

Post-Summer 6 day Detox Program

HEAL WELLNESS

Hi,

Welcome to your Post Summer 6 day Detox Meal Plan! Here you will find the customised plan I have created for you, along with an itemised grocery list and delicious recipes.

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time. Some of the ingredients may have different names to the grocery store, if you are unsure you can simply google the recipe ingredient to find the generic name. e.g. Arugula is also known as Rocket

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion. This meal plan is calculated for 2 persons but can easily be adapted for 1 or for the whole family. Simply calculate out the ingredients to suit the number of people following the plan.

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

I would love to hear how you go so do not hesitate to contact me with your feedback. Enjoy and here's to happy health!



MON



BREAKFAST
Apple Cinnamon Overnight Oats



LUNCH
Tuna & Edamame Detox Salad



SNACK 1
Hummus Dippers



DINNER
Roasted Butternut Squash Soup with Kale Chips



SNACK 2
Orange

TUE



BREAKFAST
Apple Cinnamon Overnight Oats



LUNCH
Roasted Butternut Squash Soup with Kale Chips



SNACK 1
Hummus Dippers



DINNER
Portobello BLT



SNACK 2
Orange

WED



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Portobello BLT



SNACK 1
Clean Trail Mix



DINNER
Greek Chicken Burgers



SNACK 2
Banana Sushi

THU



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Greek Chicken Burgers



SNACK 1
Clean Trail Mix



DINNER
Zucchini Caprese Salad



SNACK 2
Banana Sushi

FRI



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Zucchini Caprese Salad



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Honey Garlic Chicken Thighs



SNACK 2
Cantaloupe

SAT



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Honey Garlic Chicken Thighs



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Greek Chicken Burgers



SNACK 2
Cantaloupe



MON**FAT 44%** **CARBS 41%** **PROTEIN 15%**

Calories 1121 Calcium 731mg
Fat 58g Iron 11mg
Saturated 7g Vitamin D 77IU
Trans 0g Vitamin E 6mg
Polyunsaturated 25g Vitamin K 522µg
Monounsaturated 18g Thiamine 1.0mg
Carbs 123g Riboflavin 0.9mg
Fiber 32g Niacin 15mg
Sugar 44g Vitamin B6 1.3mg
Protein 45g Folate 544µg
Cholesterol 30mg Vitamin B12 2.1µg
Sodium 2666mg Phosphorous 742mg
Potassium 2690mg Magnesium 320mg
Vitamin A 23863IU Zinc 6mg
Vitamin C 263mg Selenium 73µg

TUE**FAT 56%** **CARBS 34%** **PROTEIN 10%**

Calories 1352 Calcium 596mg
Fat 89g Iron 9mg
Saturated 15g Vitamin D 47IU
Trans 0g Vitamin E 9mg
Polyunsaturated 31g Vitamin K 196µg
Monounsaturated 36g Thiamine 1.0mg
Carbs 123g Riboflavin 0.8mg
Fiber 30g Niacin 9mg
Sugar 42g Vitamin B6 1.3mg
Protein 35g Folate 316µg
Cholesterol 37mg Vitamin B12 0.3µg
Sodium 2691mg Phosphorous 742mg
Potassium 2458mg Magnesium 292mg
Vitamin A 21586IU Zinc 6mg
Vitamin C 254mg Selenium 32µg

WED**FAT 58%** **CARBS 28%** **PROTEIN 14%**

Calories 1663 Calcium 432mg
Fat 114g Iron 11mg
Saturated 23g Vitamin D 16IU
Trans 0g Vitamin E 13mg
Polyunsaturated 27g Vitamin K 184µg
Monounsaturated 47g Thiamine 0.9mg
Carbs 125g Riboflavin 1.2mg
Fiber 20g Niacin 17mg
Sugar 40g Vitamin B6 1.9mg
Protein 61g Folate 287µg
Cholesterol 136mg Vitamin B12 1.0µg
Sodium 1117mg Phosphorous 1270mg
Potassium 2857mg Magnesium 499mg
Vitamin A 9314IU Zinc 10mg
Vitamin C 71mg Selenium 43µg

THU**FAT 51%** **CARBS 34%** **PROTEIN 15%**

Calories 1327 Calcium 501mg
Fat 81g Iron 10mg
Saturated 18g Vitamin D 7IU
Trans 0g Vitamin E 9mg
Polyunsaturated 20g Vitamin K 145µg
Monounsaturated 28g Thiamine 0.8mg
Carbs 119g Riboflavin 1.1mg
Fiber 16g Niacin 14mg
Sugar 44g Vitamin B6 1.7mg
Protein 52g Folate 230µg
Cholesterol 117mg Vitamin B12 0.7µg
Sodium 718mg Phosphorous 1086mg
Potassium 2657mg Magnesium 479mg
Vitamin A 8712IU Zinc 8mg
Vitamin C 79mg Selenium 25µg

FRI**FAT 43%** **CARBS 36%** **PROTEIN 21%**

Calories 1403 Calcium 412mg
Fat 69g Iron 14mg
Saturated 15g Vitamin D 7IU
Trans 0g Vitamin E 19mg
Polyunsaturated 14g Vitamin K 175µg
Monounsaturated 35g Thiamine 1.0mg
Carbs 133g Riboflavin 1.3mg
Fiber 21g Niacin 23mg
Sugar 72g Vitamin B6 2.4mg
Protein 77g Folate 433µg
Cholesterol 254mg Vitamin B12 1.5µg
Sodium 1872mg Phosphorous 1366mg
Potassium 3239mg Magnesium 435mg
Vitamin A 18488IU Zinc 10mg
Vitamin C 150mg Selenium 110µg

SAT**FAT 43%** **CARBS 34%** **PROTEIN 23%**

Calories 1529 Calcium 446mg
Fat 77g Iron 16mg
Saturated 15g Vitamin D 9IU
Trans 0g Vitamin E 19mg
Polyunsaturated 14g Vitamin K 243µg
Monounsaturated 35g Thiamine 1.0mg
Carbs 136g Riboflavin 1.6mg
Fiber 23g Niacin 27mg
Sugar 70g Vitamin B6 2.8mg
Protein 92g Folate 452µg
Cholesterol 312mg Vitamin B12 2.1µg
Sodium 2109mg Phosphorous 1511mg
Potassium 3487mg Magnesium 501mg
Vitamin A 19981IU Zinc 12mg
Vitamin C 154mg Selenium 120µg



FRUITS

- 3 Apple
- 1 Avocado
- 4 Banana
- 2 Cantaloupe
- 2 Lemon
- 4 Navel Orange

BREAKFAST

- 63 grams Almond Butter
- 20 grams Maple Syrup

SEEDS, NUTS & SPICES

- 3 grams Black Pepper
- 24 grams Chia Seeds
- 16 grams Chili Powder
- 10 grams Cinnamon
- 300 grams Clean Trail Mix
- 3 grams Ground Flax Seed
- 40 grams Hemp Seeds
- 3 grams Nutmeg
- 65 grams Pumpkin Seeds
- 26 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 18 grams Slivered Almonds
- 96 grams Sunflower Seeds
- 120 grams Walnuts

FROZEN

- 78 grams Frozen Edamame

VEGETABLES

- 8 grams Alfalfa Sprouts
- 40 grams Arugula
- 804 grams Asparagus
- 120 grams Baby Spinach
- 64 grams Basil Leaves
- 560 grams Butternut Squash
- 2 Carrot
- 12 stalks Celery
- 223 grams Cherry Tomatoes
- 3/4 Cucumber
- 1/2 head Endive
- 8 Garlic
- 6 grams Ginger
- 126 grams Kale Leaves
- 113 grams Mixed Greens
- 340 grams Portobello Mushroom Caps
- 1 Red Bell Pepper
- 80 grams Red Onion
- 1 Sweet Onion
- 2 Tomato
- 1 Yellow Bell Pepper
- 2 Zucchini

BOXED & CANNED

- 170 grams Quinoa
- 1 can Tuna
- 951 milliliters Vegetable Broth

BAKING

- 112 grams Almond Flour
- 7 grams Baking Powder
- 223 grams Oats
- 147 grams Pitted Dates
- 184 grams Pureed Pumpkin
- 168 grams Raw Honey
- 2 milliliters Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 907 grams Chicken Thighs
- 454 grams Extra Lean Ground Chicken
- 75 grams Feta Cheese
- 100 grams Small Bocconcini

CONDIMENTS & OILS

- 30 milliliters Balsamic Vinegar
- 67 grams Black Olives
- 15 milliliters Coconut Oil
- 8 grams Dijon Mustard
- 200 milliliters Extra Virgin Olive Oil
- 128 grams Sunflower Seed Butter

COLD

- 1 Egg
- 246 grams Hummus
- 360 milliliters Unsweetened Almond Milk

OTHER

- 474 milliliters Water



Apple Cinnamon Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

122 grams Oats (quick oats work best)
360 milliliters Unsweetened Almond Milk
24 grams Chia Seeds
20 grams Maple Syrup
3 grams Cinnamon
550 milligrams Nutmeg
2 milliliters Vanilla Extract
119 milliliters Water
1 Apple (cored and diced)
120 grams Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	391	Calcium	270mg
Fat	24g	Iron	3mg
Saturated	2g	Vitamin D	38IU
Trans	0g	Vitamin E	0mg
Polyunsat...	17g	Vitamin K	3µg
Monouns...	4g	Thiamine	0.3mg
Carbs	38g	Riboflavin	0.2mg
Fiber	9g	Niacin	1mg
Sugar	9g	Vitamin B6	0.2mg
Protein	10g	Folate	41µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	65mg	Phosphoro...	234mg
Potassium	344mg	Magnesium	100mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 03 Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE PROTEIN

Add hemp seeds or a spoonful of nut butter.

WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating.

NO MAPLE SYRUP

Use another sweetener instead.



Vitamin A	214IU	Zinc	2mg
Vitamin C	3mg	Selenium	10µg



Pumpkin Breakfast Cookies

8 SERVINGS 45 MINUTES



INGREDIENTS

101 grams Oats (quick or rolled)
3 grams Ground Flax Seed
5 grams Cinnamon
2 grams Nutmeg
2 grams Sea Salt
7 grams Baking Powder
65 grams Pumpkin Seeds
64 grams Sunflower Seeds
147 grams Pitted Dates (chopped)
1 Egg
184 grams Pureed Pumpkin
84 grams Raw Honey
15 milliliters Coconut Oil (melted)
1 Carrot (grated)

NUTRITION

AMOUNT PER SERVING

Calories	262	Calcium	93mg
Fat	11g	Iron	2mg
Saturated	3g	Vitamin D	5IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	6µg
Monouns...	3g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.1mg
Fiber	5g	Niacin	2mg
Sugar	21g	Vitamin B6	0.2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 03 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 04 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 05 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 06 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

NOTES

LEFTOVERS

Freeze in the freezer-safe bag or container for up to one month.

MAKE IT SWEETER

Add in a handful of dark chocolate chips.

VEGAN

Use maple syrup instead of honey and a chia egg instead of an egg.



Protein	7g	Folate	39µg
Cholesterol	23mg	Vitamin B12	0.1µg
Sodium	182mg	Phosphoro...	298mg
Potassium	384mg	Magnesium	91mg
Vitamin A	4888IU	Zinc	2mg
Vitamin C	2mg	Selenium	13µg



Tuna & Edamame Detox Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

7 milliliters Balsamic Vinegar
8 grams Dijon Mustard
15 milliliters Extra Virgin Olive Oil
750 milligrams Sea Salt
363 milligrams Black Pepper
1 can Tuna (drained and flaked)
78 grams Frozen Edamame (thawed)
1/4 Cucumber (diced)
1/2 head Endive (julienned)
42 grams Kale Leaves (chopped)
8 grams Alfalfa Sprouts
18 grams Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	273	Calcium	190mg
Fat	15g	Iron	4mg
Saturated	2g	Vitamin D	39IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	400µg
Monouns...	6g	Thiamine	0.2mg
Carbs	13g	Riboflavin	0.3mg
Fiber	8g	Niacin	10mg
Sugar	3g	Vitamin B6	0.4mg
Protein	25g	Folate	323µg
Cholesterol	30mg	Vitamin B12	2.1µg

DIRECTIONS

- 01 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 02 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

NO TUNA

Use diced grilled chicken instead.

VEGAN

Use 1 can of cooked lentils instead of tuna.

NUT-FREE

Replace almonds with sunflower or pumpkin seeds.



Sodium	436mg	Phosphoro...	241mg
Potassium	858mg	Magnesium	77mg
Vitamin A	3999IU	Zinc	2mg
Vitamin C	32mg	Selenium	59µg



Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
246 grams Hummus

NUTRITION

AMOUNT PER SERVING

Calories	170	Calcium	55mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	28µg
Monouns...	3g	Thiamine	0.1mg
Carbs	15g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	2g	Vitamin B6	0.2mg
Protein	6g	Folate	59µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	305mg	Phosphoro...	137mg
Potassium	443mg	Magnesium	58mg
Vitamin A	2834IU	Zinc	1mg
Vitamin C	87mg	Selenium	3µg

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

MIX IT UP

Substitute in different veggies like cucumber or zucchini.



Clean Trail Mix

4 SERVINGS 2 MINUTES



INGREDIENTS

300 grams Clean Trail Mix

NUTRITION

AMOUNT PER SERVING

Calories	347	Calcium	59mg
Fat	22g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	7g	Vitamin K	0µg
Monouns...	9g	Thiamine	0.3mg
Carbs	34g	Riboflavin	0.2mg
Fiber	0g	Niacin	4mg
Sugar	0g	Vitamin B6	0.2mg
Protein	10g	Folate	53µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	172mg	Phosphoro...	259mg
Potassium	514mg	Magnesium	119mg
Vitamin A	14IU	Zinc	2mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

- 01 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 02 Pour into bowl and snack away!



Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
128 grams Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	209	Calcium	52mg
Fat	18g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	3g	Vitamin K	23µg
Monouns...	13g	Thiamine	0mg
Carbs	10g	Riboflavin	0.1mg
Fiber	3g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	6g	Folate	105µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	65mg	Phosphoro...	232mg
Potassium	392mg	Magnesium	108mg
Vitamin A	376IU	Zinc	2mg
Vitamin C	3mg	Selenium	34µg

DIRECTIONS

- 01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY

Use cucumber instead



Roasted Butternut Squash Soup with Kale Chips

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

560 grams Butternut Squash
3 grams Cinnamon (plus extra for garnish)
30 milliliters Extra Virgin Olive Oil (divided)
2 Apple (peeled, cored and sliced)
1 Sweet Onion (diced)
6 grams Ginger (grated)
951 milliliters Vegetable Broth
12 grams Sea Salt (divided)
84 grams Kale Leaves (cut into large pieces)

NUTRITION

AMOUNT PER SERVING

Calories	218	Calcium	156mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	91µg
Monouns...	5g	Thiamine	0.3mg
Carbs	39g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	18g	Vitamin B6	0.4mg
Protein	3g	Folate	73µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	1859mg	Phosphoro...	98mg

DIRECTIONS

- 01 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 02 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 04 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 05 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 06 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to four days. Freeze for up to three months.

MORE PROTEIN

Blend in cooked red lentils.



Potassium	813mg	Magnesium	70mg
Vitamin A	16470IU	Zinc	1mg
Vitamin C	58mg	Selenium	1μg



Portobello BLT

4 SERVINGS 30 MINUTES



INGREDIENTS

8 slices Bacon
340 grams Portobello Mushroom Caps
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
32 grams Sunflower Seeds
42 grams Basil Leaves (chopped)
1 Lemon (juiced)
59 milliliters Extra Virgin Olive Oil
40 grams Arugula
1 Avocado (peeled and sliced)
2 Tomato (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	504	Calcium	55mg
Fat	46g	Iron	2mg
Saturated	10g	Vitamin D	9IU
Trans	0g	Vitamin E	5mg
Polyunsat...	8g	Vitamin K	74µg
Monouns...	24g	Thiamine	0.2mg
Carbs	13g	Riboflavin	0.2mg
Fiber	6g	Niacin	4mg
Sugar	1g	Vitamin B6	0.4mg
Protein	15g	Folate	95µg
Cholesterol	37mg	Vitamin B12	0.3µg
Sodium	461mg	Phosphoro...	241mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Add the bacon. Bake in the oven for 8 minutes. Flip and let cook for another 8 to 9 minutes or until bacon is crispy. Remove and wrap in paper towel.
- 02 Brush the inside of your portobello mushroom caps with a splash of olive oil and season with sea salt and black pepper to taste. Place them on a baking sheet in the oven for 10 minutes. Remove from oven.
- 03 Use a food processor or blender to create your pesto by combining garlic, sunflower seeds, basil, lemon juice and extra virgin olive oil. Season with a pinch of sea salt and black pepper and blend until a creamy consistency forms. Transfer to a jar and set aside.
- 04 Add a handful of arugula to each mushroom cap. Top with sliced avocado, tomato and bacon. Drizzle with pesto. Enjoy!

NOTES

SAVE TIME

Forget the pesto and skip step 3.



Potassium	626mg	Magnesium	49mg
Vitamin A	1722IU	Zinc	2mg
Vitamin C	23mg	Selenium	18µg



Greek Chicken Burgers

6 SERVINGS 45 MINUTES



INGREDIENTS

7 milliliters Extra Virgin Olive Oil
1 Red Bell Pepper (diced and divided)
80 grams Red Onion (diced and divided)
120 grams Baby Spinach
112 grams Almond Flour
454 grams Extra Lean Ground Chicken
67 grams Black Olives (chopped and divided)
75 grams Feta Cheese (crumbled and divided)
1/2 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
113 grams Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	294	Calcium	158mg
Fat	21g	Iron	3mg
Saturated	5g	Vitamin D	2IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	103µg
Monouns...	5g	Thiamine	0.1mg
Carbs	10g	Riboflavin	0.4mg
Fiber	4g	Niacin	5mg
Sugar	3g	Vitamin B6	0.6mg
Protein	21g	Folate	57µg

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat.
- 02 Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- 03 Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- 04 Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- 05 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- 06 Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

NOTES

ADDED TOUCH

Serve with homemade tzatziki.

WRAP IT UP

Serve in a lettuce wrap or brown rice tortilla.

GET CREATIVE

These also work well as meatballs or sliders.



Cholesterol	76mg	Vitamin B12	0.6µg
Sodium	299mg	Phosphoro...	202mg
Potassium	674mg	Magnesium	95mg
Vitamin A	2613IU	Zinc	2mg
Vitamin C	35mg	Selenium	10µg



Zucchini Caprese Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 Zucchini
223 grams Cherry Tomatoes (halved)
1 Lemon (juiced)
22 milliliters Balsamic Vinegar
30 milliliters Extra Virgin Olive Oil
1 Garlic (clove, minced)
100 grams Small Bocconcini (halved)
21 grams Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	168	Calcium	124mg
Fat	13g	Iron	1mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	35µg
Monouns...	5g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.1mg
Fiber	2g	Niacin	1mg
Sugar	5g	Vitamin B6	0.2mg
Protein	6g	Folate	38µg
Cholesterol	18mg	Vitamin B12	0µg
Sodium	62mg	Phosphoro...	57mg
Potassium	426mg	Magnesium	29mg
Vitamin A	1120IU	Zinc	0mg

DIRECTIONS

- 01 Use a spiralizer to spiralize your zucchini into ribbons. Then slice the ribbons so that they are about 5 inches in length. If you do not have a spiralizer, use a peeling knife and take full strokes along the zucchini to create long ribbons.
- 02 Combine the zucchini ribbons and cherry tomatoes in a large bowl.
- 03 In a jar, combine the lemon, vinegar, olive oil and garlic. Put lid on and shake well.
- 04 Pour the dressing over the zucchini noodles and tomatoes and toss well. Place in the fridge and let marinade for at least 10 minutes.
- 05 When ready to serve, transfer to a serving bowl and sprinkle the bocconcini balls and basil over top. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

MAKE IT A MEAL

Serve with a grilled chicken breast for some added protein.



Vitamin C 31mg Selenium 0μg



Honey Garlic Chicken Thighs

4 SERVINGS 30 MINUTES



INGREDIENTS

59 milliliters Extra Virgin Olive Oil
84 grams Raw Honey
6 Garlic (cloves, minced)
16 grams Chili Powder
12 grams Sea Salt
3 grams Black Pepper
907 grams Chicken Thighs
804 grams Asparagus (woody ends snapped off)
170 grams Quinoa (uncooked)
356 milliliters Water

NUTRITION

AMOUNT PER SERVING

Calories	670	Calcium	118mg
Fat	26g	Iron	9mg
Saturated	5g	Vitamin D	2IU
Trans	0g	Vitamin E	7mg
Polyunsat...	5g	Vitamin K	104µg
Monouns...	14g	Thiamine	0.7mg
Carbs	56g	Riboflavin	0.9mg
Fiber	9g	Niacin	16mg
Sugar	20g	Vitamin B6	1.6mg
Protein	56g	Folate	193µg
Cholesterol	213mg	Vitamin B12	1.4µg
Sodium	1519mg	Phosphoro...	738mg

DIRECTIONS

- 01 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 02 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 03 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Preheat your grill over medium heat.
- 05 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken breast or chicken wings. Grill time will vary.

NO ASPARAGUS

Use any grilled vegetable.



Potassium	1300mg	Magnesium	174mg
Vitamin A	2770IU	Zinc	6mg
Vitamin C	13mg	Selenium	62µg



Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	69	Calcium	60mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	12g	Vitamin B6	0.1mg
Protein	1g	Folate	48µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	32mg
Potassium	232mg	Magnesium	15mg
Vitamin A	346IU	Zinc	0mg
Vitamin C	83mg	Selenium	0µg



Banana Sushi

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled)
31 grams Almond Butter
20 grams Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	256	Calcium	67mg
Fat	14g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	6g	Vitamin K	1µg
Monouns...	6g	Thiamine	0.2mg
Carbs	31g	Riboflavin	0.3mg
Fiber	5g	Niacin	2mg
Sugar	15g	Vitamin B6	0.5mg
Protein	8g	Folate	43µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	270mg
Potassium	659mg	Magnesium	145mg
Vitamin A	77IU	Zinc	2mg
Vitamin C	10mg	Selenium	2µg

DIRECTIONS

- 01 Spread almond butter onto banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

NOTES

NO HEMP SEEDS

Use sunflower seeds instead.



Cantaloupe

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Cantaloupe (chopped and cubed)

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	94	Calcium	25mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	7µg
Monouns...	0g	Thiamine	0.1mg
Carbs	23g	Riboflavin	0.1mg
Fiber	2g	Niacin	2mg
Sugar	22g	Vitamin B6	0.2mg
Protein	2g	Folate	58µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	44mg	Phosphoro...	41mg
Potassium	737mg	Magnesium	33mg
Vitamin A	9334IU	Zinc	0mg
Vitamin C	101mg	Selenium	1µg

NOTES

EXTRA SWEETNESS

Drizzle with a bit of raw honey.

