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Dinner							
	Cleaned Up Shepherd's Pie	One Pan Steak Fajitas	Steamed White Fish with Tomato & Olive Sauce	Lemon Turkey Quinoa Skillet	Tuna & Capers Pasta	Salmon, Leek & Potato Casserole	Beef Kafta Casserole
							
	Mexican Rice	Maple Roasted Parsnips	Sweet Potato Soup	Sautéed Collard Greens	House Salad	Crispy Roasted Brussels Sprouts	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  38%	Fat  32%	Fat  29%	Fat  34%	Fat  28%	Fat  49%	Fat  36%
Carbs  39%	Carbs  44%	Carbs  39%	Carbs  40%	Carbs  39%	Carbs  27%	Carbs  38%
Protein  23%	Protein  24%	Protein  32%	Protein  26%	Protein  33%	Protein  24%	Protein  26%
Calories 255	Calories 513	Calories 421	Calories 456	Calories 375	Calories 582	Calories 471
Fat 11g	Fat 19g	Fat 14g	Fat 18g	Fat 13g	Fat 32g	Fat 19g
Carbs 26g	Carbs 58g	Carbs 42g	Carbs 47g	Carbs 40g	Carbs 40g	Carbs 46g
Fiber 6g	Fiber 6g	Fiber 7g	Fiber 8g	Fiber 12g	Fiber 5g	Fiber 9g
Sugar 9g	Sugar 10g	Sugar 19g	Sugar 8g	Sugar 6g	Sugar 5g	Sugar 8g
Protein 15g	Protein 31g	Protein 35g	Protein 30g	Protein 34g	Protein 35g	Protein 31g
Cholesterol 49mg	Cholesterol 77mg	Cholesterol 104mg	Cholesterol 84mg	Cholesterol 45mg	Cholesterol 105mg	Cholesterol 74mg
Sodium 326mg	Sodium 738mg	Sodium 1148mg	Sodium 1226mg	Sodium 459mg	Sodium 284mg	Sodium 1658mg
Vitamin A 13543IU	Vitamin A 2438IU	Vitamin A 1308IU	Vitamin A 16041IU	Vitamin A 5812IU	Vitamin A 2344IU	Vitamin A 2925IU
Vitamin C 41mg	Vitamin C 134mg	Vitamin C 33mg	Vitamin C 50mg	Vitamin C 43mg	Vitamin C 29mg	Vitamin C 135mg
Calcium 109mg	Calcium 114mg	Calcium 136mg	Calcium 170mg	Calcium 321mg	Calcium 90mg	Calcium 105mg
Iron 3mg	Iron 4mg	Iron 3mg	Iron 6mg	Iron 8mg	Iron 5mg	Iron 7mg
Vitamin D 9IU	Vitamin D 5IU	Vitamin D 35IU	Vitamin D 16IU	Vitamin D 39IU	Vitamin D 0IU	Vitamin D 3IU



## Cleaned Up Shepherd's Pie

8 servings

1 hour 30 minutes

### Ingredients

- 1 lb Extra Lean Ground Chicken
- 1 tbsp Extra Virgin Olive Oil
- 2 Yellow Onion (chopped)
- 3 Carrot (diced)
- 3 Garlic (cloves, minced)
- 1 cup Mushrooms (sliced)
- 1 tsp Dried Thyme
- 2 tbsps Almond Flour
- 1/2 cup Vegetable Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 cup Frozen Peas
- 4 Sweet Potato (peeled and cut into 2 inch chunks)
- 1 head Cauliflower (cut into florets)
- 2/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil

### Nutrition

Amount per serving	
Calories	255
Fat	11g
Carbs	26g
Fiber	6g
Sugar	9g
Protein	15g
Cholesterol	49mg
Sodium	326mg
Vitamin A	13543IU
Vitamin C	41mg

### Directions

- 1 Cook your ground chicken in a skillet over medium heat. Stir every minute until cooked through. Drain liquid and transfer to a bowl. Set aside.
- 2 Place the skillet back over medium heat and add olive oil. Add the onion and carrot and cook for 8 to 10 minutes or until carrot starts to soften. Add the garlic, mushrooms and thyme and cook for another 5 minutes.
- 3 Transfer your cooked ground chicken back into the skillet. Add the flour and stir until well mixed. Add the vegetable broth and stir in half the salt and half the black pepper. Bring to a simmer stirring frequently. Once simmering, add the peas and stir well to evenly mix. Now transfer the mixture into a casserole dish and spread evenly across the bottom. Set aside.
- 4 Preheat the oven to 350°F (177°C).
- 5 Steam your sweet potato chunks and cauliflower florets together in a large steaming basket. Once they are tender (about 10 to 15 minutes), transfer to your food processor. Add the almond milk, coconut oil and remaining sea salt and black pepper. Process until smooth and creamy.
- 6 Transfer the potato mix to the casserole dish and spread it evenly so it covers the meat and vegetable mix. Bake in the oven for 25 minutes (or longer if you like the edges crispy).
- 7 Remove from oven. Let cool for about 5 minutes. Cut into slices and lift onto plates with a spatula. Enjoy!

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Calcium	109mg
Iron	3mg
Vitamin D	9IU



## One Pan Steak Fajitas

4 servings

20 minutes

### Ingredients

- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1 Red Bell Pepper (medium, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 1 Sweet Onion (medium, sliced)
- 1 lb Flank Steak (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Iceberg Lettuce (small, leaves pulled apart)

### Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	27g
Cholesterol	77mg
Sodium	436mg
Vitamin A	2298IU
Vitamin C	131mg
Calcium	88mg
Iron	3mg
Vitamin D	5IU

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!



## Mexican Rice

2 servings

25 minutes

### Ingredients

- 2 1/4 tps Avocado Oil
- 1/4 Yellow Onion (chopped)
- 1 Garlic (large clove, minced)
- 1/4 tsp Sea Salt
- 1/2 tsp Cumin (optional)
- 1/2 cup Jasmine Rice
- 3/4 cup Water
- 1/4 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	224
Fat	5g
Carbs	42g
Fiber	2g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	302mg
Vitamin A	140IU
Vitamin C	3mg
Calcium	26mg
Iron	1mg
Vitamin D	0IU

### Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for about five minutes or until the onion begins to soften. Stir in the garlic, salt, and cumin (if using) then add the rice and cook for about a minute more.
- 2 Carefully add the water to the pot then stir in the tomato sauce.
- 3 Allow the liquid to come to a gentle boil. Stir well then cover with a lid and reduce heat to low. Cook for nine to 11 minutes, or until the liquid has been absorbed.
- 4 Remove the pot from the heat, stir well and let the rice rest covered for three to five minutes. Fluff with a fork and season with additional salt if needed. Enjoy!



## Steamed White Fish with Tomato & Olive Sauce

4 servings

20 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 2 cups Cherry Tomatoes (cut in half)
- 1/2 cup Black Olives (pits removed)
- 2 stalks Green Onion (chopped)
- 1/2 cup Basil Leaves (chopped)
- 1/2 cup Water
- 4 Haddock Fillet

### Nutrition

Amount per serving	
Calories	239
Fat	10g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	33g
Cholesterol	104mg
Sodium	835mg
Vitamin A	1308IU
Vitamin C	12mg
Calcium	61mg
Iron	2mg
Vitamin D	35IU

### Directions

- 1 Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
- 2 Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the olives, green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
- 3 Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between bowls and enjoy!





## Maple Roasted Parsnips

4 servings

40 minutes

### Ingredients

- 4 Parsnip (large, peeled, cubed)
- 1 tbsp Extra Virgin Olive Oil
- 3 tbsps Maple Syrup
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	182
Fat	4g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	2g
Cholesterol	0mg
Sodium	313mg
Vitamin A	0IU
Vitamin C	21mg
Calcium	75mg
Iron	1mg
Vitamin D	0IU

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the parsnips to the baking sheet and toss with the oil, maple syrup, and salt. Spread into an even layer. Bake for 25 to 30 minutes or until they are browned on the outside and fork tender.
- 3 Divide onto plates and enjoy!



## Lemon Turkey Quinoa Skillet

4 servings

30 minutes

### Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/4 cup Black Olives (chopped)
- 2 cups Baby Spinach (chopped)
- 3/4 cup Quinoa (dry, uncooked)
- 1 1/2 cups Vegetable Broth
- 1 Lemon (zested and juiced)

### Nutrition

Amount per serving	
Calories	355
Fat	18g
Carbs	24g
Fiber	3g
Sugar	1g
Protein	27g
Cholesterol	84mg
Sodium	547mg
Vitamin A	1724IU
Vitamin C	10mg
Calcium	71mg
Iron	4mg
Vitamin D	16IU

### Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 2 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 3 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 4 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 5 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!



## Sweet Potato Soup

4 servings

50 minutes

### Ingredients

- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (large cloves, minced)
- 1 1/2 tbsps Ginger (fresh, minced or grated)
- 7 cups Water (divided)
- 1 tsp Sea Salt
- 1 1/2 tsps Turmeric
- 2 Sweet Potato (large, peeled and cubed)
- 1/2 head Cauliflower (small, cut into florets)
- 2 Carrot (medium, peeled, and chopped)

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	23g
Fiber	5g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	679mg
Vitamin A	14317IU
Vitamin C	40mg
Calcium	99mg
Iron	2mg
Vitamin D	0IU

### Directions

- 1 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 2 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 3 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!



## Tuna & Capers Pasta

4 servings

30 minutes

### Ingredients

- 8 ozs Chickpea Pasta
- 2 tsps Extra Virgin Olive Oil
- 8 Garlic (cloves, sliced)
- 2/3 tsp Chili Flakes
- 2 tbsps Capers
- 2 cans Tuna (drained and flaked)
- 2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	34g
Fiber	8g
Sugar	5g
Protein	31g
Cholesterol	30mg
Sodium	366mg
Vitamin A	214IU
Vitamin C	5mg
Calcium	69mg
Iron	7mg
Vitamin D	39IU

### Directions

- 1 Cook the pasta according to package directions. Drain and set aside.
- 2 Heat the oil in a large pan over medium heat. Add the garlic and chili flakes and cook for two minutes.
- 3 Add the pasta and capers to the pan. Cook for two to three minutes or until warmed through. Add tuna and additional seasoning if needed. Cook for another minute.
- 4 Divide the pasta between serving bowls. Top with parsley and enjoy!



## Sauteed Collard Greens

4 servings

15 minutes

### Ingredients

12 cups Collard Greens (sliced into 1 inch pieces)  
2 tbsps Butter  
1/8 tsp Sea Salt (or to taste)

### Directions

- 1 Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
- 2 Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

### Nutrition

Amount per serving	
Calories	85
Fat	6g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	3g
Cholesterol	15mg
Sodium	93mg
Vitamin A	5598IU
Vitamin C	38mg
Calcium	252mg
Iron	1mg
Vitamin D	0IU



## Salmon, Leek & Potato Casserole

4 servings

1 hour 5 minutes

### Ingredients

- 3 Russet Potato (large, peeled and chopped)
- 1 cup Vegetable Broth (divided)
- 3 tbsps Butter (divided, plus more for greasing)
- Sea Salt & Black Pepper (to taste)
- 2 Leeks (large, white and most green parts, trimmed, sliced)
- 1 1/3 lbs Salmon Fillet (cubed, skin removed)
- 1 tbsp Lemon Zest

### Nutrition

Amount per serving	
Calories	441
Fat	18g
Carbs	35g
Fiber	4g
Sugar	4g
Protein	34g
Cholesterol	105mg
Sodium	257mg
Vitamin A	1213IU
Vitamin C	18mg
Calcium	74mg
Iron	4mg
Vitamin D	0IU

### Directions

- 1 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 to 20 minutes or until soft. Drain the water and mash the potatoes, until creamy, adding 1/4 of the broth and 1/3 of the butter. Season with salt and pepper.
- 2 Melt the remaining butter in a pan. Add the leeks, tossing to coat. Cook over low heat without browning, for about five minutes. Add the remaining broth, season to taste, and let simmer gently for about 10 minutes or until the liquid is almost absorbed.
- 3 Meanwhile, with the rack placed in the middle position, preheat the oven to 400°F (205°C).
- 4 Season the salmon with salt and pepper. Coat with the lemon zest.
- 5 Grease the individual baking dishes. Spread half of the leeks in the bottom of each dish, add the salmon, then the remaining leeks. Cover with the mashed potatoes.
- 6 Place on a baking sheet and bake for 20 to 30 minutes, or until the fish is cooked through. Time may vary according to the size of the baking dish. Enjoy!



## House Salad

4 servings

10 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1/2 head Green Lettuce (roughly chopped)
- 2 Tomato (medium, sliced)
- 1 Cucumber (sliced)

### Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

### Nutrition

Amount per serving	
Calories	141
Fat	14g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	27mg
Vitamin A	1131IU
Vitamin C	11mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU



## Beef Kafta Casserole

4 servings

1 hour 25 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (finely chopped)
- 1/2 cup Parsley (finely chopped)
- 1 1/2 tbsps Lebanese Seven Spice Blend
- 1 1/2 tsps Sea Salt (divided)
- 3 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
- 3 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
- 1 cup Red Onion (sliced into 1/4-inch thick semi-circles)
- 2 cups Vegetable Broth
- 1 1/2 tbsps Tomato Paste
- 1/4 tsp Black Pepper (optional)

### Nutrition

Amount per serving	
Calories	371
Fat	12g
Carbs	38g
Fiber	6g
Sugar	6g
Protein	28g
Cholesterol	74mg
Sodium	1341mg
Vitamin A	2261IU
Vitamin C	60mg
Calcium	68mg
Iron	6mg
Vitamin D	3IU

### Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 3 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 4 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 5 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 6 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!





## Crispy Roasted Brussels Sprouts

4 servings

15 minutes

### Ingredients

- 4 cups Brussels Sprouts (trimmed, thinly sliced)
- 2 tbsps Avocado Oil
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	100
Fat	7g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	317mg
Vitamin A	664IU
Vitamin C	75mg
Calcium	37mg
Iron	1mg
Vitamin D	0IU

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the Brussels sprouts onto the baking sheet and toss with avocado oil. Spread evenly and season with salt. Roast for 10 to 15 minutes or until fork tender and the edges have crisped.
- 3 Transfer onto plates and serve as a side dish. Enjoy!