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Dinner							
							
	Meal Prep Black Bean & Sweet Potato Burritos	Lentil Meatballs & Pasta	Rainbow Trout with Quinoa & Rapini	Cauliflower Margherita Pizza	Honey Ginger Salmon	Fish Taco Bowls	Maple Dijon Chicken
	Simple Avocado Salad	Lentil Meatballs & Pasta	Rainbow Trout with Quinoa & Rapini	Chopped Veggie Salad	Quinoa Tabbouleh	Fish Taco Bowls	Steamed Mini Potatoes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  42%	Fat  24%	Fat  29%	Fat  65%	Fat  42%	Fat  56%	Fat  10%
Carbs  49%	Carbs  51%	Carbs  30%	Carbs  12%	Carbs  27%	Carbs  21%	Carbs  49%
Protein  9%	Protein  25%	Protein  41%	Protein  23%	Protein  31%	Protein  23%	Protein  41%
Calories 593	Calories 413	Calories 451	Calories 541	Calories 356	Calories 523	Calories 286
Fat 28g	Fat 12g	Fat 15g	Fat 38g	Fat 17g	Fat 34g	Fat 3g
Carbs 75g	Carbs 58g	Carbs 34g	Carbs 16g	Carbs 25g	Carbs 28g	Carbs 33g
Fiber 20g	Fiber 16g	Fiber 9g	Fiber 4g	Fiber 3g	Fiber 8g	Fiber 3g
Sugar 10g	Sugar 11g	Sugar 1g	Sugar 9g	Sugar 6g	Sugar 18g	Sugar 7g
Protein 14g	Protein 28g	Protein 47g	Protein 30g	Protein 28g	Protein 31g	Protein 28g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 109mg	Cholesterol 205mg	Cholesterol 62mg	Cholesterol 66mg	Cholesterol 82mg
Sodium 945mg	Sodium 581mg	Sodium 470mg	Sodium 986mg	Sodium 388mg	Sodium 491mg	Sodium 291mg
Vitamin A 11673IU	Vitamin A 1052IU	Vitamin A 10229IU	Vitamin A 2652IU	Vitamin A 3748IU	Vitamin A 6758IU	Vitamin A 39IU
Vitamin C 24mg	Vitamin C 17mg	Vitamin C 85mg	Vitamin C 84mg	Vitamin C 56mg	Vitamin C 61mg	Vitamin C 31mg
Calcium 75mg	Calcium 119mg	Calcium 387mg	Calcium 343mg	Calcium 77mg	Calcium 72mg	Calcium 36mg
Iron 5mg	Iron 10mg	Iron 6mg	Iron 2mg	Iron 4mg	Iron 2mg	Iron 1mg
Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 55IU	Vitamin D 1IU



## Meal Prep Black Bean & Sweet Potato Burritos

10 servings

45 minutes

### Ingredients

- 6 Sweet Potato (large, peeled and sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 4 cups Black Beans (cooked, from the can)
- 1 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 cup Water
- 1/4 cup Dijon Mustard
- 2 tsps Cumin
- 3 tbsps Tamari
- 1/4 tsp Sea Salt (or more to taste)
- 10 Brown Rice Tortilla (11 inches)

### Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

### Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	66g
Fiber	13g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	643mg
Vitamin A	11152IU
Vitamin C	12mg
Calcium	61mg
Iron	4mg
Vitamin D	0IU



## Simple Avocado Salad

2 servings

5 minutes

### Ingredients

- 1 Avocado (cubed)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 tsp Red Pepper Flakes
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	224
Fat	22g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	302mg
Vitamin A	521IU
Vitamin C	12mg
Calcium	14mg
Iron	1mg
Vitamin D	0IU

### Directions

- 1 Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!



## Lentil Meatballs & Pasta

5 servings

35 minutes

### Ingredients

- 1/2 cup Dry Green Lentils
- 1 cup Vegetable Broth
- 1/2 tsp Extra Virgin Olive Oil
- 1/3 cup Shallot (chopped)
- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/4 cup Nutritional Yeast
- 1/2 cup Almonds (chopped)
- 3/4 tsp Sea Salt
- 1/2 cup Parsley (divided, chopped)
- 10 ozs Chickpea Pasta (shells)
- 2 cups Tomato Sauce

### Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g
Cholesterol	0mg
Sodium	581mg
Vitamin A	1052IU
Vitamin C	17mg
Calcium	119mg
Iron	10mg
Vitamin D	0IU

### Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!



## Rainbow Trout with Quinoa & Rapini

4 servings

20 minutes

### Ingredients

- 1 cup Quinoa (dry)
- 4 Rainbow Trout Fillet
- 1/4 cup Fresh Dill (chopped)
- 1/2 tsp Sea Salt (divided, to taste)
- 2 tbsps Butter
- 2 bunches Rapini (chopped)

### Nutrition

Amount per serving	
Calories	451
Fat	15g
Carbs	34g
Fiber	9g
Sugar	1g
Protein	47g
Cholesterol	109mg
Sodium	470mg
Vitamin A	10229IU
Vitamin C	85mg
Calcium	387mg
Iron	6mg
Vitamin D	0IU

### Directions

- 1 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 2 Meanwhile, coat the trout fillets in the dill and half the salt.
- 3 Heat the butter in a non-stick pan over medium heat. Place the trout flesh side down and cook for three minutes, then flip and cook for three to four minutes until cooked through. Remove and set aside.
- 4 In the same pan, add the rapini and cook until just wilted. Serve alongside the trout and quinoa, and season with the remaining salt. Enjoy!



## Cauliflower Margherita Pizza

4 servings

15 minutes

### Ingredients

- 1 1/16 lbs Cauliflower Pizza Crust (baked)
- 1 1/3 cups Marinara Sauce
- 10 ozs Mozzarella Cheese (shredded)
- 2 tsps Chili Flakes
- 1/4 cup Basil Leaves

### Nutrition

Amount per serving	
Calories	423
Fat	29g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	28g
Cholesterol	205mg
Sodium	961mg
Vitamin A	913IU
Vitamin C	8mg
Calcium	298mg
Iron	1mg
Vitamin D	0IU

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the baked pizza crust on the baking sheet and spread the marinara sauce on top. Top with mozzarella and bake in the oven for seven to eight minutes or until the cheese has melted.
- 3 Sprinkle with chili flakes and top with basil leaves. Slice the pizza and enjoy!





## Chopped Veggie Salad

4 servings

15 minutes

### Ingredients

2 cups Broccoli (chopped)  
1 cup Cherry Tomatoes (chopped)  
1/2 Red Bell Pepper (chopped)  
1/2 Cucumber (chopped)  
2 1/2 tbsps Extra Virgin Olive Oil  
2 1/2 tbsps Balsamic Vinegar  
1/2 cup Parsley (chopped)  
Sea Salt & Black Pepper

### Directions

- 1 Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

### Nutrition

Amount per serving	
Calories	118
Fat	9g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	25mg
Vitamin A	1739IU
Vitamin C	76mg
Calcium	45mg
Iron	1mg
Vitamin D	0IU



## Honey Ginger Salmon

1 serving  
10 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 tsp Honey
- 1 tsp Ginger (fresh, minced)
- 1/8 tsp Sea Salt
- 4 ozs Salmon Fillet

### Nutrition

Amount per serving	
Calories	222
Fat	12g
Carbs	6g
Fiber	0g
Sugar	5g
Protein	23g
Cholesterol	62mg
Sodium	345mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	14mg
Iron	1mg
Vitamin D	0IU

### Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the oil, honey, ginger, and salt. Brush the mixture onto the salmon.
- 3 Add the salmon to the baking sheet and bake for ten minutes, or until the salmon flakes apart with a fork. Enjoy!



## Quinoa Tabbouleh

4 servings

25 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Parsley (stems removed, finely chopped)
- 1/4 cup Mint Leaves (stems removed, finely chopped)
- 2 stalks Green Onion (finely chopped)
- 2 Tomato (medium, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

### Nutrition

Amount per serving	
Calories	134
Fat	5g
Carbs	19g
Fiber	3g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	43mg
Vitamin A	3703IU
Vitamin C	56mg
Calcium	63mg
Iron	3mg
Vitamin D	0IU



## Fish Taco Bowls

4 servings

20 minutes

### Ingredients

- 2 2/3 Cod Fillet
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/3 tsp Turmeric (ground)
- 1/3 tsp Garlic Powder
- 2/3 tsp Sea Salt (divided)
- 2 2/3 tbsps Lime Juice
- 1/3 cup Cilantro (finely chopped)
- 8 leaves Romaine (large, chopped)
- 1 1/3 cups Cherry Tomatoes (halved)
- 1 1/3 Mango (peeled and cubed)
- 1 1/3 Avocado (sliced)

### Directions

- 1 Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
- 2 Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
- 3 Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
- 4 Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

### Nutrition

Amount per serving	
Calories	523
Fat	34g
Carbs	28g
Fiber	8g
Sugar	18g
Protein	31g
Cholesterol	66mg
Sodium	491mg
Vitamin A	6758IU
Vitamin C	61mg
Calcium	72mg
Iron	2mg
Vitamin D	55IU



## Maple Dijon Chicken

4 servings

50 minutes

### Ingredients

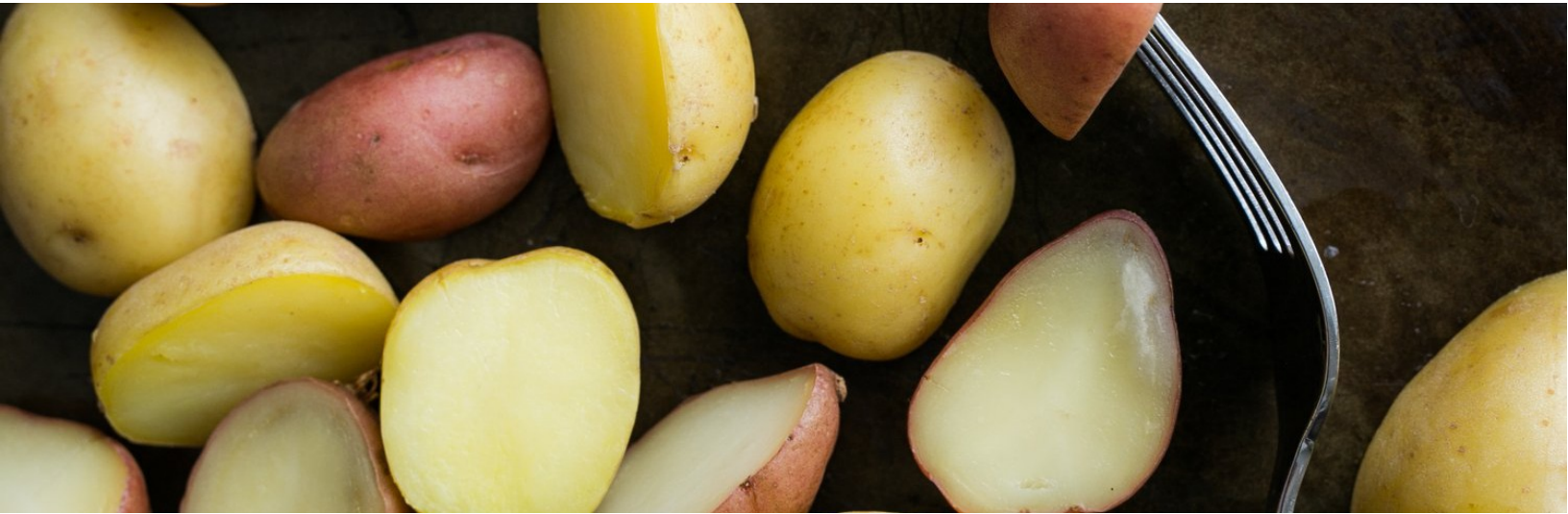
- 2 tbsps Dijon Mustard
- 2 tbsps Maple Syrup
- 1 tbsp Lemon Juice
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1 lb Chicken Breast

### Nutrition

Amount per serving	
Calories	170
Fat	3g
Carbs	7g
Fiber	0g
Sugar	6g
Protein	25g
Cholesterol	82mg
Sodium	282mg
Vitamin A	36IU
Vitamin C	1mg
Calcium	18mg
Iron	0mg
Vitamin D	1IU

### Directions

- 1 In a shallow bowl or zipper-lock bag combine the Dijon mustard, maple syrup, lemon juice, oregano, and salt. Reserve a quarter of the marinade for later. Add the chicken to the remaining marinade and let it marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C).
- 3 Transfer the chicken and the marinade to a baking dish and bake for 25 to 30 minutes or until the chicken is cooked through. Brush the chicken generously with the reserved marinade. Serve and enjoy!



## Steamed Mini Potatoes

4 servings  
20 minutes

### Ingredients

4 cups Mini Potatoes (halved)

### Nutrition

Amount per serving	
Calories	116
Fat	0g
Carbs	26g
Fiber	3g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	9mg
Vitamin A	3IU
Vitamin C	30mg
Calcium	18mg
Iron	1mg
Vitamin D	0IU

### Directions

1

Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Enjoy!