

wcastle@onebittenutrition.com

## 1200 Calorie Meal Plan

Created by wcastle@onebittenutrition.com



# 1200 Calorie Meal Plan

Wendy Castle

Thank you for taking the first steps to better health! Enclosed you will find a meal plan that is 1100-1200 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](mailto:wcastle@onebitenutrition.com) for more information.

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

# 1200 Calorie Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Bell Pepper Egg Cups	Egg in a Hole	Morning Glory Muffins	Egg White & Peppers Pita	Kale & Red Pepper Frittata	Spinach Scramble with Fruit	High Protein Peanut Butter Oatmeal
	Toast with Peanut Butter & Applesauce	Yogurt & Peaches	Hard Boiled Eggs		Toast with Cottage Cheese		Strawberries with Macadamia Dip
<b>Lunch</b>	Brussels Sprouts Slaw with Chicken	Grilled Chicken Caesar Lettuce Wraps	Steak & Arugula Sandwich	English Muffin Tuna Melt	Chicken & Veggie Quesadillas	Open-Face Tuna Melt	Cajun Turkey with Green Beans & Rice
		Apple Cinnamon Chips	Fresh Strawberries	Balsamic Roasted Tomatoes		Dill & Feta Cucumbers	
<b>Dinner</b>	Garlic Beef Noodles	One Pan Crispy Chicken with Potatoes & Greens	One Pan Chicken, Broccoli & Peppers	Slow Cooker Pesto Chicken	Pesto Shrimp Pasta	Ginger Chicken Stir Fry	Spiced Salmon Kabobs
		Roasted Broccoli		Zucchini Pizza Bites		Brown Rice	

# 1200 Calorie Meal Plan

82 items

## Fruits

---

- 4 Apple
- 3 Lemon
- 2 3/4 **tsps** Lemon Juice
- 1 Lime
- 2 Navel Orange
- 1 Peach
- 6 **cups** Strawberries

## Breakfast

---

- 3 **tsps** All Natural Peanut Butter
- 2 **tsps** Maple Syrup

## Seeds, Nuts & Spices

---

- 1 1/4 **tsps** Black Pepper
- 1 1/2 **tsps** Chia Seeds
- 2 **tsps** Cinnamon
- 1 **tsp** Dried Basil
- 1 1/2 **tsps** Garlic Powder
- 1 1/2 **cups** Macadamia Nuts
- 1/2 **tsp** Onion Powder
- 1/8 **tsp** Oregano
- 1/2 **tsp** Paprika
- 1/2 **tsp** Red Pepper Flakes
- 1 1/16 **tsps** Sea Salt
- 0 Sea Salt & Black Pepper
- 1 **tbsp** Sesame Seeds

## Vegetables

---

- 1/2 **cup** Arugula
- 6 **cups** Asparagus
- 4 **cups** Baby Spinach
- 1 **head** Boston Lettuce
- 12 **cups** Broccoli
- 1 1/2 **cups** Brussels Sprouts
- 4 **stalks** Celery
- 1/4 **cup** Chives
- 2 **tsps** Cilantro
- 1/2 Cucumber
- 1 1/4 **tsps** Fresh Dill
- 13 Garlic
- 3 **tsps** Ginger
- 6 **cups** Kale Leaves
- 2 **cups** Mini Potatoes
- 2 **tsps** Parsley
- 1 **cup** Purple Cabbage
- 9 Red Bell Pepper
- 1 **tbsp** Rosemary
- 10 Tomato
- 1/2 White Onion
- 1/2 Yellow Onion
- 1 Zucchini

## Boxed & Canned

---

- 1 **cup** Brown Rice
- 4 **ozs** Brown Rice Fettuccine
- 12 **ozs** Shiratake Noodles
- 2 1/2 **cans** Tuna

## Baking

---

- 1/2 **cup** Oats
- 2 **tsps** Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

---

- 1 **slice** Bread
- 3 1/8 **lbs** Chicken Breast
- 8 **ozs** Chicken Thighs With Skin
- 6 **ozs** English Muffin
- 1 **tbsp** Feta Cheese
- 2 **slices** Gluten-Free Bread
- 2 3/4 **ozs** Mozzarella Cheese
- 1 1/4 **lbs** Salmon Fillet
- 8 **ozs** Shrimp
- 2/3 **oz** Swiss Cheese
- 11 **ozs** Top Sirloin Steak
- 2 1/8 **ozs** White Pita Bread
- 4 **slices** Whole Grain Bread

## Condiments & Oils

---

- 2 1/4 **tsps** Apple Cider Vinegar
- 3 1/2 **tsps** Avocado Oil
- 1 **tbsp** Balsamic Vinegar
- 1 2/3 **tsps** Coconut Aminos
- 3 1/2 **tsps** Coconut Oil
- 1 3/4 **tsps** Dijon Mustard
- 2/3 **cup** Extra Virgin Olive Oil
- 1/3 **cup** Mayonnaise
- 2 2/3 **tsps** Pesto
- 1/3 **cup** Tamari
- 1/4 **cup** Tomato Sauce

## Cold

---

- 1/2 **cup** Cottage Cheese
- 16 Egg
- 2 **cups** Egg Whites
- 1/4 **cup** Plain Greek Yogurt
- 1 **cup** Unsweetened Coconut Yogurt

## Other

---

- 8 Barbecue Skewers

2 1/2 cups Water



# Bell Pepper Egg Cups

3 ingredients · 20 minutes · 4 servings



## Directions

---

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

## Notes

---

### More Flavour

Roast the red pepper in the oven before cracking the egg into them.

### Added Touch

Sprinkle with cheese during the last 2 minutes.

### Serve it With

Toast for dipping or our Grain-Free Flax Bread.

### More Protein

If it is a large bell pepper, fill remaining space with egg whites for added protein.

## Ingredients

---

- 4 Red Bell Pepper
- 8 Egg
- Sea Salt & Black Pepper (to taste)

# Toast with Peanut Butter & Applesauce

3 ingredients · 5 minutes · 1 serving



## Directions

---

1. Toast the bread slices. Spread on the peanut butter and then the applesauce. Enjoy!

## Notes

---

### No Applesauce

Use jam instead.

### Additional Topping Ideas

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

## Ingredients

---

**2 slices** Whole Grain Bread

**2 tbsps** All Natural Peanut Butter

**2 tbsps** Unsweetened Applesauce

# Yogurt & Peaches

2 ingredients · 5 minutes · 1 serving



## Directions

---

1. Add the yogurt to a bowl and top with the peach slices. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to four days.

### Additional Toppings

Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

### No Coconut Yogurt

Use Greek yogurt instead.

## Ingredients

---

**1 cup** Unsweetened Coconut Yogurt

**1 Peach** (sliced, fresh or frozen and thawed)



# Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



## Directions

---

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## Notes

---

### Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

### Easier to Peel

Add salt to the water while boiling.

## Ingredients

---

2 Egg

# Egg White & Peppers Pita

5 ingredients · 10 minutes · 2 servings



## Directions

---

1. Heat avocado oil in a large skillet. Add the red bell pepper and season with salt. Cook for about 2 to 3 minutes, or until just tender and slightly charred.
2. Add the egg whites and stir together with the peppers until cooked, about 2 to 3 minutes.
3. Spread open the pita and fill the pockets with the cooked egg whites and bell peppers. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to two days. For best results, store the pita separately from the eggs and peppers to prevent them from getting soggy.

### Serving Size

Each serving equals 1/2 of a large pita with approximately 2 cups of egg whites with red peppers.

### Gluten-Free

Use gluten-free wraps, tortillas, bread, or lettuce wraps instead.

### Oil-Free

Use water or broth instead of oil and add more when food begins sticking to the pan.

### More Flavor

Add your choice of dried herbs and/or spices.

### Additional Toppings

Leftover veggies, cheese, mixed greens, spinach, hummus, tzatziki sauce or baba ganoush.

### Make it Vegan

Use crumbled firm tofu instead of egg whites.

## Ingredients

---

- 2 **tblsps** Avocado Oil
- 2 Red Bell Pepper (chopped)
- 1/2 **tsp** Sea Salt
- 1 **1/2 cups** Egg Whites
- 2 **1/8 ozs** White Pita Bread (halved)

# Toast with Cottage Cheese

2 ingredients · 10 minutes · 2 servings



## Directions

---

1. Spread cottage cheese evenly on the toasted bread and enjoy!

## Notes

---

### No Whole Grain Bread

Use any type of bread or a toasted slice of sweet potato.

### More Toppings

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

### Storage

Best enjoyed immediately as the bread will soften.

## Ingredients

---

**1/2 cup** Cottage Cheese

**2 slices** Whole Grain Bread (toasted)



# Spinach Scramble with Fruit

7 ingredients · 10 minutes · 2 servings



## Directions

---

1. Whisk the eggs in a small bowl and season with half of the salt and half of the pepper. Set aside.
2. Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
4. Transfer the eggs to a plate. Serve with orange slices and enjoy!

## Notes

---

### Leftovers

Best served immediately.

### More Flavor

Add dried herbs and spices like garlic powder.

### No Spinach

Use kale instead.

### No Oranges

Serve with sliced strawberries or apple slices instead.

## Ingredients

---

- 6 Egg
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 2 tsps Extra Virgin Olive Oil
- 4 cups Baby Spinach
- 2 Tomato (medium, diced)
- 2 Navel Orange (sliced)



# High Protein Peanut Butter Oatmeal

5 ingredients · 5 minutes · 1 serving



## Directions

---

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Nut-Free

Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

### More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

### Additional Toppings

Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

### Make it Vegan

Omit the egg whites.

## Ingredients

---

- 1/2 cup** Oats (quick or rolled)
- 1/2 cup** Water
- 1/2 cup** Egg Whites
- 1 tbsp** All Natural Peanut Butter
- 1 1/2 tsps** Chia Seeds

# Strawberries with Macadamia Dip

3 ingredients · 5 minutes · 6 servings



## Directions

---

1. Combine the macadamia nuts and coconut oil in a food processor or high-speed blender. Blend until smooth, adding a bit of water if needed until your desired consistency is reached.
2. Transfer to a bowl. Serve with strawberries and enjoy!

## Notes

---

### Leftovers

Refrigerate the macadamia dip separately in an airtight container for up to two weeks.

### Nut-Free

Use sunflower seed butter instead of macadamia nuts.

### Additional Toppings

Top with hemp seeds, shredded coconut, dark chocolate chips or crushed nuts.

### More Flavor

Use roasted macadamia nuts, and/or combine with cashews or hazelnuts.

### Save Time

Use store-bought macadamia nut butter instead, or skip the soaking time and add more water or milk instead.

## Ingredients

---

- 1 1/2 cups** Macadamia Nuts (soaked at least 30 minutes)
- 2 tbsps** Coconut Oil (melted)
- 2 cups** Strawberries



# Brussels Sprouts Slaw with Chicken

9 ingredients · 20 minutes · 1 serving



## Directions

---

1. Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
2. Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
3. Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
4. Divide the slaw evenly between plates. Top with chicken and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add additional spices and/or herbs to the dressing or chicken.

### Additional Toppings

Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

### Make it Vegan

Omit the chicken and use grilled tofu.

### No Coconut Aminos

Use tamari instead.

## Ingredients

---

- 4 ozs** Chicken Breast (cut into cubes)
- 1/8 tsp** Oregano (dried)
- 1/16 tsp** Garlic Powder
- 1/8 tsp** Sea Salt (divided)
- 2 1/4 tsps** Extra Virgin Olive Oil (divided)
- 1 1/2 cups** Brussels Sprouts (shredded)
- 1 cup** Purple Cabbage (sliced thin)
- 2 1/4 tsps** Lemon Juice
- 1/2 tsp** Coconut Aminos

# Grilled Chicken Caesar Lettuce Wraps

13 ingredients · 40 minutes · 4 servings



## Directions

---

1. Preheat the grill over medium heat.
2. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
3. In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
4. Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
5. Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
6. Remove chicken from the grill and dice with a knife.
7. Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

## Notes

---

### Time Saver

Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

### No Grill

Use an oven pre-heated to 400°F (204°C) instead.

### More Carbs

Add quinoa to your wraps.

### Vegan

Use roasted chickpeas instead of chicken.

## Ingredients

---

- 1 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 lb Chicken Breast
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 1 tbsp Dijon Mustard
- 1 head Boston Lettuce (washed and pulled apart into leaves)



# Apple Cinnamon Chips

3 ingredients · 1 hour · 4 servings



## Directions

---

1. Preheat oven to 230°F (110°C). Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and toss well.
2. Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

## Notes

---

### Keep Them Crispy

If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.

## Ingredients

---

- 4 Apple
- 2 **tsps** Cinnamon
- 1 **1/2 tsp** Coconut Oil

# Steak & Arugula Sandwich

5 ingredients · 15 minutes · 1 serving



## Directions

---

1. Heat a non-stick pan over medium-high heat. Season both sides of the steak with salt.
2. Add the steak to the pan and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let it rest for at least five minutes before cutting into slices.
3. Spread the mayonnaise evenly over the bread and layer with arugula and steak slices. Close the sandwich and enjoy!

## Notes

---

### Leftovers

Refrigerate the steak in an airtight container for up to three days. Assemble the sandwich just before eating.

### Additional Toppings

Chopped pickles, tomatoes, avocado, hot sauce, and/or fried egg.

### No Mayonnaise

Use mustard instead.

## Ingredients

---

- 3 ozs** Top Sirloin Steak
- 1/8 tsp** Sea Salt (to taste)
- 1 tbsp** Mayonnaise
- 2 slices** Gluten-Free Bread (toasted)
- 1/2 cup** Arugula

# Fresh Strawberries

1 ingredient · 5 minutes · 4 servings



## Directions

---

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## Notes

---

### Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

## Ingredients

---

**4 cups** Strawberries



# English Muffin Tuna Melt

6 ingredients · 5 minutes · 3 servings



## Directions

---

1. Set your oven to broil.
2. In a bowl, stir together the tuna, mayonnaise, chives, and salt until well combined. Spread the tuna mixture evenly over each English muffin slice and sprinkle mozzarella on top.
3. Transfer to a baking sheet and broil in the oven for three minutes or until the cheese is melted. Garnish with more chives (optional). Enjoy!

## Notes

---

### Leftovers

Refrigerate the tuna mixture in a separate airtight container for up to two days.

### Serving Size

One serving equals approximately two English muffin slices topped with 80 grams of tuna.

### Canned Tuna

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

### Gluten-Free

Use gluten-free bread, crackers, cucumber slices or rice cakes instead of English muffins.

### Additional Toppings

Minced red onion, black pepper, sliced green onions, celery, mustard or sauerkraut.

### English Muffin

One English muffin is roughly two ounces or 57 grams.

## Ingredients

---

- 2 cans Tuna (drained, flaked)
- 1/4 cup Mayonnaise
- 1/4 cup Chives (chopped, plus more for garnish)
- 1/8 tsp Sea Salt
- 6 ozs English Muffin (halved, lightly toasted)
- 1 oz Mozzarella Cheese (shredded)



# Balsamic Roasted Tomatoes

5 ingredients · 20 minutes · 4 servings



## Directions

---

1. Preheat oven to 400°F (204°C). Line a baking sheet with foil or parchment paper.
2. Place tomato halves on the baking sheet. Drizzle with olive oil and balsamic dressing, then top with basil, salt and pepper. Roast for 15 minutes. Enjoy!

## Notes

---

### Serve it With

Our Bacon, Eggs, Avocado & Sauerkraut, Swiss Chard, Lentil & Rice Bowl or Flax Bread Avocado Toast.

### No Oven

Do them on the grill instead.

## Ingredients

---

- 8 Tomato (medium, halved)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Balsamic Vinegar
- 1 **tsp** Dried Basil
- Sea Salt & Black Pepper (to taste)

# Open-Face Tuna Melt

9 ingredients · 10 minutes · 1 serving



## Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
2. In a bowl, combine tuna, celery, yogurt, apple cider vinegar, Dijon, dill and garlic powder.
3. Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
4. Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
5. Remove from oven and enjoy!

## Notes

### Loaded Tuna Melt

Add minced red onion, sliced tomato and avocado.

### Canned Tuna

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

### Vegan and Vegetarian

Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.

### Gluten-Free

Use gluten-free bread or serve on a brown rice tortilla.

## Ingredients

- 1/2 can Tuna (drained and flaked)
- 1 stalk Celery (thinly sliced)
- 1/4 cup Plain Greek Yogurt
- 3/4 tsp Apple Cider Vinegar
- 1 1/2 tps Dijon Mustard
- 3/4 tsp Fresh Dill
- 1/2 tsp Garlic Powder
- 2/3 oz Swiss Cheese (sliced or shredded)
- 1 slice Bread



# Dill & Feta Cucumbers

5 ingredients · 5 minutes · 1 serving



## Directions

---

1. Arrange the cucumber in a bowl and add the lemon juice, dill, and feta cheese. Drizzle with extra virgin olive oil and enjoy!

## Notes

---

### Dairy-Free

Omit the feta or use dairy-free cheese.

### Leftovers

Refrigerate in an airtight container up to 2 days.

### No Dill

Use parsley or basil instead.

## Ingredients

---

- 1/2 Cucumber (cut into spears)
- 1/2 tsp Lemon Juice
- 1 tbsp Fresh Dill (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 tsp Extra Virgin Olive Oil



# Garlic Beef Noodles

8 ingredients · 15 minutes · 2 servings



## Directions

---

1. Heat a non-stick pan over medium-high heat. Add the water, coconut aminos, onion, steak slices, garlic, and ginger and cook for about five to eight minutes, or until cooked through and most of the liquid is gone.
2. Add the noodles and cook until warmed through, about two minutes. Divide into bowls and garnish with the cilantro. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 2 1/2 cups.

### More Flavor

Use your choice of cooking oil instead of water.

### Additional Toppings

Add sliced green onions, broccolini, bok choy, sliced carrots, mushrooms, or bean sprouts.

### Make it Vegan

Use firm tofu or tempeh instead of beef.

## Ingredients

---

- 1 **tbps** Water
- 1 **1/2 tbsps** Coconut Aminos
- 1/2 White Onion (medium, sliced)
- 8 **ozs** Top Sirloin Steak (sliced)
- 10 Garlic (cloves, chopped)
- 2 **tbsps** Ginger (peeled, minced)
- 12 **ozs** Shiratake Noodles (drained, rinsed)
- 2 **tbsps** Cilantro (chopped)

# One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 2 servings



## Directions

---

1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

## Notes

---

### No Rosemary

Use thyme or another herb instead.

### No Kale

Use another green such as Swiss chard or spinach.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

---

- 8 ozs** Chicken Thighs with Skin
- 2 cups** Mini Potatoes (halved)
- 1/8 tsp** Sea Salt
- 1 tbsp** Rosemary (chopped)
- 2 cups** Kale Leaves (chopped)



# 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



# One Pan Chicken, Broccoli & Peppers

7 ingredients · 25 minutes · 2 servings



## Directions

---

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, whisk together the oil, vinegar, mustard, and half the salt. Add the broccoli and bell peppers, tossing gently until well covered. Transfer to the baking sheet and evenly space the vegetables.
3. Add the chicken and the remaining salt to the leftover marinade and toss well to coat. Place on top of the vegetables.
4. Bake for 20 minutes or until the chicken is cooked through and the vegetables are tender. Divide onto plates and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Marinate the chicken for at least 30 minutes before cooking.

### Additional Toppings

Chopped fresh herbs.

## Ingredients

---

- 2 **tbsps** Extra Virgin Olive Oil
- 2 **tbsps** Apple Cider Vinegar
- 1 **tsp** Dijon Mustard
- 1/2 **tsp** Sea Salt (divided)
- 4 **cups** Broccoli (chopped into small florets)
- 2 **Red Bell Pepper** (sliced)
- 10 **ozs** Chicken Breast (sliced)

# 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!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Dairy-Free

Use dairy-free cheese.

### Additional Toppings

Fresh herbs, red pepper flakes, garlic, parmesan cheese, salt, pepper, and/or your favourite pizza toppings.

### No Tomato Sauce

Use crushed tomatoes instead.

## Ingredients

---

1 Zucchini (medium, cut into 1/4-inch slices)

1/4 cup Tomato Sauce

1 3/4 ozs Mozzarella Cheese (finely grated)



# Pesto Shrimp Pasta

4 ingredients · 20 minutes · 2 servings



## Directions

---

1. Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
2. Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
3. Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two cups.

### More Flavor

Cook the shrimp with butter or oil instead of pasta water.

### Additional Toppings

Red pepper flakes, fresh herbs, lemon juice.

## Ingredients

---

- 4 ozs** Brown Rice Fettuccine
- 8 ozs** Shrimp (peeled, deveined)
- 1/8 tsp** Sea Salt
- 2 2/3 tbsps** Pesto



# Ginger Chicken Stir Fry

10 ingredients · 30 minutes · 4 servings



## Directions

---

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

## Notes

---

### Alternative Veggies

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

### Serve it With

Brown rice, pasta or quinoa.

### Leftovers

Keeps well in the fridge up to 3 days.

### Vegan and Vegetarian

Use chickpeas or tofu instead of chicken.

### Make It Faster

Use pre-sliced veggies from the bag.

## Ingredients

---

- 1/3 cup** Tamari
- 2** Garlic (cloves, minced)
- 1 tbsp** Ginger (peeled and grated)
- 1 tbsp** Coconut Oil
- 1 1/4 lbs** Chicken Breast (sliced into cubes)
- 1/2** Yellow Onion (diced)
- 3 stalks** Celery (sliced)
- 1** Red Bell Pepper (diced)
- 2 cups** Broccoli (chopped into florets)
- 4 cups** Kale Leaves (chopped)

# Brown Rice

2 ingredients · 45 minutes · 4 servings



## Directions

---

1. Combine the brown rice and water 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 water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Ingredients

---

- 1 cup** Brown Rice (uncooked)
- 2 cups** Water

# Spiced Salmon Kabobs

12 ingredients · 20 minutes · 4 servings



## Directions

---

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

## Notes

---

### Add Carbs

Serve with quinoa, brown rice or sweet potato.

### Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

## Ingredients

---

- 2 tbsps Parsley (chopped)
- 1 tbsp Sesame Seeds
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 2 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)