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1500 Meal Plan

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Thank you for taking the first steps to better health! Enclosed you will find a meal plan that is 1200-1500 calories and is low-moderate carbohydrate (35%). It will not only help you manage your weight but also your blood sugars.

Should you desire a more individualized meal plan, please do not hesitate to reach out to wcastle@onebitenutrition.com for more information.

Enjoy these healthy, tasty recipes that you are sure to love!!!!

1500 Meal Plan

7 days

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------|----------------------------------|-----------------------------------|-------------------------------|--|----------------------------|---|--|
| Breakfast | Avocado Toast with a Poached Egg | Taco Breakfast Skillet | Spinach & Sausage Egg Muffins | Scrambled Egg Whites with Tomato & Asparagus | Berry & Nut Breakfast Bowl | Soba Breakfast Bowl | Peach Yogurt Parfait |
| | | | Toast with Peanut Butter | Fully Loaded Toast | Greek Yogurt | Arugula & Tomato Egg Muffins | Sweet Potato Bacon Hash |
| Lunch | Pressure Cooker Orange Chicken | Sesame Chicken Chopped Salad | Turkey & Swiss Sandwich | Tuna Salad Plate | Turmeric Chicken Nuggets | Seared Ahi Tuna with Zoodles & Radishes | Pesto Chicken Bake |
| | Wild Rice | | | | Veggie Skewers | | Zucchini Noodles with Pesto & Tomatoes |
| Dinner | Pistachio Crusted Salmon | Southwest Chicken Meal Prep Bowls | Turkey Taco Lettuce Wraps | One Pan Lemon Chicken | Riced Parsnip & Chicken | Unstuffed Cabbage Rolls | Meal Prep Greek Chicken Bowls |
| | Roasted Broccoli | | | | | | |

1500 Meal Plan

85 items

Fruits

- 5 1/2 Avocado
- 1 1/2 Lemon
- 1 Lime
- 1 tbsp Lime Juice

Breakfast

- 2 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/4 cup Chili Powder
- 2 tbsps Cumin
- 1 tsp Dried Basil
- 1 3/4 tpsps Garlic Powder
- 1 1/2 tpsps Greek Seasoning
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 2 tpsps Smoked Paprika
- 1 1/2 tpsps Taco Seasoning
- 1 1/4 tbsps Turmeric

Vegetables

- 1 1/3 cups Arugula
- 2 cups Asparagus
- 6 cups Baby Spinach
- 6 cups Broccoli
- 2 cups Brussels Sprouts
- 2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 4 Cremini Mushrooms
- 1 1/4 Cucumber
- 3/4 tsp Fresh Sage
- 1/4 Garlic
- 3/4 tsp Ginger
- 1/2 Green Bell Pepper
- 5 1/2 cups Green Cabbage
- 1 stalk Green Onion
- 1 head Iceberg Lettuce
- 2 Jalapeno Pepper
- 8 cups Kale Leaves
- 2 cups Mini Potatoes
- 1 1/3 tbsps Parsley
- 2 Parsnip
- 1 Red Bell Pepper
- 1 2/3 cups Red Onion
- 4 leaves Romaine
- 1 tbsp Rosemary
- 8 3/4 Tomato
- 1 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 cup Brown Rice
- 3 1/2 ozs Buckwheat Soba Noodles
- 1 1/2 cups Diced Tomatoes
- 4 cans Tuna
- 1 cup Wild Rice

Baking

Bread, Fish, Meat & Cheese

- 2 slices Bread
- 3 3/4 lbs Chicken Breast
- 1 1/2 lbs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 4 slices Gluten-Free Bread
- 1/4 oz Pecorino Romano Cheese
- 8 3/4 ozs Pork Sausage
- 6 ozs Sliced Turkey Breast
- 2 1/8 ozs Swiss Cheese
- 2 slices Whole Grain Bread

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1/4 cup Black Olives
- 2 tpsps Coconut Aminos
- 1 1/2 tpsps Coconut Oil
- 2 tpsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 1 1/2 tpsps Red Wine Vinegar
- 1 1/2 tpsps Rice Vinegar
- 1 1/2 tpsps Tamari

Cold

- 20 2/3 Egg
- 2 cups Egg Whites
- 1 tbsp Orange Juice
- 1 cup Plain Greek Yogurt
- 3 3/4 tbsps Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 4 Barbecue Skewers
- 6 cups Water

- 1/3 tsp** Arrowroot Powder
- 1/4 cup** Nutritional Yeast
- 2/3 cup** Oats

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 1 slice Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Taco Breakfast Skillet

14 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
2. Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
3. Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
4. Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size

One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor

Add some grated cheese on top.

Make it Vegetarian

Use black beans and/or quinoa instead of ground beef.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/2 **cup** Red Onion (chopped)
- 1 **lb** Extra Lean Ground Beef
- 2 **tblsp**s Chili Powder
- 1 **tblsp** Cumin
- 1/4 **tsp** Onion Powder
- 1/4 **tsp** Black Pepper
- 1/4 **cup** Nutritional Yeast
- 4 Egg
- 1/2 Tomato (chopped)
- 1/4 **cup** Black Olives
- 1/2 Avocado (cubed)
- 1 Jalapeno Pepper (sliced)
- 1/4 **cup** Cilantro

Spinach & Sausage Egg Muffins

7 ingredients · 30 minutes · 6 servings



Directions

1. Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
2. In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
3. In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
4. Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two egg muffins.

More Flavor

Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian

Omit the sausage.

No Sausage

Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach

Use kale or chard instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 8 3/4 **ozs** Pork Sausage (casing removed)
- 6 **cups** Baby Spinach (chopped)
- 8 Egg
- 1/4 **cup** Water
- 1/4 **tsp** Sea Salt
- 1 **stalk** Green Onion (chopped)

Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

Scrambled Egg Whites with Tomato & Asparagus

6 ingredients · 10 minutes · 2 servings



Directions

1. In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the asparagus until fork tender, about three minutes. Drain any excess water and set aside.
2. Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and move them around with a spatula continuously until fluffy and cooked through, about three minutes.
3. Add the eggs to a plate with the remaining ingredients. Season with dried basil and salt. Enjoy!

Ingredients

- 1 1/2 cups Water (divided)
- 2 cups Asparagus (trimmed)
- 2 cups Egg Whites
- 2 Tomato (sliced)
- 1 tsp Dried Basil
- 1/4 tsp Sea Salt (to taste)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a splash of balsamic vinegar.

Additional Toppings

Add toast, avocado, cheese, or sauerkraut.

Make it Vegan

Use tofu instead of egg whites.

No Non-Stick Pan

Use your choice of oil as needed.

Fully Loaded Toast

8 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 450. Place halved cherry tomatoes on a piece of parchment paper and place in oven for 20 minutes or until roasted.
2. In the mean time, take a fork and mash your avocado in a bowl. Add lemon juice and season with sea salt and pepper. Mix well and set aside.
3. Put oil in frying pan and place over medium heat. Whisk egg and almond milk together in a small bowl and pour into pan. Scramble eggs until cooked.
4. Toast bread. Spread on avocado mix and add scrambled eggs on top. Finish with roasted cherry tomatoes and season with a bit of salt and pepper. Enjoy!

Ingredients

- 1 slice Bread (toasted)
- 1/2 Avocado (mashed)
- 1/2 Lemon (juiced)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1 Egg
- 2 tbsps Unsweetened Almond Milk
- 1/2 cup Cherry Tomatoes (halved)
- Sea Salt & Black Pepper (to taste)

Greek Yogurt

1 ingredient · 5 minutes · 2 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

1 cup Plain Greek Yogurt

Soba Breakfast Bowl

7 ingredients · 15 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. Toss with the tamari and vinegar and set aside.
2. Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
3. Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
4. Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan

Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 4 Egg
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/4 cup Water
- 1 tbsp Sesame Seeds (black)

Arugula & Tomato Egg Muffins

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
3. In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
4. Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
5. Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

No Arugula

Use spinach instead.

Dairy-Free

Omit the cheese or use nutritional yeast instead.

Nut-Free

Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor

Use sun dried tomatoes instead of regular tomato.

Ingredients

- 1/2 tsp Avocado Oil
- 1 1/3 cups Arugula
- 2 2/3 Egg
- 1/3 Tomato (chopped)
- 1/4 oz Pecorino Romano Cheese (shredded)
- 1 1/3 tbsps Parsley (chopped)
- 1 3/4 tbsps Unsweetened Almond Milk
- 1/16 tsp Sea Salt

Pressure Cooker Orange Chicken

9 ingredients · 20 minutes · 1 serving



Directions

1. Turn your pressure cooker to sauté mode and add the oil. Then add the chicken and sear on all sides, just until no longer pink, about 1 to 2 minutes. Turn off sauté mode.
2. In a small bowl, add the orange juice, zest, coconut aminos, apple cider vinegar, ginger, and garlic and whisk well. Pour into the pressure cooker. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 3 minutes on high pressure. Once finished, do a quick release.
3. Carefully open the lid and remove the chicken with a slotted spoon and set aside on a plate.
4. Add the arrowroot powder and some of the sauce to a small bowl and whisk well to create a slurry. Add this to the pressure cooker and turn the sauté mode on. Heat through until thickened, whisking often, for about 7 to 8 minutes.
5. Add the chicken back to the thickened sauce and let it reheat for 1 to 2 minutes. Divide evenly between plates and top with cilantro, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1/2 cup of chicken.

Serve it With

Serve with cauliflower rice, brown rice, noodles, or quinoa.

More Flavor

Add toasted sesame oil as a garnish. Top with sesame seeds.

No Apple Cider Vinegar

Use rice vinegar instead.

Ingredients

- 1/4 tsp Avocado Oil
- 4 ozs Chicken Breast (skinless, boneless, cut into cubes)
- 1 tbsp Orange Juice (plus zest from half an orange)
- 2 tsps Coconut Aminos
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Ginger (fresh, minced)
- 1/4 Garlic (clove, minced)
- 1/3 tsp Arrowroot Powder
- 1 tbsp Cilantro (chopped, optional)

Wild Rice

3 ingredients · 45 minutes · 4 servings



Directions

1. Combine the wild rice, water and salt together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until the water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is about 1/2 cup wild rice.

More Flavor

Use chicken or vegetable broth instead of water.

Ingredients

1 cup Wild Rice

3 cups Water

1/2 tsp Sea Salt

Turkey & Swiss Sandwich

6 ingredients · 5 minutes · 2 servings



Directions

1. Spread the mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers

Refrigerate in an airtight container and enjoy within a day.

Dairy-Free

Omit the cheese or use dairy-free cheese slices instead.

Additional Toppings

Cucumber, pickles, onion, bell pepper, mayonnaise, or avocado.

No Turkey

Use sliced ham, chicken, or roast beef instead.

Ingredients

- 2 **tsps** Dijon Mustard
- 4 **slices** Gluten-Free Bread
- 4 **leaves** Romaine
- 1 **Tomato** (medium, thinly sliced)
- 2 **1/8 ozs** Swiss Cheese (sliced)
- 6 **ozs** Sliced Turkey Breast

Tuna Salad Plate

5 ingredients · 5 minutes · 4 servings



Directions

1. Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add pepper, paprika and/or lemon juice.

Additional Toppings

Top with sliced green onions, red onion or red pepper flakes.

Canned Tuna

One can of tuna is equal to 165 grams (5.8 ounces).

No Tuna

Use sardines or salmon instead.

No Coconut Yogurt

Use mayonnaise or Greek yogurt instead.

Ingredients

- 4 cans** Tuna (drained, broken into chunks)
- 2** Avocado (pit removed)
- 1 cup** Unsweetened Coconut Yogurt
- 1** Cucumber (sliced)
- 1 tsp** Sea Salt

Turmeric Chicken Nuggets

6 ingredients · 30 minutes · 3 servings



Directions

1. In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
2. In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
3. Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
4. Serve the chicken nuggets with your favorite dipping sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately five nuggets.

Make it Vegan

Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.

Ingredients

- 2/3 cup** Oats (rolled)
- 1 1/4 tbsps** Turmeric
- 1/8 tsp** Sea Salt
- 1/8 tsp** Black Pepper
- 9 2/3 ozs** Chicken Breast (boneless, cubed)
- 1 1/4 tbsps** Avocado Oil (divided)

Veggie Skewers

6 ingredients · 15 minutes · 4 servings



Directions

1. Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
2. Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
3. Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one skewer with 7 to 8 pieces.

More Flavor

Add your choice of dried herbs or spices.

Ingredients

- 4 Cremini Mushrooms (halved)
- 1 cup Red Onion (chopped)
- 1 Red Bell Pepper (seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)

Pesto Chicken Bake

3 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto

Use hummus instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

1 lb Chicken Breast (boneless, skinless)

1/4 cup Pesto

1 Tomato (sliced)

Zucchini Noodles with Pesto & Tomatoes

3 ingredients · 5 minutes · 1 serving



Directions

1. Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
2. In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Additional Toppings

Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey, marinated tofu or hemp hearts.

Ingredients

- 1 Zucchini (medium)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Pesto

Roasted Broccoli

4 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
3. Remove from the oven and divide between plates. Enjoy!

Notes

Storage

Refrigerate in an airtight container for up to 3 days.

No Avocado Oil

Use olive oil or melted coconut oil instead.

No Garlic Powder

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

Ingredients

6 cups Broccoli (cut into florets)

1 1/2 tbsps Avocado Oil

1/2 tsp Garlic Powder

1/4 tsp Sea Salt

Southwest Chicken Meal Prep Bowls

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Cook the rice according to package directions. Let the rice cool slightly.
3. Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
4. Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
5. Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

More Flavor

Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

Additional Toppings

Lime wedges, cilantro, or chopped green onion.

No Brown Rice

Use quinoa or cauliflower rice instead.

No Cabbage

Use romaine lettuce or kale instead.

Ingredients

- 1/2 cup Brown Rice
- 8 ozs Chicken Breast
- 2 tsps Avocado Oil (divided)
- 1 1/2 tsps Taco Seasoning (divided)
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Lime Juice
- 1 tbsp Cilantro
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1/2 Green Bell Pepper (medium, chopped)
- 1 Tomato (medium, chopped)

Turkey Taco Lettuce Wraps

14 ingredients · 25 minutes · 4 servings



Directions

1. Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
2. Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
3. Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
4. To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Leftovers

Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size

One serving is approximately three tacos.

Optional Toppings

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce

Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians

Omit the ground meat and use cooked lentils instead.

Ingredients

- 1 **tbsp** Avocado Oil
- 1 Yellow Onion (diced)
- 1 **lb** Extra Lean Ground Turkey
- 2 **tbsps** Chili Powder
- 1 **tbsp** Cumin
- 2 **tsps** Smoked Paprika
- 1 **tsp** Garlic Powder
- 1 **tsp** Sea Salt
- 1/2 **tsp** Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 **head** Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

One Pan Lemon Chicken

7 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
2. In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
3. Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts

Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts

Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor

Add additional spices such as oregano, thyme or chili flakes.

No Mini Potatoes

Use diced regular potatoes.

Ingredients

- 8 ozs** Chicken Breast (skinless and boneless)
- 2 cups** Mini Potatoes (halved)
- 2 cups** Brussels Sprouts (halved)
- 2 tbsps** Extra Virgin Olive Oil
- 1** Lemon (juiced and zested)
- 1 tbsp** Rosemary (fresh, chopped)
- Sea Salt & Black Pepper (to taste)

Riced Parsnip & Chicken

7 ingredients · 25 minutes · 2 servings



Directions

1. Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
2. In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
3. Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
4. Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
5. Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Kale

Use another leafy green such as Swiss chard or spinach.

Ingredients

- 2 Parsnip (peeled, chopped)
- 2 **tsps** Extra Virgin Olive Oil (divided)
- 3/4 **tsp** Fresh Sage (loosely packed)
- 12 **ozs** Chicken Breast (skinless and boneless)
- 1/2 **tsp** Oregano (dried)
- 1/4 **tsp** Garlic Powder
- 4 **cups** Kale Leaves (roughly chopped)

Unstuffed Cabbage Rolls

9 ingredients · 45 minutes · 2 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

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

Meal Prep Greek Chicken Bowls

10 ingredients · 50 minutes · 1 serving



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
3. Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
4. While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
5. Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 days.

More Flavour

Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning

Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.

Ingredients

- 1/2 cup Water
- 1/4 cup Brown Rice (dry)
- 4 ozs Chicken Breast (skinless, boneless)
- 1 1/2 tsps Greek Seasoning
- 1/4 Cucumber (medium, diced)
- 2 tbsps Red Onion (medium, diced)
- 1/2 cup Cherry Tomatoes
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)