Oats	High Fiber Seed Loaf	Blueberry Protein Oats	High Fiber Seed Loaf	One Pan Breakfast Hash	Breakfast Protein Bowl
	Kale & Eggs		Kale & Eggs		Kale & Eggs		
Snack 1	Pressure Cooker Bone Broth	Pressure Cooker Bone Broth	Pressure Cooker Bone Broth	Pressure Cooker Bone Broth	Pressure Cooker Bone Broth	Pita Chips & Hummus	Pita Chips & Hummus
Lunch	Mexican Street Corn Salad	Charred Corn & Jalapeno Egg Salad Sandwich	Mexican Street Corn Salad	Simple Salmon Salad	Spinach Lentil Curry	Pressure Cooker Stuffed Peppers	Charred Corn & Jalapeno Egg Salad Sandwich
	Flax Wraps		Olives & Cucumber				
Snack 2	Almond Butter Stuffed Dates	Flax Wraps	Almond Butter Stuffed Dates	Zucchini Pizza Bites	Kiwi Green Smoothie	Bell Peppers with Hummus	Cherry Yogurt Popsicles
		Avocado					
Dinner	BBQ Jerk Chicken	Soba Noodles & Seared Tuna Bowl	Steak & Carrot Mash	Spinach Lentil Curry	Pressure Cooker Stuffed Peppers	Hawaiian BBQ Tofu Bowls	BBQ Jerk Chicken
	Broccoli & Rice		Pinto Beans, Broccoli & Brown Rice				

High Protein + Low Meat Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat 108g	Fat 75g	Fat 105g	Fat 77g	Fat 78g	Fat 114g	Fat 126g
Carbs 151g	Carbs 200g	Carbs 188g	Carbs 206g	Carbs 156g	Carbs 158g	Carbs 195g
Fiber 35g	Fiber 34g	Fiber 49g	Fiber 39g	Fiber 42g	Fiber 32g	Fiber 31g
Protein 90g	Protein 99g	Protein 89g	Protein 101g	Protein 89g	Protein 87g	Protein 110g
Sodium 2960mg	Sodium 2544mg	Sodium 2909mg	Sodium 2119mg	Sodium 2116mg	Sodium 2197mg	Sodium 3199mg
Potassium 2240mg	Potassium 2051mg	Potassium 3553mg	Potassium 3731mg	Potassium 3285mg	Potassium 3418mg	Potassium 3316mg
Iron 15mg	Iron 16mg	Iron 19mg	Iron 16mg	Iron 23mg	Iron 19mg	Iron 22mg
Folate 226µg	Folate 337µg	Folate 431µg	Folate 631µg	Folate 586µg	Folate 577µg	Folate 661µg
Zinc 9mg	Zinc 6mg	Zinc 12mg	Zinc 9mg	Zinc 13mg	Zinc 14mg	Zinc 12mg
Selenium 86µg	Selenium 62µg	Selenium 94µg	Selenium 91µg	Selenium 75µg	Selenium 106µg	Selenium 138µg

High Protein + Low Meat Meal Plan

100 items

Fruits

- 1 Avocado
- 1/2 Banana
- 1 1/2 cups Cherries
- 1 Kiwi
- 3/4 Lemon
- 1 1/2 tbsps Lemon Juice
- 3 Lime
- 1/2 cup Pineapple

Breakfast

- 1/4 cup Almond Butter
- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/16 tsp Black Pepper
- 1 tsp Cardamom
- 1/4 cup Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Coriander
- 1 3/4 tbsps Cumin
- 2 tbsps Curry Powder
- 4 1/2 cups Ground Flax Seed
- 3 1/2 tbsps Jerk Seasoning
- 1/2 cup Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 2 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Sesame Seeds
- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds

Frozen

- 1 cup Frozen Blueberries
- 1/2 cup Frozen Edamame
- 2 Ice Cubes

Vegetables

- 9 1/4 cups Baby Spinach
- 4 cups Broccoli
- 4 cups Brussels Sprouts
- 14 Carrot
- 1 stalk Celery
- 1/3 cup Cherry Tomatoes
- 1 1/2 cups Cilantro
- 6 ears Corn On The Cob
- 6 Cremini Mushrooms
- 1 1/2 Cucumber
- 4 Garlic
- 1 tbsp Ginger
- 4 1/2 stalks Green Onion
- 3 1/2 Habanero Pepper
- 1 1/2 Jalapeno Pepper
- 9 cups Kale Leaves
- 2 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 2/3 cup Shallot
- 1 Yellow Bell Pepper
- 6 1/4 Yellow Onion
- 1 1/2 Zucchini

Boxed & Canned

- 1/4 cup Brown Rice
- 99 grams Buckwheat Soba Noodles
- 1 cup Canned Coconut Milk
- 113 grams Canned Wild Salmon
- 1/4 cup Chicken Broth, Low Sodium
- 3/4 cup Diced Tomatoes
- 1 1/4 cups Jasmine Rice
- 2 cups Lentils
- 1/2 cup Pinto Beans
- 1/2 cup Quick Oats
- 2/3 cup Quinoa
- 1/2 cup Vegetable Broth
- 1/2 cup Vegetable Broth, Low Sodium

Bread, Fish, Meat & Cheese

- 170 grams Ahi Tuna
- 5 slices Bacon
- 29 grams Cheddar Cheese
- 1.3 kilograms Chicken Leg, Bone-In
- 1/2 cup Cotija Cheese
- 85 grams Flank Steak
- 170 grams Lean Ground Beef
- 51 grams Mozzarella Cheese
- 198 grams Sourdough Bread
- 113 grams Tofu
- 200 grams White Pita Bread
- 5 Whole Chicken Carcass

Condiments & Oils

- 1/3 cup Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 2 tbsps Barbecue Sauce
- 1/2 cup Extra Virgin Olive Oil
- 3 tbsps Mayonnaise
- 1 1/8 cups Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Tahini
- 1/4 cup Tamari
- 1/4 cup Tomato Sauce

Cold

- 16 Egg
- 1 1/2 tbsps Ghee
- 1 1/2 cups Hummus
- 2 cups Oat Milk
- 3 cups Plain Greek Yogurt

Other

- 3/4 cup Vanilla Protein Powder
- 31 1/16 cups Water

Baking

- 3 tbsps** Nutritional Yeast
- 1 3/4 cups** Oats
- 1/2 cup** Pitted Dates
- 3 2/3 tbsps** Psyllium Husks
- 2 tpsps** Raw Honey
- 1 tsp** Vanilla Extract

High Fiber Seed Loaf

9 ingredients · 3 hours · 3 servings



Directions

1. In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
2. In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
3. Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
4. Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
5. Remove from the oven and let it cool completely before slicing. Enjoy!

Ingredients

- 2 1/3 tbsps Sunflower Seeds
- 2 1/3 tbsps Whole Flax Seeds
- 2 1/3 tbsps Pumpkin Seeds
- 1 1/4 tbsps Chia Seeds
- 2/3 cup Oats (rolled)
- 1 1/4 tbsps Psyllium Husks
- 1/8 tsp Sea Salt
- 2 2/3 tpsps Avocado Oil
- 1/2 cup Water

Nutrition

Amount per serving

Fat	17g	Potassium	252mg
Carbs	19g	Iron	3mg
Fiber	8g	Folate	31µg
Protein	8g	Zinc	2mg
Sodium	125mg	Selenium	12µg

Kale & Eggs

6 ingredients · 10 minutes · 1 serving



Directions

1. Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
2. Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
3. Add the kale, olives and eggs to a plate. Serve and enjoy!

Ingredients

- 1/2 tsp Ghee
- 3 cups Kale Leaves (roughly chopped)
- 2 Egg
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Nutritional Yeast
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Fat	14g	Potassium	548mg
Carbs	8g	Iron	5mg
Fiber	5g	Folate	86µg
Protein	20g	Zinc	2mg
Sodium	631mg	Selenium	31µg

Blueberry Protein Oats

7 ingredients · 10 minutes · 1 serving



Directions

1. Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
2. Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
3. Transfer to a bowl and top with the blueberries. Enjoy!

Ingredients

- 1/4 cup Quick Oats
- 1 cup Oat Milk (plain, unsweetened)
- 1/2 tsp Cardamom (ground)
- 1 tbsp Sunflower Seed Butter
- 1 tsp Raw Honey
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Frozen Blueberries (or fresh)

Nutrition

Amount per serving

Fat	16g	Potassium	729mg
Carbs	51g	Iron	2mg
Fiber	8g	Folate	58µg
Protein	28g	Zinc	3mg
Sodium	141mg	Selenium	29µg

One Pan Breakfast Hash

6 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Ingredients

- 4 cups Brussels Sprouts (halved)
- 1/2 cup Red Onion (chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 5 slices Bacon (chopped)
- 4 Egg

Nutrition

Amount per serving

Fat	38g	Potassium	1022mg
Carbs	20g	Iron	5mg
Fiber	7g	Folate	162µg
Protein	28g	Zinc	3mg
Sodium	713mg	Selenium	48µg

Breakfast Protein Bowl

7 ingredients · 25 minutes · 1 serving



Directions

1. Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
2. Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
3. Add the spinach to the same pan and heat over low until wilted. Remove from heat.
4. Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Fat	27g	Potassium	1317mg
Carbs	41g	Iron	6mg
Fiber	12g	Folate	330µg
Protein	23g	Zinc	4mg
Sodium	500mg	Selenium	35µg

Pressure Cooker Bone Broth

6 ingredients · 3 hours · 4 servings



Directions

1. Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
2. Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
3. Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!

Ingredients

- 1 Whole Chicken Carcass
- 2 Carrot (medium, chopped)
- 1 Yellow Onion (chopped)
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Sea Salt
- 5 **cups** Water

Nutrition

Amount per serving

Fat	0g	Potassium	140mg
Carbs	6g	Iron	1mg
Fiber	2g	Folate	6µg
Protein	1g	Zinc	0mg
Sodium	618mg	Selenium	0µg

Pita Chips & Hummus

4 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Using a pair of kitchen scissors or a knife, cut the pita into an equal number of triangles and arrange them evenly on the prepared baking sheet.
3. Lightly brush each side of the triangles with oil and sprinkle with salt and pepper. Bake for 10 minutes, or until crispy and browned.
4. Cool completely and serve with hummus. Enjoy!

Ingredients

- 100 grams** White Pita Bread
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2/3 cup** Hummus

Nutrition

Amount per serving

Fat	22g	Potassium	316mg
Carbs	40g	Iron	3mg
Fiber	6g	Folate	93µg
Protein	11g	Zinc	2mg
Sodium	617mg	Selenium	17µg

Mexican Street Corn Salad

7 ingredients · 25 minutes · 2 servings



Directions

1. Heat a cast-iron pan or grill over medium-high heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool for about 10 minutes.
2. Meanwhile, in a bowl, mix together the lime juice, lime zest, oil, salt, cilantro, jalapeño, and cotija cheese.
3. Slice the kernels off the cob and transfer them into the bowl. Mix everything together until combined and enjoy!

Ingredients

- 2 ears** Corn on the Cob (husk removed)
- 1** Lime (juiced and zested)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt
- 3 tbsps** Cilantro (chopped)
- 1/2** Jalapeno Pepper (seeds removed, finely diced)
- 1/4 cup** Cotija Cheese

Nutrition

Amount per serving

Fat	12g	Potassium	61mg
Carbs	22g	Iron	0mg
Fiber	1g	Folate	6µg
Protein	6g	Zinc	1mg
Sodium	506mg	Selenium	3µg

Flax Wraps

3 ingredients · 30 minutes · 4 servings



Directions

1. In a pot over high heat, bring the water to a boil. Add the salt.
2. Remove the pot from the heat and stir in the flaxseed. Continue to stir until a ball of dough forms, about a minute. Turn the dough out onto a piece of parchment paper and allow it to rest until cool enough to handle. Divide the dough into equal portions.
3. Heat a dry non-stick pan over medium heat.
4. One portion at a time, roll the dough out approximately eight inches in diameter between two pieces of parchment paper.
5. Carefully transfer the rolled out wraps to the pan, one at a time. Cook for one to two minutes per side until just browned but still soft in the middle (do not overcook). Transfer to a cooling rack to cool completely. Enjoy!

Ingredients

- 3/4 cup Water
- 1/4 tsp Sea Salt
- 1 1/2 cups Ground Flax Seed

Nutrition

Amount per serving

Fat	14g	Potassium	0mg
Carbs	12g	Iron	2mg
Fiber	9g	Folate	0µg
Protein	9g	Zinc	0mg
Sodium	148mg	Selenium	0µg

Charred Corn & Jalapeno Egg Salad Sandwich

8 ingredients · 20 minutes · 1 serving



Directions

1. Preheat the air fryer to 275°F (135°C). Place the eggs in the air fryer basket, in a single layer. Cook for 15 minutes, then immediately transfer to the ice bath for about five minutes.
2. Meanwhile, heat a large cast-iron skillet over medium heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, let it cool for about 10 minutes before slicing the kernels off the cob.
3. In a bowl, mix together the mayonnaise, lemon juice, jalapeño, cilantro, salt, and pepper. Chop the eggs and add to the bowl along with the corn. Stir to combine.
4. Spread the egg salad over one slice of sourdough. Close the sandwich and enjoy!

Ingredients

- 2 Egg
- 1 ear Corn on the Cob (husk removed)
- 1 1/2 tps Mayonnaise
- 1/4 Lemon (juiced)
- 1/4 Jalapeno Pepper (seeds removed, finely diced)
- 1 tbsp Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 99 grams Sourdough Bread (sliced, toasted)

Nutrition

Amount per serving

Fat	16g	Potassium	166mg
Carbs	69g	Iron	5mg
Fiber	3g	Folate	51µg
Protein	25g	Zinc	1mg
Sodium	664mg	Selenium	31µg

Olives & Cucumber

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide between plates and enjoy!

Ingredients

1/2 Cucumber (medium, sliced)

1/4 cup Pitted Kalamata Olives

Nutrition

Amount per serving

Fat	4g	Potassium	224mg
Carbs	8g	Iron	3mg
Fiber	1g	Folate	11µg
Protein	1g	Zinc	0mg
Sodium	250mg	Selenium	1µg

Simple Salmon Salad

6 ingredients · 5 minutes · 1 serving



Directions

1. Add the salmon, mayonnaise, and lemon juice to a bowl and mash with a fork until well combined. Stir in the celery and green onion (if using).
2. Season with salt and pepper and additional lemon juice if needed. Enjoy!

Ingredients

- 113 grams** Canned Wild Salmon (drained)
- 2 tbsps** Mayonnaise
- 1 1/2 tbsps** Lemon Juice
- 1 stalk** Celery (finely chopped, optional)
- 1 stalk** Green Onion (chopped, optional)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Fat	27g	Potassium	506mg
Carbs	4g	Iron	1mg
Fiber	1g	Folate	28µg
Protein	31g	Zinc	1mg
Sodium	647mg	Selenium	40µg

Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



Directions

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

Ingredients

- 1/4 cup Pitted Dates
- 2 tbsps Almond Butter

Nutrition

Amount per serving

Fat	17g	Potassium	475mg
Carbs	33g	Iron	1mg
Fiber	6g	Folate	24µg
Protein	7g	Zinc	1mg
Sodium	3mg	Selenium	2µg

Avocado

1 ingredient · 5 minutes · 1 serving



Directions

1. Cut avocado into slices or chunks. Enjoy!

Ingredients

1/2 Avocado

Nutrition

Amount per serving

Fat	15g	Potassium	487mg
Carbs	9g	Iron	1mg
Fiber	7g	Folate	81µg
Protein	2g	Zinc	1mg
Sodium	7mg	Selenium	0µg

Zucchini Pizza Bites

3 ingredients · 25 minutes · 1 serving



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the zucchini slices on the baking sheet and bake for eight minutes.
3. Remove the baking sheet from the oven and flip the zucchini slices over. Top each zucchini slice with the tomato sauce and the cheese and bake for eight to 10 minutes or until the cheese has melted. Divide between plates and enjoy!

Ingredients

- 1 Zucchini (medium, cut into 1/4-inch slices)
- 1/4 cup Tomato Sauce
- 51 grams Mozzarella Cheese (finely grated)

Nutrition

Amount per serving

Fat	10g	Potassium	693mg
Carbs	9g	Iron	1mg
Fiber	3g	Folate	53µg
Protein	12g	Zinc	1mg
Sodium	186mg	Selenium	1µg

Kiwi Green Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

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

Ingredients

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

Nutrition

Amount per serving

Fat	5g	Potassium	807mg
Carbs	31g	Iron	3mg
Fiber	9g	Folate	110µg
Protein	23g	Zinc	2mg
Sodium	77mg	Selenium	8µg

Bell Peppers with Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide the red bell pepper slices and hummus onto plates and enjoy!

Ingredients

- 1 Red Bell Pepper (medium, sliced)
- 1/4 cup Hummus

Nutrition

Amount per serving

Fat	11g	Potassium	443mg
Carbs	16g	Iron	2mg
Fiber	6g	Folate	84µg
Protein	6g	Zinc	1mg
Sodium	267mg	Selenium	3µg

Cherry Yogurt Popsicles

5 ingredients · 6 hours · 10 servings



Directions

1. Using a small blender, immersion blender, or food processor, blend the cherries and water until almost smooth (some chunks are okay). If needed, add another tablespoon of water. Set aside.
2. In a bowl, combine the yogurt, maple syrup, and vanilla.
3. Layer each popsicle mold starting with some yogurt then some cherry purée. Top each with the remaining yogurt, leaving about an inch of space from the top.
4. Stick a knife into each mold to gently combine the cherry purée and yogurt.
5. Freeze for five to six hours or until completely frozen. Enjoy!

Ingredients

- 1 1/2 cups Cherries (pitted)
- 2 tbsps Water
- 3 cups Plain Greek Yogurt
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract

Nutrition

Amount per serving

Fat	2g	Potassium	60mg
Carbs	10g	Iron	0mg
Fiber	0g	Folate	1µg
Protein	7g	Zinc	0mg
Sodium	43mg	Selenium	0µg

BBQ Jerk Chicken

8 ingredients · 18 hours · 1 serving



Directions

1. In a blender or food processor add the shallot, green onion, habanero, jerk seasoning, tamari, avocado oil and water. Blend until smooth.
2. In a baking dish or large bowl, add the chicken and then pour the marinade on top, ensuring all pieces are coated well. Store in the fridge overnight, up to 18 hours.
3. When ready to grill, remove the chicken and blot off excess marinade from the chicken and let it sit at room temperature for about 15 to 20 minutes.
4. Preheat the grill over medium heat and oil the grill if necessary. Grill the chicken, turning occasionally, until well browned and cooked through, about 35 to 40 minutes. Brush with any remaining marinade while cooking during the last 5 to 10 minutes. Transfer the chicken to a platter and let rest for 5 to 10 minutes. Serve and enjoy!

Ingredients

- 1 1/3 **tbsps** Shallot (roughly chopped)
- 1/2 **stalk** Green Onion (chopped)
- 1/2 **Habanero** Pepper (roughly chopped)
- 1 1/2 **tsps** Jerk Seasoning
- 1 1/2 **tsps** Tamari
- 1/2 **tsp** Avocado Oil
- 1 **tsp** Water
- 189 **grams** Chicken Leg, Bone-in (skin on, thighs and legs separated)

Nutrition

Amount per serving

Fat	34g	Potassium	476mg
Carbs	7g	Iron	2mg
Fiber	1g	Folate	16µg
Protein	33g	Zinc	3mg
Sodium	899mg	Selenium	36µg

Broccoli & Rice

2 ingredients · 25 minutes · 1 serving



Directions

1. Cook the jasmine rice according to the directions on the package.
2. Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
3. Divide the rice and broccoli into bowls or containers. Enjoy!

Ingredients

1/4 cup Jasmine Rice (dry, rinsed)

1 cup Broccoli (chopped into florets)

Nutrition

Amount per serving

Fat	0g	Potassium	288mg
Carbs	44g	Iron	1mg
Fiber	3g	Folate	57µg
Protein	6g	Zinc	0mg
Sodium	30mg	Selenium	2µg

Soba Noodles & Seared Tuna Bowl

10 ingredients · 20 minutes · 2 servings



Directions

1. Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
2. Meanwhile, coat the tuna in sesame seeds. Heat a non-stick skillet over medium-high heat. When the pan is hot, sear the tuna for two to three minutes, flipping halfway. The timing will depend on the thickness of the tuna and desired doneness. Slice the tuna.
3. In a large bowl, mix the oil, tamari, rice vinegar, and maple syrup. Add the noodles to the bowl and mix well to combine.
4. Divide the noodles, tuna, edamame, carrot, and cilantro evenly between bowls. Enjoy!

Ingredients

- 99 grams** Buckwheat Soba Noodles
- 170 grams** Ahi Tuna (sushi-grade)
- 1/4 tsp** Sesame Seeds
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Tamari
- 1 tbsp** Rice Vinegar
- 1 tsp** Maple Syrup
- 1/2 cup** Frozen Edamame (thawed)
- 1** Carrot (small, julienned)
- 1/4 cup** Cilantro

Nutrition

Amount per serving

Fat	10g	Potassium	305mg
Carbs	45g	Iron	2mg
Fiber	4g	Folate	130µg
Protein	33g	Zinc	1mg
Sodium	716mg	Selenium	1µg

Steak & Carrot Mash

6 ingredients · 25 minutes · 1 serving



Directions

1. Add the carrots to a medium pot and cover with water. Bring to a boil and cook for ten minutes or until the carrots are fork tender. Drain the water and mash the carrots.
2. Add the chicken broth and half of the sea salt to the mashed carrots, and cook for five minutes, until warmed through. Set aside.
3. While the carrots cook, heat half the oil in a pan over medium-high heat. Add the mushrooms and cook for three to five minutes, until golden brown. Remove from pan.
4. Season the steak with the remaining salt. Add the remaining oil to the pan and add the steak. Cook for three to four minutes per side, or until your desired doneness. Remove from heat and rest for five minutes before slicing into it.
5. To serve, add the carrot mash to a plate and top with sliced steak and mushrooms. Enjoy!

Ingredients

- 3 Carrot (small, peeled, diced)
- 1/4 cup Chicken Broth, Low Sodium
- 1/4 tsp Sea Salt (divided)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 6 Cremini Mushrooms (sliced)
- 85 grams Flank Steak

Nutrition

Amount per serving

Fat	22g	Potassium	1261mg
Carbs	22g	Iron	3mg
Fiber	6g	Folate	63µg
Protein	24g	Zinc	4mg
Sodium	786mg	Selenium	30µg

Pinto Beans, Broccoli & Brown Rice

8 ingredients · 40 minutes · 1 serving



Directions

1. Cook the rice according to the package directions.
2. Heat the oil in a pan over medium heat. Add the garlic and cumin and cook for 30 seconds.
3. Add the pinto beans, broccoli, and broth. Season with salt and pepper. Cook for two to four minutes, stirring, until the broccoli is tender.
4. Add the cooked rice and stir until well combined. Divide between plates and enjoy!

Ingredients

- 1/4 cup Brown Rice (dry)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Garlic (clove, finely chopped)
- 3/4 tsp Cumin
- 1/2 cup Pinto Beans (cooked, rinsed, and drained)
- 1 cup Broccoli (finely chopped)
- 1/2 cup Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Fat	9g	Potassium	816mg
Carbs	66g	Iron	4mg
Fiber	12g	Folate	215µg
Protein	14g	Zinc	2mg
Sodium	92mg	Selenium	16µg

Spinach Lentil Curry

16 ingredients · 25 minutes · 4 servings



Directions

1. In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
2. Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
3. Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
4. Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
5. When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 2 **tbsps** Curry Powder
- 1 **tsp** Cumin
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 **cup** Vegetable Broth
- 1 **cup** Canned Coconut Milk
- 2 **cups** Lentils (cooked)
- 1/2 **cup** Cilantro (optional, roughly chopped)
- 6 **cups** Baby Spinach
- 1 **cup** Jasmine Rice (dry)
- 2 **tsp**s Maple Syrup

Nutrition

Amount per serving

Fat	15g	Potassium	847mg
Carbs	70g	Iron	7mg
Fiber	13g	Folate	271µg
Protein	15g	Zinc	2mg
Sodium	435mg	Selenium	5µg

Pressure Cooker Stuffed Peppers

11 ingredients · 30 minutes · 2 servings



Directions

1. Cook the quinoa according to package instructions.
2. Slice the tops off the bell peppers and carve out the seeds. Remove the stems from the tops and roughly chop the pepper tops. Set aside.
3. Turn the pressure cooker to "sauté" mode and add the oil. Once hot, add the onion and chopped bell pepper. Sauté until the onion begins to brown.
4. Add the ground beef, breaking it up as it cooks, about seven to eight minutes. Add the chilli powder, coriander, cooked quinoa, and diced tomatoes. Cook until the mixture starts to simmer. Turn off the pressure cooker. Scoop the beef mixture into the peppers and wipe out the pressure cooker.
5. Set in the wire trivet and add one cup of water. Set the peppers on top of the trivet. Close the lid and set to "sealing". Press manual/pressure cooker and cook for eight minutes on high pressure.
6. Once it is done, release the pressure manually. Remove the lid carefully. Top the peppers with cheese. Close the lid and allow the steam to melt the cheese for one to two minutes. Garnish with cilantro and enjoy!

Ingredients

- 2 **tbps** Quinoa (dry)
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 **1/2 tbps** Extra Virgin Olive Oil
- 1/4 Yellow Onion (small, chopped)
- 170 **grams** Lean Ground Beef
- 1 **1/2 tbps** Chili Powder
- 1/2 **tsp** Coriander
- 3/4 **cup** Diced Tomatoes (canned, with the juices)
- 29 **grams** Cheddar Cheese (shredded)
- 1 **tbsp** Cilantro (chopped)

Nutrition

Amount per serving

Fat	27g	Potassium	691mg
Carbs	22g	Iron	4mg
Fiber	5g	Folate	82µg
Protein	22g	Zinc	5mg
Sodium	230mg	Selenium	19µg

Hawaiian BBQ Tofu Bowls

10 ingredients · 30 minutes · 1 serving



Directions

1. Combine the tofu and barbecue sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
2. Preheat oven to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
3. Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
4. While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5 to 10 minutes, turning often.
5. Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Ingredients

- 113 grams** Tofu (cubed)
- 2 tbsps** Barbecue Sauce
- 1/2** Red Bell Pepper (sliced)
- 1/2** Zucchini (sliced)
- 1 1/2 tps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Quinoa (uncooked)
- 1/2 cup** Water
- 1/2 cup** Pineapple (sliced)
- 2 tbsps** Cilantro (finely chopped)

Nutrition

Amount per serving

Fat	16g	Potassium	946mg
Carbs	60g	Iron	5mg
Fiber	8g	Folate	156µg
Protein	20g	Zinc	3mg
Sodium	370mg	Selenium	19µg

Creamy Broccoli Salad

9 ingredients · 20 minutes · 1 serving



Directions

1. Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
2. Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
3. In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
4. Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Ingredients

- 2 cups Broccoli (chopped into florets)
- 1 tbsp Red Onion (finely sliced)
- 1 tbsp Tahini
- 1/4 Lemon (juiced)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper
- 1 1/2 tps Water
- 1 1/3 tbsps Sunflower Seeds

Nutrition

Amount per serving

Fat	21g	Potassium	757mg
Carbs	20g	Iron	3mg
Fiber	8g	Folate	159µg
Protein	10g	Zinc	2mg
Sodium	226mg	Selenium	18µg