



ONE BITE NUTRITION

Meeting Your Health Goals, Your Way!



BBQ Chicken with Sweet Potato and more

Nutrition Plan

CLIENT PROFILE	NAME Client	DIETARY PREFERENCE Eats Most Things
	AVOIDANCES <input checked="" type="checkbox"/> BEEF <input checked="" type="checkbox"/> DAIRY <input checked="" type="checkbox"/> GAME MEATS <input checked="" type="checkbox"/> LAMB <input checked="" type="checkbox"/> PORK <input checked="" type="checkbox"/> TOFU	





Easily swap and explore more meal options. visit eatloveis.com

Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



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BREAKFAST

Egg & Smoked Salmon Muffin



Southwest Chicken Sausage Skillet, Kiwi



Egg and Tomato Toast, Raspberries



Bagel with Peanut Butter, Apple



Egg White Veggie Omelet with Orange, Grapes



Eggs, Toast, and Kiwi, Half Banana



Smoked Salmon Avocado Toast, Tangerine



LUNCH

Chicken Noodle Soup and Baby Carrots, Peanuts and Orange



Ground Turkey, Bell Peppers, and Taco Shell, Snap Peas



White Bean Kale Salad, Baby Carrots



Chicken, Pita, and Salad, Raspberries



Lentil Spinach Salad



Chicken & Guacamole Wrap



Salmon, Lentils, and Rice Salad, Sliced Bell Pepper



SNACK

Snap Peas



Spiced Oranges Slices



Peanut Butter Crackers and Grapfruit



Chips and Salsa



Pepper, Pretzels & Hummus



Frozen Grapes



Macadamia Nuts and Tangerines



2ND SNACK



DINNER

BBQ Chicken with Sweet Potato, Roasted Carrots with Hummus



Italian Chicken with Spaghetti, Spring Salad with Avocado



Veggie Sausage and Potato Bake



Spicy Crab Cakes, Sautéed Kale with Hemp Seeds



Salmon, Peppers, and Onions, Green Beans, Chickpeas, and Onions



Shrimp Quinoa with Tomato & Cucumber Salad, Asparagus and Sliced Almonds



Chicken Sausage and Onions Bun with Salad, Steamed Asparagus





Grocery List

BAKERY

- | | |
|--|--|
| <input type="checkbox"/> 1 bag (6 ct) of Plain Bagels | <input type="checkbox"/> 1 loaf (24 oz) of Whole Wheat Bread |
| <input type="checkbox"/> 1 package (6 ct) of Whole Wheat English Muffins | <input type="checkbox"/> 1 package (6 ct) of Whole Wheat Hotdog Buns |
| <input type="checkbox"/> 1 bag (6 ct) of Whole Wheat Pita Bread | <input type="checkbox"/> 1 package (8 ct) of Whole Wheat Tortillas |

BAKING GOODS

- | | |
|--|--|
| <input type="checkbox"/> 1 package (16 oz) of Granulated Sugar | <input type="checkbox"/> 1 can (5-7 fl oz) of Nonstick Cooking Spray |
| <input type="checkbox"/> 1 package (8 oz) of Plain Breadcrumbs | |

CANNED / JAR GOODS

- | | |
|--|---|
| <input type="checkbox"/> 1 can (8-9 oz) of Artichoke Hearts | <input type="checkbox"/> 1 can (15 oz) of Canned Garbanzo Beans (Chickpeas) |
| <input type="checkbox"/> 1 can (16 oz) Canned Lentils | <input type="checkbox"/> 1 can (8 oz) of Canned Salmon |
| <input type="checkbox"/> 1 can (15 oz) of Canned White Beans | <input type="checkbox"/> 1 jar (3-4 oz) of Capers |
| <input type="checkbox"/> 1 container (32 oz) of Low Sodium Vegetable Broth | <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter |
| <input type="checkbox"/> 1 jar (8-10 oz) of Raspberry Jam | <input type="checkbox"/> 1 container (16 oz) of Salsa Pico de Gallo |
| <input type="checkbox"/> 2 cans (7.25 oz) Soup, chicken noodle, reduced sodium, canned, ready-to-serve | |



EWG RECOMMENDS TO BUY ORGANIC



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Grocery List

DAIRY

- 1 carton (16 oz) of Egg Whites 1 half dozen Eggs

DELI

- 1 Cooked Rotisserie Chicken 1 container (10 oz) Hummus

INTERNATIONAL / ETHNIC

- 1 package (12 ct) of Taco Shell

MEATS / SEAFOOD

- 1/4 pounds of Boneless Skinless Chicken Breast 1/4 pounds of Boneless Skinless Chicken Thighs
 3/8 pounds of Chicken Sausage 1 bag (16 oz) Crustaceans, shrimp, cooked
 1/4 pounds of Ground Turkey 1 package (8 oz) of Lump Crab Meat
 1/4 pounds of Salmon 1 package (4 oz) of Smoked Salmon
 1 package (14 oz) of Vegan Andouille Sausage

PASTA / RICE / BEANS

- 1/2 pounds of Brown Lentils 1/2 pounds of Brown Rice (dry/uncooked)
 1/8 pounds of Quinoa (dry/uncooked) 1 package (16 oz) of Whole Wheat Spaghetti

PRODUCE

- 1 bag (6 oz) of Baby Spinach 



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Grocery List

PRODUCE - FRUIT

- | | |
|---|---|
| <input type="checkbox"/> 1 Banana | <input type="checkbox"/> 1 Gala Apples  |
| <input type="checkbox"/> 1 Grapefruit | <input type="checkbox"/> 2 Kiwi |
| <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 1 Limes |
| <input type="checkbox"/> 5 Oranges | <input type="checkbox"/> 1 Pear |
| <input type="checkbox"/> 2 pints of Raspberries | <input type="checkbox"/> 3/8 pounds of Red Grapes  |
| <input type="checkbox"/> 3 Tangerine | |

PRODUCE - VEGETABLES

- | | |
|---|--|
| <input type="checkbox"/> 7/8 pounds of Asparagus | <input type="checkbox"/> 1 Avocados |
| <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots | <input type="checkbox"/> 4 Carrots |
| <input type="checkbox"/> 1 quart of Cherry Tomatoes  | <input type="checkbox"/> 1 Cucumber  |
| <input type="checkbox"/> 1 bunch of Curly Kale  | <input type="checkbox"/> 1 package (1 oz) of Fresh Chives |
| <input type="checkbox"/> 1 bunch of Fresh Cilantro | <input type="checkbox"/> 1 package (1 oz) of Fresh Dill |
| <input type="checkbox"/> 1 bunch of Fresh Thyme | <input type="checkbox"/> 1 bulb of Garlic |



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PRODUCE - VEGETABLES

- | | |
|---|---|
| <input type="checkbox"/> 3/8 pounds of Green Beans | <input type="checkbox"/> 2 Green Bell Peppers  |
| <input type="checkbox"/> 1 bunch of Green Onions (Scallions) | <input type="checkbox"/> 1 container (12 oz) of Guacamole |
| <input type="checkbox"/> 1 package (5 oz) of Mixed Salad Greens | <input type="checkbox"/> 1/4 pounds of New Potatoes |
| <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach  | <input type="checkbox"/> 3 Red Bell Peppers  |
| <input type="checkbox"/> 1 head of Red Cabbage | <input type="checkbox"/> 1 Shallots |
| <input type="checkbox"/> 1 package (5 oz) of Spring Mix Lettuce  | <input type="checkbox"/> 3/4 pounds of Sugarsnap Peas  |
| <input type="checkbox"/> 2 Sweet Potatoes | <input type="checkbox"/> 2 Tomatoes |
| <input type="checkbox"/> 1 package (8 oz) of White Mushrooms | <input type="checkbox"/> 1 Yellow Bell Peppers  |
| <input type="checkbox"/> 4 Yellow Onions | |

SNACKS

- | | |
|---|--|
| <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips | <input type="checkbox"/> 1/8 pounds of Dried Cranberries |
| <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds | <input type="checkbox"/> 1/8 pounds of Macadamia Nuts |
| <input type="checkbox"/> 1 package (10 oz) of Pretzels | <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts |



EWG RECOMMENDS TO BUY ORGANIC

Grocery List

SNACKS

- | | |
|--|---|
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | <input type="checkbox"/> 1 box (9-10 oz) of Triscuits |
| <input type="checkbox"/> 1/8 pounds of Walnuts | <input type="checkbox"/> 1/8 pounds of Whole Almonds |

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 bottle (8-9 fl oz) of Balsamic Vinegar | <input type="checkbox"/> 1 bottle (18 oz) of Barbecue Sauce |
| <input type="checkbox"/> 1 bottle (8 fl oz) of Canola Oil | <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder |
| <input type="checkbox"/> 1 jar (2 oz) of Cumin | <input type="checkbox"/> 1 jar (2 oz) of Curry Powder |
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard | <input type="checkbox"/> 1 package (0.1-1 oz) of Dried Dill |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | <input type="checkbox"/> 1 jar (0.85 oz) of Herbs de Provence |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Italian Dressing | <input type="checkbox"/> 1 jar (1-2 oz) of Mustard Seeds |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 bottle (12 fl oz) of Red Wine Vinegar |
| <input type="checkbox"/> 1 packet (1-2 oz) of Taco Seasoning | <input type="checkbox"/> 1 jar (0.5-1 oz) of Turmeric |
| <input type="checkbox"/> 1 bottle (8 oz) of Yellow Mustard | |



EWG RECOMMENDS TO BUY ORGANIC



Egg & Smoked Salmon Muffin

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 5 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 teaspoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect.
- 2 Egg Whites beaten
- 1/2 teaspoon capers rinsed and chopped
- 1/8 teaspoon dried dill
- 1 ounce Smoked Salmon
- 1 slice tomato
- 1 Whole Wheat English Muffin split and toasted
- 1 orange sliced
 - Optional substitute (pending allergies): clementine, apple or pear

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 610mg
Total Fat 7.7g	Saturated Fat 1.17g
Carbs 53g	Fruits 1 servings
Calories 345kcal	Vegetables 0.08 servings
Fiber 12g	Added Sugar 5.3g

PORTION SIZES (Total yield: 12oz)

Method

1. Heat oil in a small skillet over medium heat. Add egg whites, capers, and dill. Cook, stirring constantly, until whites are set.
2. Place tomato on one half of the English muffin. Top with egg whites, salmon, and the other muffin half.
3. Serve with orange slices.





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Chicken Noodle Soup and Baby Carrots

BY EVERYDAY EATLOVE

🕒 5 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 1/2 cups Soup, chicken noodle, reduced sodium, canned, ready-to-serve

1 cup baby carrots

* If out of season in your area, use frozen or canned, no salt added in cooked recipes

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 778mg
Total Fat 5.1g	Saturated Fat 1.48g
Carbs 24g	Fruits 0 servings
Calories 192kcal	Vegetables 1 servings
Fiber 6.4g	Added Sugar 0g

PORTION SIZES (Total yield: 17oz)

Method

1. Heat chicken noodle soup according to package instructions.
2. Serve with baby carrots on the side.





Peanuts and Orange

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Pour peanuts into a bowl. Serve with orange.

INGREDIENTS

1 ounce peanuts

- Optional substitute (pending allergies): cashews, walnuts, almonds, etc..

1 orange

- Optional substitute (pending allergies): clementine, apple or pear

NUTRITION INFORMATION PER SERVING

Protein 9g	Sodium 3.18mg
Total Fat 15g	Saturated Fat 2.25g
Carbs 31g	Fruits 1 servings
Calories 267kcal	Vegetables 0 servings
Fiber 9.5g	Added Sugar 0g

PORTION SIZES (Total yield: 6.6oz)





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Snap Peas

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash snap peas and serve.

INGREDIENTS

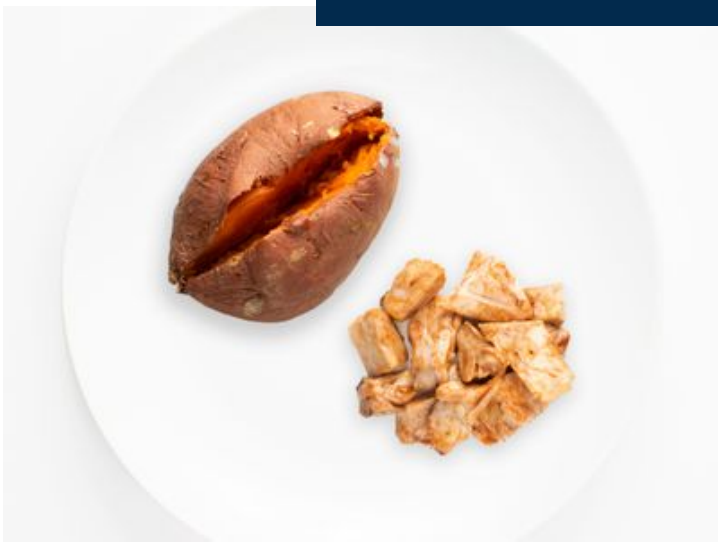
1 cup snap peas

NUTRITION INFORMATION PER SERVING

Protein 7.9g	Sodium 7.3mg
Total Fat 0.58g	Saturated Fat 0.1g
Carbs 21g	Fruits 0 servings
Calories 117kcal	Vegetables 1 servings
Fiber 7.4g	Added Sugar 0g

PORTION SIZES (Total yield: 5.1oz)





BBQ Chicken with Sweet Potato

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 sweet potato

- Optional substitute (pending allergies): butternut squash, pumpkin, white potato or other root vegetable

2 teaspoons olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

3 ounces boneless chicken thighs

1 tablespoon BBQ sauce

NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 327mg
Total Fat 13g	Saturated Fat 2.18g
Carbs 33g	Fruits 0 servings
Calories 324kcal	Vegetables 0 servings
Fiber 4.05g	Added Sugar 5.7g

PORTION SIZES (Total yield: 7.2oz)

Method

1. Pierce sweet potato with a fork 4 times. Place on a microwave-safe plate and microwave for 5 minutes, turning halfway through. The sweet potato is done when you can easily pierce the center with a fork. Continue microwaving in 30 second intervals if needed.
2. Meanwhile, heat oil in a skillet over medium heat. Add chicken and cook 3-4 minutes until browned on the bottom. Flip and continue cooking until chicken is cooked through.
3. Spoon 1/2 BBQ sauce on top of chicken, flip, and spoon remaining BBQ sauce on top. Remove from heat.
4. Serve with sweet potato.





Roasted Carrots with Hummus

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 30 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

3 carrots cut into 3-inch sticks

• If out of season in your area, use frozen or canned, no salt added in cooked recipes

1/2 tablespoon olive oil

• Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 tablespoons hummus

NUTRITION INFORMATION PER SERVING

Protein 4.07g	Sodium 240mg
Total Fat 10g	Saturated Fat 1.43g
Carbs 22g	Fruits 0 servings
Calories 185kcal	Vegetables 1.43 servings
Fiber 5.1g	Added Sugar 0g

PORTION SIZES (Total yield: 4.39oz)

Method

1. Preheat oven to 425°F.
2. Toss carrots in oil and spread out on a baking sheet. Roast for 25 minutes or until tender.
3. Serve with hummus.





Southwest Chicken Sausage Skillet

BY STEPHANIE LEE NUTRITION

🕒 5 MINS PREP | 🕒 20 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 teaspoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 1/2 sweet potato diced
 - Optional substitute (pending allergies): butternut squash, pumpkin, white potato or other root vegetable
- 1 dash salt
- 1 dash pepper
- 1/2 green pepper diced
- 1/2 red pepper diced
- 1/4 yellow pepper diced
- 1 clove garlic minced
- 1/4 teaspoon cumin
- 1/8 teaspoon chili powder
- 1 link (3 oz) chicken sausage sliced
- 1 sprig thyme (optional)

NUTRITION INFORMATION PER SERVING

Protein 18g	Sodium 609mg
Total Fat 13g	Saturated Fat 2.53g
Carbs 33g	Fruits 0 servings
Calories 317kcal	Vegetables 1.27 servings
Fiber 6.3g	Added Sugar 0g

PORTION SIZES (Total yield: 11oz)

Method

1. Add olive oil to a large skillet and heat over medium-high heat. When hot, add diced sweet potatoes and season with salt and pepper to taste. Cook for 8-10 minutes until browned and tender.
2. When potatoes have browned and softened, add diced peppers, garlic, cumin, and chili powder. Stir to combine and cook for 3-5 minutes, until peppers soften.
3. Add in sliced chicken sausage. Cook for 2-3 minutes until chicken sausage is cooked through. Garnish with fresh thyme.





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Kiwi

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel and serve.

INGREDIENTS

1 kiwi peeled

NUTRITION INFORMATION PER SERVING

Protein 0.79g	Sodium 2.07mg
Total Fat 0.36g	Saturated Fat 0.02g
Carbs 10g	Fruits 0.77 servings
Calories 42kcal	Vegetables 0 servings
Fiber 2.07g	Added Sugar 0g

PORTION SIZES (Total yield: 2.43oz)





Ground Turkey, Bell Peppers, and Taco Shell

BY EVERYDAY EATLOVE

🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 4 ounces ground turkey
 - * Optional substitute (pending allergies): ground chicken, pork, beef or plant-based alternative
- 1 1/2 teaspoons taco seasoning
- 1 green bell pepper sliced
- 2 taco shells

NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 230mg
Total Fat 15g	Saturated Fat 4.17g
Carbs 26g	Fruits 0 servings
Calories 339kcal	Vegetables 0.95 servings
Fiber 4.87g	Added Sugar 0g

PORTION SIZES (Total yield: 8.9oz)

Method

1. Heat a nonstick skillet over medium heat. Add ground turkey and stir to break it apart. Cook 5-8 minutes until browned and no longer pink.
2. Add bell peppers and cook 3-5 minutes until tender.
3. Add taco seasoning and stir to combine.
4. Stuff taco shells with ground turkey and bell peppers.





Spiced Oranges Slices

BY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Slice orange and sprinkle with cinnamon.

INGREDIENTS

1 orange sliced

* Optional substitute (pending allergies): clementine, apple or pear

1/4 teaspoon cinnamon

NUTRITION INFORMATION PER SERVING

Protein 2.09g	Sodium 3.25mg
Total Fat 0.49g	Saturated Fat 0.06g
Carbs 25g	Fruits 1 servings
Calories 102kcal	Vegetables 0 servings
Fiber 7.5g	Added Sugar 0g

PORTION SIZES (Total yield: 5.6oz)





Italian Chicken with Spaghetti

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 2 ounces whole wheat spaghetti
- 2 teaspoons olive oil
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 3 ounces chicken breast chopped
- 1 teaspoon herbes de Provence
- 5 cherry tomatoes
- 2 teaspoons capers

NUTRITION INFORMATION PER SERVING

Protein 28g	Sodium 182mg
Total Fat 12g	Saturated Fat 1.93g
Carbs 46g	Fruits 0 servings
Calories 395kcal	Vegetables 0.46 servings
Fiber 6.6g	Added Sugar 0g

PORTION SIZES (Total yield: 6.9oz)

Method

1. Bring a pot of water to a boil. Add spaghetti and cook according to package directions. Drain.
2. Meanwhile, heat oil in a skillet over medium heat. Add chicken, herbes de Provence, tomatoes, and capers. Cook, stirring occasionally, until chicken is cooked through, 5-10 minutes.
3. Serve with spaghetti.





Spring Salad with Avocado

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 3 cups spring mix lettuce
- Optional substitute (pending allergies): kale, spinach, romaine lettuce or other leafy green vegetable
- 1/2 cup cherry tomatoes
- 1/4 avocado peeled, sliced
- 1 tablespoon Italian Dressing
- 1 dash salt
- 1 dash freshly ground black pepper

NUTRITION INFORMATION PER SERVING

Protein 2.28g	Sodium 313mg
Total Fat 9.5g	Saturated Fat 1.13g
Carbs 13g	Fruits 0.3 servings
Calories 135kcal	Vegetables 2 servings
Fiber 4.79g	Added Sugar 2.65g

PORTION SIZES (Total yield: 6.8oz)

Method

1. Wash spring mix and tomatoes.
2. Peel and slice avocado. Mix salad ingredients in a large bowl, add dressing, salt and pepper and serve.





Egg and Tomato Toast

BY RANELLE KIRCHNER, CHEF RDN

🕒 5 MINS PREP | 🕒 10 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 egg

* Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative

1 slice whole wheat bread toasted

1 tomato

NUTRITION INFORMATION PER SERVING

Protein 12g	Sodium 204mg
Total Fat 6.2g	Saturated Fat 1.84g
Carbs 20g	Fruits 0 servings
Calories 179kcal	Vegetables 0.68 servings
Fiber 1.48g	Added Sugar 0g

PORTION SIZES (Total yield: 7.3oz)

Method

1. Bring a quart of water to a boil, then reduce to a simmer, add the egg, and cover the lid.
2. After 5 minutes, remove from heat. You can cook it as long as 7 minutes. If you like a runny yolk with a slight set of the white, then 5 minutes will be perfect. If you prefer a firm set, but still spoonable yolk, then 7 minutes.
3. Toast bread and serve with tomato slices and egg (cut off the top carefully, then spoon out the goodness).





Raspberries

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, dry and serve.

INGREDIENTS

1 cup raspberries

* Optional substitute (pending allergies): blueberries, strawberries, blackberries

NUTRITION INFORMATION PER SERVING

Protein 1.48g	Sodium 1.23mg
Total Fat 0.8g	Saturated Fat 0.02g
Carbs 15g	Fruits 2 servings
Calories 64kcal	Vegetables 0 servings
Fiber 8g	Added Sugar 0g

PORTION SIZES (Total yield: 4.34oz)





White Bean Kale Salad

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 2 cups kale stems removed
 - Optional substitute (pending allergies): spinach, collard greens, Swiss chard or other leafy green vegetable
- 1/2 tablespoon lemon juiced
- 1 tablespoon dill chopped
- 2/3 cup white beans drained and rinsed
- 2 tablespoons sunflower seeds
- 1 teaspoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 3 tablespoons hummus

Method

1. Tear or chop kale leaves into bite-size pieces and add to a mixing bowl.
2. Drizzle olive oil over and use your hands to massage the oil into the kale. Keep massaging until the kale has softened.
3. In a small bowl, mix together hummus, lemon juice, and dill. Add water as needed to thin.
4. Add the hummus mixture to the kale along with white beans and sunflower seeds. Toss until well combined.

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 474mg
Total Fat 19g	Saturated Fat 2.19g
Carbs 43g	Fruits 0.05 servings
Calories 400kcal	Vegetables 1 servings
Fiber 10g	Added Sugar 0g

PORTION SIZES (Total yield: 6.6oz)





Baby Carrots

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash carrots and serve.

INGREDIENTS

1 cup baby carrots

* If out of season in your area, use frozen or canned, no salt added in cooked recipes

NUTRITION INFORMATION PER SERVING

Protein 0.77g	Sodium 94mg
Total Fat 0.16g	Saturated Fat 0.03g
Carbs 9.9g	Fruits 0 servings
Calories 42kcal	Vegetables 1 servings
Fiber 3.48g	Added Sugar 0g

PORTION SIZES (Total yield: 4.23oz)





Peanut Butter Crackers and Grapefruit

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 tablespoons peanut butter

* Optional substitute (pending allergies): almond butter, cashew butter, sunbutter, ect..

10 Triscuits

1 grapefruit

NUTRITION INFORMATION PER SERVING

Protein 5.8g	Sodium 223mg
Total Fat 12g	Saturated Fat 2.25g
Carbs 26g	Fruits 1 servings
Calories 224kcal	Vegetables 0 servings
Fiber 1.41g	Added Sugar 0g

PORTION SIZES (Total yield: 11oz)

Method

1. Rinse grapefruit and cut in half.
2. Spread peanut butter on crackers and serve with grapefruit.





Veggie Sausage and Potato Bake

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 1 HR COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/2 tablespoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 1/2 onion cut into wedges
- 1 red bell pepper sliced
- 1/2 cup Artichoke Hearts drained and halved
- 1 clove garlic minced
- 1/2 teaspoon thyme
- 4 ounces new potatoes halved
- 1 pinch pepper
- 1 link Vegan Andouille Sausage pricked with a fork
- 1/4 cup Low Sodium Vegetable Broth
- 2 teaspoons dijon mustard

NUTRITION INFORMATION PER SERVING

Protein 36g	Sodium 767mg
Total Fat 20g	Saturated Fat 2.08g
Carbs 57g	Fruits 0 servings
Calories 540kcal	Vegetables 2.04 servings
Fiber 15g	Added Sugar 0.09g

PORTION SIZES (Total yield: 21oz)

Method

1. Preheat oven to 425°F.
2. Add all ingredients except sausages, vegetable broth, and mustard to a large bowl. Mix until well combined.
3. Spread out in an even layer on a baking sheet. Bake 30-35 minutes until golden brown.
4. Toss the vegetables in the cooking juices. Nestle the vegan sausage in the veggies and pour in vegetable broth. Bake another 20 minutes, until sausages are cooked through and potatoes are tender.
5. Serve with mustard on the side.





Bagel with Peanut Butter

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Toast bagel and spread peanut butter over. Serve with a glass of water.

INGREDIENTS

1/2 bagel

1 tablespoon peanut butter

* Optional substitute (pending allergies): almond butter, cashew butter, sunbutter, ect..

1/2 cup water

NUTRITION INFORMATION PER SERVING

Protein 8.8g	Sodium 281mg
Total Fat 8.9g	Saturated Fat 1.83g
Carbs 29g	Fruits 0 servings
Calories 226kcal	Vegetables 0 servings
Fiber 1.59g	Added Sugar 4.17g

PORTION SIZES (Total yield: 6.5oz)





Apple

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and slice apple. Serve.

INGREDIENTS

1 apple sliced

NUTRITION INFORMATION PER SERVING

Protein 0.43g	Sodium 1.72mg
Total Fat 0.21g	Saturated Fat 0g
Carbs 24g	Fruits 1 servings
Calories 98kcal	Vegetables 0 servings
Fiber 3.96g	Added Sugar 0g

PORTION SIZES (Total yield: 6.1oz)





Chicken, Pita, and Salad

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Toss mixed greens with olive oil and vinegar.
2. Mix chicken with cumin.
3. Stuff pita with chicken and salad. Serve any remaining salad on the side.

INGREDIENTS

2 cups mixed greens

- Optional substitute (pending allergies): kale, spinach, romaine lettuce or other leafy green vegetable

1 teaspoon olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

1/2 teaspoon balsamic vinegar

3 ounces rotisserie chicken

- Optional substitute: chicken breast

1/4 teaspoon cumin

1 pitum

NUTRITION INFORMATION PER SERVING

Protein 31g	Sodium 501mg
Total Fat 13g	Saturated Fat 2.7g
Carbs 38g	Fruits 0 servings
Calories 382kcal	Vegetables 1 servings
Fiber 5.7g	Added Sugar 0.52g

PORTION SIZES (Total yield: 8.1oz)





Chips and Salsa

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Serve chips with pico de gallo.

INGREDIENTS

8 chips corn tortilla chips

1/4 cup pico de gallo

NUTRITION INFORMATION PER SERVING

Protein 1.32g	Sodium 222mg
Total Fat 4.47g	Saturated Fat 0.56g
Carbs 19g	Fruits 0 servings
Calories 119kcal	Vegetables 0.5 servings
Fiber 0.94g	Added Sugar 0g

PORTION SIZES (Total yield: 2.96oz)





Spicy Crab Cakes

BY EVERYDAY EATLOVE

🕒 20 MINS PREP | 🕒 5 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 teaspoon canola oil
 - Optional substitute (pending allergies): avocado, olive, grapeseed oil ect..
- 1 teaspoon mustard seeds
- 1 teaspoon curry powder
- 1/4 teaspoon turmeric
- 1/2 teaspoon chili powder
- 2 green onions chopped
- 1/2 cup cilantro chopped
 - Optional substitute: dried coriander
- 3 ounces Lump Crab Meat
- 1/4 cup breadcrumbs
- 1 Egg White beaten
- 1 cup cherry tomatoes chopped
- 1 lime cut into wedges

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 674mg
Total Fat 9.5g	Saturated Fat 1.14g
Carbs 50g	Fruits 1 servings
Calories 379kcal	Vegetables 1.33 servings
Fiber 8.5g	Added Sugar 2.75g

PORTION SIZES (Total yield: 15oz)

Method

1. Heat half the oil in a medium fry pan over medium heat. Add mustard seeds and cook for 30 seconds, shaking the pan constantly, until fragrant and the seeds start popping. Transfer to a bowl and mix with curry powder, turmeric, and chili powder.
2. In a separate large bowl, mix together green onion and cilantro. Add crab, breadcrumbs, and the reserved spices and mix well to combine.
3. Fold in the egg white to bind the mixture together. Form into patties.
4. Heat the remaining oil in the same pan and fry the crab cake for 2 minutes on each side.
5. Serve with lime and cherry tomatoes on the side.





Sautéed Kale with Hemp Seeds

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 5 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 tablespoon olive oil

* Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

3 cups kale

* Optional substitute (pending allergies): spinach, collard greens, Swiss chard or other leafy green vegetable

1 clove garlic minced

2 tablespoons water

1 tablespoon hemp seeds

NUTRITION INFORMATION PER SERVING

Protein 5.4g	Sodium 20mg
Total Fat 12g	Saturated Fat 1.44g
Carbs 6.1g	Fruits 0 servings
Calories 143kcal	Vegetables 1.5 servings
Fiber 2.19g	Added Sugar 0g

PORTION SIZES (Total yield: 2.56oz)

Method

1. Remove large stems from the kale and chop the leaves.
2. Heat oil in a skillet over medium heat. Add kale and garlic and sauté 3 minutes, stirring often, until kale has wilted.
3. Add water (be careful of splashing), stir, and cover for 1 minute.
4. Sprinkle with hemp seeds to serve.





Egg White Veggie Omelet with Orange

BY LISA DORFMAN, MS, RD, CSSD, CCMS, LMHC, FAND

🕒 5 MINS PREP | 🕒 10 MINS COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/2 cup egg whites
- 1 dash black pepper
- 2 tablespoons green bell pepper diced
- 2 tablespoons mushroom diced
 - Optional substitute (pending allergies): other variety of mushroom, zucchini, eggplant, onions
- 2 tablespoons onion diced
- 2 tablespoons tomato diced
- 1 teaspoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

Serve with

- 1 orange sliced
 - Optional substitute (pending allergies): clementine, apple or pear

NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 208mg
Total Fat 5.3g	Saturated Fat 0.7g
Carbs 30g	Fruits 1 servings
Calories 223kcal	Vegetables 0.5 servings
Fiber 8.3g	Added Sugar 0g

100%

PORTION SIZES (Total yield: 13oz)





Grapes

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash grapes and serve.

INGREDIENTS

15 red grapes

NUTRITION INFORMATION PER SERVING

Protein 0.53g	Sodium 1.47mg
Total Fat 0.12g	Saturated Fat 0.04g
Carbs 13g	Fruits 0.97 servings
Calories 51kcal	Vegetables 0 servings
Fiber 0.66g	Added Sugar 0g

PORTION SIZES (Total yield: 2.59oz)





Lentil Spinach Salad

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a bowl, combine lentils, scallions, walnuts, cucumbers, tomatoes, and carrots.
2. Whisk together olive oil and vinegar. Pour over lentil salad and toss to combine.
3. Serve lentil salad over spinach.

INGREDIENTS

- 1 cup cooked lentils
- 1/3 cup tomatoes chopped
- 1 tablespoon scallion chopped
- 1/3 cup carrots shredded
- 1 tablespoon walnuts chopped
 - Optional substitute (pending allergies): cashews, almonds, peanuts, etc..
- 1/3 cup cucumbers chopped
- 1 teaspoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 2 tablespoons red wine vinegar
- 6 ounces baby spinach

NUTRITION INFORMATION PER SERVING

Protein 23g	Sodium 772mg
Total Fat 22g	Saturated Fat 2.89g
Carbs 50g	Fruits 0 servings
Calories 458kcal	Vegetables 3.89 servings
Fiber 20g	Added Sugar 0g

PORTION SIZES (Total yield: 19oz)





Pepper, Pretzels & Hummus

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 5 pretzels
- 1/2 cup red pepper sliced
- 1/4 cup hummus

NUTRITION INFORMATION PER SERVING

Protein 8.6g	Sodium 608mg
Total Fat 7g	Saturated Fat 1.02g
Carbs 37g	Fruits 0 servings
Calories 240kcal	Vegetables 0.5 servings
Fiber 2.58g	Added Sugar 0g

PORTION SIZES (Total yield: 5.9oz)

Method

1. Wash pepper and slice thin. Serve with pretzels and hummus.





Salmon, Peppers, and Onions

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

Grilled Salmon

1. Coat grill pan with half the olive oil and heat over medium heat.
2. Sprinkle salmon with salt and pepper and place onto the grill. Cook for 4-5 minutes on each side before removing from heat.
3. Serve with freshly squeezed lemon juice.

Peppers & Onions

1. Wash and slice the vegetables.
2. Heat remaining olive oil in a pan over medium heat.
3. Add the onion and cook, stirring often, for 3 minutes.
4. Add bell pepper and cook for an additional 6-8 minutes.

INGREDIENTS

- 3 ³/₄ ounces salmon
 - Optional substitute (pending allergies): tuna, halibut, cod or other fish variety
- 1/2 wedge lemon
- 1/4 cup red bell pepper sliced
- 1 tablespoon oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 1/4 cup green bell pepper sliced
- 1 dash salt
- 1/2 cup onion sliced
- 1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 281mg
Total Fat 20g	Saturated Fat 3.18g
Carbs 12g	Fruits 0.06 servings
Calories 327kcal	Vegetables 1 servings
Fiber 3.05g	Added Sugar 0g

PORTION SIZES (Total yield: 8.7oz)





Green Beans, Chickpeas, and Onions

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS PREP | 🕒 40 MINS COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 onion sliced

1/2 teaspoon olive oil

• Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

1 1/2 cups green beans

• If out of season in your area, use frozen or canned, no salt added

1/2 cup chickpeas drained & rinsed

• Optional substitute (pending allergies): white beans, kidney beans, black beans, etc..

1 dash salt

NUTRITION INFORMATION PER SERVING

Protein 9.3g

Sodium 365mg

Total Fat 4.97g

Saturated Fat 0.59g

Carbs 35g

Fruits 0 servings

Calories 206kcal

Vegetables 1.84 servings

Fiber 10g

Added Sugar 0g

PORTION SIZES (Total yield: 9.4oz)

Method

1. Caramelize onions by heating a large saute pan with oil on medium-high heat. Add half the sliced onions into the pan and cook until translucent, 1-2 minutes.
2. Add the other half of the onions and mix thoroughly, cooking another 2 minutes.
3. Reduce heat to medium low and stir every few minutes. If the onions start to stick too much and brown around the edges, reduce your heat. Continue to stir for 30-40 minutes, depending on how soft you prefer your onions to be. If the pot starts to burn, add a bit of liquid (water will do).
4. Just before the onions finish cooking, about 5-8 minutes, toss in the green beans with garbanzo beans along with salt.





Eggs, Toast, and Kiwi

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 5 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 spray spray oil
- 2 eggs
 - * Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative
- 1 slice whole wheat bread
- 1 tablespoon jam
- 1 kiwi

NUTRITION INFORMATION PER SERVING

Protein 18g	Sodium 269mg
Total Fat 11g	Saturated Fat 3.41g
Carbs 39g	Fruits 0.77 servings
Calories 329kcal	Vegetables 0 servings
Fiber 2.29g	Added Sugar 7.9g

PORTION SIZES (Total yield: 7.9oz)

Method

1. Set pan on stove over medium heat.
2. Crack eggs in bowl. Mix well to scramble.
3. Coat pan with one spray of spray oil. Add eggs to heated pan. Stir to scramble and cook until eggs set.
1. Toast bread in toaster.
2. Peel and slice kiwi.
3. Spread jam on toast.
4. Serve toast and kiwi slices with scrambled eggs.





Half Banana

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Cut banana in half and serve.

INGREDIENTS

1/2 banana

NUTRITION INFORMATION PER SERVING

Protein 0.63g	Sodium 0.58mg
Total Fat 0.19g	Saturated Fat 0.06g
Carbs 13g	Fruits 0.5 servings
Calories 52kcal	Vegetables 0 servings
Fiber 1.51g	Added Sugar 0g

PORTION SIZES (Total yield: 2.05oz)





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Chicken & Guacamole Wrap

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 whole wheat tortilla
 - 2 tablespoons guacamole
 - 2 ounces cooked chicken breast shredded
 - 1/2 cup red bell pepper cut into stripes
 - 1/2 cup purple cabbage shredded
 - 1 pear sliced
- * Optional substitute: chicken breast

NUTRITION INFORMATION PER SERVING

Protein 23g	Sodium 413mg
Total Fat 14g	Saturated Fat 3.71g
Carbs 57g	Fruits 1 servings
Calories 437kcal	Vegetables 0.99 servings
Fiber 15g	Added Sugar 0g

PORTION SIZES (Total yield: 16oz)

Method

1. Spread guacamole evenly over tortilla.
2. Layer with chicken, bell pepper, and cabbage. Roll up tightly. Serve with pear.





Frozen Grapes

BY EVERYDAY EATLOVE

🕒 1 HR PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 cup red grapes
1 teaspoon sugar

NUTRITION INFORMATION PER SERVING

Protein 0.54g	Sodium 1.55mg
Total Fat 0.12g	Saturated Fat 0.04g
Carbs 18g	Fruits 1 servings
Calories 68kcal	Vegetables 0 servings
Fiber 0.68g	Added Sugar 4.19g

PORTION SIZES (Total yield: 2.81oz)

Method

1. Wash the grapes and shake them gently to get some of the water off.
2. Put them in a plastic bag and sprinkle in the sugar.
3. Roll around the plastic bag, coating all the grapes with the sugar.
4. Place them in the freezer for at least an hour or two until the grapes are frozen through. These keep for a very long time and the recipe is easily scalable to meet your needs.





Shrimp Quinoa with Tomato & Cucumber Salad

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/4 cup quinoa
- Optional substitute (pending allergies): rice variety (ie. brown, white), farro, millet, ect..
- 1/2 cup water
- 4 ounces cooked shrimp
- 1 cup cherry tomatoes halved
- 1 cup cucumber chopped
- 2 teaspoons dried cranberries
- 1 tablespoon Italian dressing

NUTRITION INFORMATION PER SERVING

Protein 35g	Sodium 287mg
Total Fat 7.3g	Saturated Fat 0.74g
Carbs 45g	Fruits 0.17 servings
Calories 375kcal	Vegetables 2 servings
Fiber 5.6g	Added Sugar 2.65g

PORTION SIZES (Total yield: 20oz)

Method

1. Add quinoa and water to a saucepan and bring to a boil. Lower to simmer until quinoa is tender and has absorbed all the water, 10-20 minutes.
2. Add cooked quinoa, shrimp, tomatoes, cucumbers, and dried cranberries to a bowl.
3. Pour dressing over salad and toss to combine.





Asparagus and Sliced Almonds

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 pound Asparagus trimmed

- Optional substitute (pending allergies): broccoli, cauliflower, Brussels sprouts
- If out of season in your area, use frozen

2 tablespoons onion chopped

1/2 tablespoon olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 tablespoons almonds toasted and chopped

- Optional substitute (pending allergies): cashews, walnuts, peanuts, etc..

NUTRITION INFORMATION PER SERVING

Protein 9g	Sodium 5.7mg
Total Fat 16g	Saturated Fat 1.71g
Carbs 15g	Fruits 0 servings
Calories 217kcal	Vegetables 1.82 servings
Fiber 7.3g	Added Sugar 0g

PORTION SIZES (Total yield: 8.7oz)

Method

1. Boil water in a large pot on the stove. Add asparagus and boil for 2 minutes. Place into a bowl of ice water to cool. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onions and cook until lightly browned.
3. Add asparagus. Stir and cook until tender, about 2 minutes.
4. Top with almonds to serve.





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Smoked Salmon Avocado Toast

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/4 avocado
- 1/4 lemon juiced
- 1/4 shallot peeled, diced
- 1/2 tablespoon chives chopped
- 1 slice Whole Wheat Bread
- 1 ounce smoked salmon
- 1/2 tablespoon sunflower seeds
- 1 orange quartered
 - Optional substitute (pending allergies): clementine, apple or pear

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 365mg
Total Fat 10g	Saturated Fat 1.49g
Carbs 46g	Fruits 1.55 servings
Calories 311kcal	Vegetables 0.07 servings
Fiber 11g	Added Sugar 0g

PORTION SIZES (Total yield: 10oz)

Method

1. Toast bread.
2. Meanwhile, mix avocados with lemon juice, chives and shallot in a small bowl. Spread evenly on toast.
3. Top with 1 slice of roasted salmon and sunflower seeds.
4. Serve with orange on the side.





Tangerine

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel, slice, and serve.

INGREDIENTS

1 tangerine peeled, sliced

NUTRITION INFORMATION PER SERVING

Protein 0.71g	Sodium 1.76mg
Total Fat 0.27g	Saturated Fat 0.03g
Carbs 12g	Fruits 0.5 servings
Calories 47kcal	Vegetables 0 servings
Fiber 1.58g	Added Sugar 0g

PORTION SIZES (Total yield: 3.1oz)





Salmon, Lentils, and Rice Salad

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

4 cups spinach

- Optional substitute (pending allergies): kale, collard greens, Swiss chard or other leafy green vegetable

1/2 cup cooked lentils

1/3 cup cooked brown rice

4 ounces canned salmon flaked

- Optional substitute (pending allergies): canned tuna, canned chicken

1 tablespoon olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

1 teaspoon mustard

Cooked Brown Lentils

1 cup brown lentils

3 cups water

Cooked Brown Rice

1 cup brown rice

- Optional substitute (pending allergies): other rice variety, quinoa, farro, millet, ect..

2 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 35g

Total Fat 21g

Carbs 37g

Calories 465kcal

Fiber 6.6g

Sodium 613mg

Saturated Fat 3.07g

Fruits 0 servings

Vegetables 2 servings

Added Sugar 0.05g

PORTION SIZES (Total yield: 18oz)

Method

1. Toss together the first 4 ingredients.
2. To make the dressing, whisk together oil and mustard, and toss into the salad.

Cooked Brown Lentils

1. In a medium saucepan, bring water to boil.
2. Add brown lentils, cover and reduce heat to low.
3. Simmer for about 20-25 minutes, until most of the water has been absorbed.
4. Drain any remaining water.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.





Sliced Bell Pepper

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and slice bell pepper. Serve.

INGREDIENTS

1/2 red bell pepper sliced

NUTRITION INFORMATION PER SERVING

Protein 0.89g	Sodium 3.58mg
Total Fat 0.27g	Saturated Fat 0.02g
Carbs 5.4g	Fruits 0 servings
Calories 28kcal	Vegetables 0.6 servings
Fiber 1.88g	Added Sugar 0g

PORTION SIZES (Total yield: 3.16oz)





Macadamia Nuts and Tangerines

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 Tangerines

1 tablespoon macadamia nuts

NUTRITION INFORMATION PER SERVING

Protein 2.09g	Sodium 3.94mg
Total Fat 6.9g	Saturated Fat 1.08g
Carbs 25g	Fruits 1 servings
Calories 153kcal	Vegetables 0 servings
Fiber 3.89g	Added Sugar 0g

PORTION SIZES (Total yield: 6.5oz)

Method

1. Peel tangerines and serve with macadamia nuts.





Chicken Sausage and Onions Bun with Salad

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 link (3 oz) chicken sausage
- 1 Whole Wheat Hotdog Bun
- 1 cup onion finely sliced
- 2 teaspoons olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 1 teaspoon mustard
- 2 cups raw spinach chopped
 - Optional substitute (pending allergies): kale, collard greens, Swiss chard or other leafy green vegetable

NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 738mg
Total Fat 21g	Saturated Fat 3.71g
Carbs 58g	Fruits 0 servings
Calories 497kcal	Vegetables 2 servings
Fiber 4.24g	Added Sugar 0.05g

PORTION SIZES (Total yield: 11oz)

Method

- In a medium skillet, grill sausage for 8-10 minutes until cooked to 165°F. Remove from heat.
- Heat 1/3 of olive oil in skillet and sauté onions for 5-7 minutes until tender. Remove from heat and toss with mustard.
- Place the sausage in the bun and top with onions. Toss spinach in remaining olive oil and serve on the side.





Steamed Asparagus

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🕒 6 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 cup asparagus chopped

- Optional substitute (pending allergies): broccoli, cauliflower, Brussels sprouts
- If out of season in your area, use frozen

NUTRITION INFORMATION PER SERVING

Protein 2.95g	Sodium 2.68mg
Total Fat 0.16g	Saturated Fat 0.05g
Carbs 5.2g	Fruits 0 servings
Calories 27kcal	Vegetables 1 servings
Fiber 2.81g	Added Sugar 0g

PORTION SIZES (Total yield: 4.73oz)

Method

With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add asparagus to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 5 to 6 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add asparagus and cover with lid.
3. Steam for about 5 to 6 minutes or until tender.





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CARE PLAN OVERVIEW

PHYSICAL ACTIVITY

SUPPLEMENTS

ADDITIONAL RECOMMENDATIONS

NUTRITIONAL OVERVIEW TOTAL 1400 – 1600kcal

Protein 70 – 120

Total Fat 39 – 62

Carbs 140 – 200

Fiber 25 MIN

Sodium 2300 MAX

Saturated Fat 18 MAX

Fruits 2 – 4

Vegetables 3 MIN

Added Sugar 25 MAX



For more nutritional info, visit eatlove.is/nutrition