



This program was created with the following key considerations in mind:

Probiotics & Prebiotics

Probiotics are live microorganisms that provide health benefits when consumed in adequate amounts. These beneficial bacteria help restore balance to the gut microbiome, promoting gut health, immune function, and overall well-being. This plan introduces probiotic-rich foods like yogurt, kimchi, miso, and tempeh. Prebiotics support digestive health by feeding good bacteria and are added to this plan through fiber-rich foods like asparagus, garlic, onion, oat bran, and apples.

Anti-Inflammatory Foods




































This gluten and sugar-free plan removes inflammatory foods, including processed foods, refined sugars, gluten, and additives. Instead, it incorporates anti-inflammatory foods for optimal gut nutrition like fresh fruits and vegetables, whole grains, lean protein like fish, eggs, tempeh, and poultry, healthy fats like olive oil and nuts, probiotic-rich foods, and herbs and spices like turmeric, garlic, and cinnamon.






















Repairing Nutrients

Certain foods and nutrients are included in this plan to provide essential building blocks for tissue repair and healing, such as omega-3 fatty acids from salmon and ground flax seed, zinc from meat, nuts, and pumpkin seeds, selenium from whole grains and Brazil nuts, vitamin A from kale, sweet potato, and red bell pepper, and curcumin from turmeric.

High Fiber Foods

This plan incorporates fruits and vegetables and whole grains like quinoa, buckwheat, and oat bran to help you reach your daily fiber goals. Fiber lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation and provides the body with the necessary building blocks for improved digestive health.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Kimchi & Kale Scrambled Eggs	 Kimchi & Kale Scrambled Eggs	 Egg & Mushroom Buckwheat Bowl	 Egg & Mushroom Buckwheat Bowl	 Oat Bran Blueberry Pancakes	 Oat Bran Blueberry Pancakes	 Oat Bran Blueberry Pancakes
Snack 1	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Overnight Blueberry Oat Bran	 Cherries & Greek Yogurt	 Apple & Cinnamon Chia Pudding	 Apple & Brazil Nuts	 Greek Yogurt, Blueberries & Ground Flax Seeds
Lunch	 Miso Tempeh, Kale & Asparagus with Buckwheat	 Roasted Sweet Potato & Kale Salad with Salmon	 Miso Tempeh, Kale & Asparagus with Buckwheat	 Tempeh & Asparagus Shirataki Noodle Bowl	 Chicken & Kimchi with Quinoa	 Miso Glazed Salmon with Cauliflower Rice &...	 Miso & Sesame Chicken Coleslaw Salad
Snack 2	 Overnight Blueberry Oat Bran	 Brazil Nuts & Blueberries	 Apple & Brazil Nuts	 Apple & Cinnamon Chia Pudding	 Cherries & Greek Yogurt	 Chia Seed Buckwheat Bowl	 Chia Seed Buckwheat Bowl
Dinner	 Roasted Sweet Potato & Kale Salad with Salmon	 Miso Tempeh, Kale & Asparagus with Buckwheat	 Tempeh & Asparagus Shirataki Noodle Bowl	 Chicken & Kimchi with Quinoa	 Miso Glazed Salmon with Cauliflower Rice &...	 Miso & Sesame Chicken Coleslaw Salad	 Miso Glazed Salmon with Cauliflower Rice &...

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  41%	Fat  48%	Fat  47%	Fat  44%	Fat  38%	Fat  40%	Fat  36%
Carbs  33%	Carbs  28%	Carbs  33%	Carbs  34%	Carbs  36%	Carbs  33%	Carbs  33%
Protein  26%	Protein  24%	Protein  20%	Protein  22%	Protein  26%	Protein  27%	Protein  31%
Calories 1859	Calories 1892	Calories 1743	Calories 1787	Calories 1893	Calories 1794	Calories 1668
Fat 90g	Fat 106g	Fat 101g	Fat 93g	Fat 87g	Fat 87g	Fat 71g
Carbs 165g	Carbs 136g	Carbs 158g	Carbs 159g	Carbs 182g	Carbs 158g	Carbs 146g
Fiber 36g	Fiber 32g	Fiber 31g	Fiber 41g	Fiber 49g	Fiber 38g	Fiber 35g
Protein 128g	Protein 119g	Protein 96g	Protein 105g	Protein 133g	Protein 131g	Protein 140g
Sodium 1622mg	Sodium 1389mg	Sodium 2813mg	Sodium 3084mg	Sodium 1718mg	Sodium 1330mg	Sodium 1398mg
Potassium 3922mg	Potassium 3788mg	Potassium 3280mg	Potassium 3422mg	Potassium 3456mg	Potassium 3033mg	Potassium 2657mg
Vitamin C 185mg	Vitamin C 183mg	Vitamin C 81mg	Vitamin C 172mg	Vitamin C 182mg	Vitamin C 175mg	Vitamin C 178mg
Calcium 1464mg	Calcium 1196mg	Calcium 896mg	Calcium 1305mg	Calcium 1418mg	Calcium 645mg	Calcium 854mg
Iron 23mg	Iron 22mg	Iron 22mg	Iron 22mg	Iron 18mg	Iron 15mg	Iron 15mg
Folate 318µg	Folate 311µg	Folate 333µg	Folate 335µg	Folate 297µg	Folate 255µg	Folate 245µg
Phosphorous 2412mg	Phosphorous 2292mg	Phosphorous 1831mg	Phosphorous 1602mg	Phosphorous 1977mg	Phosphorous 2035mg	Phosphorous 1780mg
Magnesium 486mg	Magnesium 538mg	Magnesium 606mg	Magnesium 416mg	Magnesium 410mg	Magnesium 584mg	Magnesium 453mg
Zinc 10mg	Zinc 10mg	Zinc 9mg	Zinc 7mg	Zinc 8mg	Zinc 10mg	Zinc 9mg
Selenium 122µg	Selenium 745µg	Selenium 690µg	Selenium 382µg	Selenium 460µg	Selenium 788µg	Selenium 151µg

Fruits

- 6 Apple
- 4 1/4 cups Blueberries
- 1 1/2 cups Cherries
- 1 tbsp Lemon Juice

Breakfast

- 1 1/3 cups Buckwheat Groats
- 2 1/8 cups Oat Bran

Seeds, Nuts & Spices

- 1 cup Brazil Nuts
- 1/2 cup Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1/2 cup Ground Flax Seed
- 1/3 cup Pumpkin Seeds
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Sesame Seeds
- 2 1/16 tbsps Turmeric

Frozen

- 2 1/2 cups Cauliflower Rice

Vegetables

- 7 1/2 cups Asparagus
- 4 cups Coleslaw Mix
- 15 Cremini Mushrooms
- 6 Garlic
- 11 stalks Green Onion
- 9 cups Kale Leaves
- 1 cup Mushrooms
- 3 Red Bell Pepper
- 1 Sweet Potato

Boxed & Canned

- 1/3 cup Quinoa
- 8 ozs Shirataki Noodles

Baking

- 1 tbsp Nutritional Yeast
- 1 1/3 tbsps Stevia Powder

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 3/4 lbs Salmon Fillet
- 1 1/4 lbs Tempeh

Condiments & Oils




- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 cups Kimchi
- 3 2/3 tbsps Miso Paste
- 3 1/2 tbsps Rice Vinegar
- 1/2 cup Sesame Oil
- 1/3 cup Tamari





Cold





- 14 Egg
- 5 1/2 cups Oat Milk
- 3 1/8 cups Plain Greek Yogurt






Other

- 1/2 cup Vanilla Protein Powder
- 1 1/2 cups Water

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Divide the salmon fillets into two portions and freeze one portion. Divide the chicken breasts into two portions and freeze both portions.	This guide will remind you to thaw them later in the week.
		Make Overnight Blueberry Oat Bran.	Divide between containers and store in the fridge for snacks.
		Make Miso Tempeh, Kale & Asparagus with Buckwheat.	Divide between containers and store in the fridge for meals.
1 Mon		Make Kimchi & Kale Scrambled Eggs.	Enjoy immediately or pack in a container if you're on-the-go.
		Make Apple Turmeric Smoothie.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Kimchi & Kale Scrambled Eggs, Apple Turmeric Smoothie, Miso Tempeh, Kale & Asparagus with Buckwheat, Overnight Blueberry Oat Bran.

		Make Roasted Sweet Potato & Kale Salad with Salmon for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Brazil Nuts & Blueberries.	Store in a container for a snack.
2 Tue		Make Kimchi and & Kale Scrambled Eggs.	Enjoy immediately or pack in a container if you're on-the-go.
		Make Apple Turmeric Smoothie.	Store in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Kimchi & Kale Scrambled Eggs, Apple Turmeric Smoothie, Roasted Sweet Potato & Kale Salad with Salmon, Brazil Nuts & Blueberries.
		Enjoy leftover Miso Tempeh, Kale & Asparagus with Buckwheat for dinner.	Reheat in the microwave or in a pan.
3 Wed		Make Egg & Mushroom Buckwheat Bowl.	Enjoy immediately or pack if you're on-the-go. Store leftovers in the fridge for breakfast tomorrow.
		Portion Apple & Brazil Nuts.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Egg & Mushroom Buckwheat Bowl, Overnight Blueberry Oat Bran, Miso Tempeh, Kale & Asparagus with Buckwheat, Apple & Brazil Nuts.

		Make Tempeh & Asparagus Shirataki Noodle Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherries & Greek Yogurt.	Store in a container in the fridge for a snack.
		Make Apple & Cinnamon Chia Pudding.	Divide between containers and store in the fridge for snacks.
		Take a portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge.
4 Thu		Pack your meals if you are on-the-go.	Egg & Mushroom Buckwheat Bowl, Cherries & Greek Yogurt, Tempeh & Asparagus Shirataki Noodle Bowl, Apple & Cinnamon Chia Pudding.
		Make Chicken & Kimchi with Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherries & Greek Yogurt.	Store in a container in the fridge for a snack.
5 Fri		Make Oat Bran Blueberry Pancakes.	Enjoy immediately or pack if you're on-the-go. Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Oat Bran Blueberry Pancakes, Apple & Cinnamon Chia Pudding, Chicken & Kimchi with Quinoa, Cherries & Greek Yogurt.

		Make Miso Glazed Salmon with Cauliflower Rice & Asparagus for dinner.	Enjoy and store leftovers in the fridge for meals this week
		Make Chia Seed Buckwheat Bowl.	Divide between containers and store in the fridge for snacks.
		Take the remaining portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge.
6 Sat		Portion Apple & Brazil Nuts.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Oat Bran Blueberry Pancakes, Apple & Brazil Nuts, Miso Glazed Salmon with Cauliflower Rice & Asparagus, Chia Seed Buckwheat Bowl.
		Make Miso & Sesame Chicken Coleslaw Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion Greek Yogurt, Blueberries & Ground Flax Seeds.	Store in a container for a snack.
7 Sun		Pack your meals if you are on-the-go.	Oat Bran Blueberry Pancakes, Greek Yogurt, Blueberries & Ground Flax Seeds, Miso & Sesame Chicken Coleslaw Salad, Chia Seed Buckwheat Bowl.
		Shop and prep for next week.	

		Enjoy leftover Miso Glazed Salmon with Cauliflower Rice & Asparagus for dinner.	Reheat in the microwave or in a pan.
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Kimchi & Kale Scrambled Eggs

1 serving
10 minutes

Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 3 Egg (whisked)
- 1 cup Kale Leaves (tough stems removed, finely chopped, packed)
- 2 tbsps Water
- 1/2 cup Kimchi (drained)

Nutrition

Amount per serving	
Calories	263
Fat	18g
Carbs	4g
Fiber	2g
Protein	20g
Sodium	598mg
Potassium	393mg
Vitamin C	20mg
Calcium	165mg
Iron	5mg
Folate	123µg
Phosphorous	327mg
Magnesium	36mg
Zinc	2mg
Selenium	47µg

Directions

- 1 Heat the oil in a pan over medium-high heat.
- 2 Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
- 3 Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
- 4 Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups or 280 grams.

More Flavor: Season with fresh herbs, salt, and pepper to taste.

Additional Toppings: Green onions, avocado, chives, red pepper flakes, or mushrooms.



Egg & Mushroom Buckwheat Bowl

2 servings

35 minutes

Ingredients

- 1/3 cup Buckwheat Groats
- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, small, minced)
- 6 Cremini Mushrooms (sliced)
- 1 cup Asparagus (trimmed and chopped)
- 2 stalks Green Onion (chopped, divided)
- 2 cups Kale Leaves (chopped)
- 2 tbsps Tamari
- 2 Egg

Nutrition

Amount per serving	
Calories	295
Fat	15g
Carbs	28g
Fiber	6g
Protein	15g
Sodium	1097mg
Potassium	600mg
Vitamin C	27mg
Calcium	116mg
Iron	4mg
Folate	99µg
Phosphorous	308mg
Magnesium	97mg
Zinc	2mg
Selenium	25µg

Directions

- 1 Cook the buckwheat according to the package directions.
- 2 Add half the oil to a large pan over medium heat. Add the garlic, mushrooms, asparagus, and half of the green onion. Sauté for five to seven minutes or until the mushrooms start to brown.
- 3 Add the kale and tamari to the pan and sauté for two minutes or until the kale wilts. Set aside.
- 4 Add the remaining oil to a separate pan over medium heat. Once hot, add the eggs and cook until the egg whites have set and the yolk is cooked to your preference.
- 5 Divide the buckwheat, vegetables, and eggs between plates. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container. Cook the eggs when ready to serve. To meal prep, hard boil the eggs.

Serving Size: One serving is 1/3 cup cooked buckwheat, 1 1/2 cups of vegetables, and one egg.

Make it Vegan: Omit the egg.

Additional Toppings: Sesame seeds and/or chilli flakes.



Oat Bran Blueberry Pancakes

3 servings
20 minutes

Ingredients

- 6 Egg
- 1 1/8 cups Plain Greek Yogurt (divided)
- 1 tbsp Cinnamon
- 3 tbsps Ground Flax Seed
- 1 1/2 tsps Stevia Powder
- 1 1/2 cups Oat Bran
- 2 1/4 cups Blueberries (divided)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	471
Fat	22g
Carbs	59g
Fiber	13g
Protein	31g
Sodium	198mg
Potassium	501mg
Vitamin C	16mg
Calcium	313mg
Iron	5mg
Folate	78µg
Phosphorous	558mg
Magnesium	131mg
Zinc	3mg
Selenium	52µg

Directions

- 1 In a mixing bowl, whisk together the eggs, half of the yogurt, cinnamon, ground flax, and stevia. Add the oat bran and mix until a batter forms. Fold in 2/3 of the blueberries.
- 2 Heat the oil in a pan over medium-high heat. Scoop 1/2 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 3 Plate the pancakes and top with the remaining blueberries and yogurt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is three large pancakes. For smaller pancakes, use 1/4 cup of the batter per pancake.

No Extra Virgin Olive Oil: Use butter instead.



Apple Turmeric Smoothie

1 serving
5 minutes

Ingredients

- 1 1/4 cups Oat Milk
- 1 Apple (small, cored, chopped)
- 1/2 cup Cauliflower Rice (or chopped florets)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Turmeric
- 1 tbsp Chia Seeds (plus more for garnish if desired)

Nutrition

Amount per serving	
Calories	430
Fat	11g
Carbs	60g
Fiber	15g
Protein	27g
Sodium	182mg
Potassium	1134mg
Vitamin C	29mg
Calcium	665mg
Iron	7mg
Folate	15µg
Phosphorous	703mg
Magnesium	75mg
Zinc	2mg
Selenium	7µg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

- Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for two days.
- More Flavor:** Add ground ginger, cinnamon, or nutmeg.
- No Cauliflower Rice:** Use pumpkin puree or steamed sweet potato instead.
- No Oat Milk:** Use almond, soy, pea, rice, coconut, or dairy milk instead.



Cherries & Greek Yogurt

1 serving
5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/2 cup Cherries (pitted)

Nutrition

Amount per serving	
Calories	139
Fat	3g
Carbs	18g
Fiber	2g
Protein	12g
Sodium	70mg
Potassium	171mg
Vitamin C	13mg
Calcium	260mg
Iron	1mg
Folate	3µg
Phosphorous	16mg
Magnesium	8mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Serve the yogurt with the cherries. Enjoy!

Notes

Serving Size: One serving is equal to 1/2 cup of yogurt and 1/2 cup of cherries.

More Flavor: Use vanilla yogurt.

Additional Toppings: Chocolate chips or cacao nibs.

Dairy-Free: Use dairy-free yogurt.



Apple & Brazil Nuts

1 serving
5 minutes

Ingredients

- 1 Apple (cored, sliced)
- 1/4 cup Brazil Nuts

Nutrition

Amount per serving	
Calories	314
Fat	23g
Carbs	29g
Fiber	7g
Protein	5g
Sodium	3mg
Potassium	414mg
Vitamin C	9mg
Calcium	64mg
Iron	1mg
Folate	13µg
Phosphorous	261mg
Magnesium	134mg
Zinc	1mg
Selenium	637µg

Directions

- 1 Add the apple slices and Brazil nuts to a plate. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is one apple and 1/4 cup Brazil nuts.



Greek Yogurt, Blueberries & Ground Flax Seeds

1 serving
5 minutes

Ingredients

2 tbsps Ground Flax Seed
1/2 cup Plain Greek Yogurt
1/3 cup Blueberries

Nutrition

Amount per serving	
Calories	188
Fat	7g
Carbs	17g
Fiber	4g
Protein	14g
Sodium	71mg
Potassium	38mg
Vitamin C	12mg
Calcium	273mg
Iron	1mg
Folate	3µg
Phosphorous	6mg
Magnesium	3mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Mix the ground flax seeds into the yogurt and add the blueberries on top. Serve and enjoy!

Notes

Leftovers: Best enjoyed fresh. The flax and yogurt mixture thickens over time.

Make it Vegan: Use dairy-free yogurt.



Miso Tempeh, Kale & Asparagus with Buckwheat

3 servings
35 minutes

Ingredients

- 1/2 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tbsps Miso Paste
- 1 1/2 tbsps Rice Vinegar
- 3 Garlic (clove, minced, divided)
- 12 ozs Tempeh (sliced)
- 9 Cremini Mushrooms (sliced)
- 1 1/2 cups Asparagus (trimmed and chopped)
- 3 stalks Green Onion (chopped, divided)
- 3 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	447
Fat	23g
Carbs	38g
Fiber	6g
Protein	31g
Sodium	446mg
Potassium	966mg
Vitamin C	27mg
Calcium	213mg
Iron	6mg
Folate	99µg
Phosphorous	489mg
Magnesium	176mg
Zinc	3mg
Selenium	10µg

Directions

- 1 Cook the buckwheat according to the package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 3 Mix half of the oil, miso paste, rice vinegar, and half of the garlic into a paste. Place the tempeh pieces on the baking sheet and brush the paste onto the tempeh. Bake for 15 to 20 minutes or until the tempeh starts to brown. Set aside.
- 4 Add the remaining oil to a large pan over medium heat. Once hot, add the remaining garlic, mushrooms, asparagus, and half of the green onion. Sauté for three to five minutes, or until the mushrooms soften and start to brown.
- 5 Add the kale to the pan and toss well. Heat for two minutes or until the kale starts to wilt, stirring as it cooks.
- 6 Divide the buckwheat, vegetable mixture, and tempeh evenly between plates. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of tempeh, 1 1/2 cups of veggies, and 1/3 cup of cooked buckwheat.

Additional Toppings: Sesame seeds, chilli flakes, chopped basil and/or cilantro.



Overnight Blueberry Oat Bran

2 servings
8 hours 10 minutes

Ingredients

- 2/3 cup Oat Bran
- 1 cup Oat Milk (unsweetened, plus more to serve)
- 1/2 cup Plain Greek Yogurt
- 1/8 tsp Sea Salt
- 2 tsps Stevia Powder
- 2/3 cup Blueberries
- 1 tbsp Ground Flax Seed

Nutrition

Amount per serving	
Calories	228
Fat	7g
Carbs	44g
Fiber	8g
Protein	14g
Sodium	235mg
Potassium	410mg
Vitamin C	9mg
Calcium	326mg
Iron	2mg
Folate	19µg
Phosphorous	370mg
Magnesium	77mg
Zinc	1mg
Selenium	14µg

Directions

- 1 Mix the oat bran, milk, yogurt, salt, and stevia together until well combined.
- 2 Divide evenly between jars and refrigerate overnight or for at least eight hours.
- 3 When ready to eat, stir in the blueberries and flax seeds. Add a small amount of milk, as needed, for desired consistency. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/3 cups.

More Flavor: Cinnamon, nut butter, and/or more fresh fruit.

No Oat Milk: Use milk of choice.



Brazil Nuts & Blueberries

1 serving
5 minutes

Ingredients

- 1/4 cup Brazil Nuts
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	261
Fat	23g
Carbs	15g
Fiber	4g
Protein	5g
Sodium	2mg
Potassium	276mg
Vitamin C	7mg
Calcium	58mg
Iron	1mg
Folate	12µg
Phosphorous	250mg
Magnesium	129mg
Zinc	1mg
Selenium	637µg

Directions

- 1 Divide the Brazil nuts and blueberries onto a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use pumpkin seeds or sunflower seeds instead of Brazil nuts.



Apple & Cinnamon Chia Pudding

2 servings

3 hours

Ingredients

- 1/3 cup Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 cups Oat Milk
- 1/2 tsp Stevia Powder
- 2 tps Cinnamon
- 2 Apple (divided)
- 1/4 cup Brazil Nuts (chopped)

Nutrition

Amount per serving	
Calories	518
Fat	29g
Carbs	62g
Fiber	22g
Protein	13g
Sodium	108mg
Potassium	854mg
Vitamin C	9mg
Calcium	649mg
Iron	4mg
Folate	9µg
Phosphorous	411mg
Magnesium	73mg
Zinc	1mg
Selenium	319µg

Directions

- 1 Add the chia seeds, ground flax seed, oat milk, stevia, cinnamon, and half of the apple to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 2 Stir well before serving. Top with Brazil nuts and the remaining apple. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Chopped walnuts and/or hemp seeds.



Chia Seed Buckwheat Bowl

2 servings
25 minutes

Ingredients

- 1 cup Water
- 1/2 cup Buckwheat Groats
- 1 tbsp Chia Seeds
- 2 2/3 tbsps Pumpkin Seeds
- 1/2 cup Blueberries
- 1/2 cup Cherries (sliced)

Nutrition

Amount per serving	
Calories	276
Fat	8g
Carbs	46g
Fiber	9g
Protein	10g
Sodium	9mg
Potassium	357mg
Vitamin C	6mg
Calcium	69mg
Iron	3mg
Folate	27µg
Phosphorous	276mg
Magnesium	163mg
Zinc	2mg
Selenium	4µg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat and chia seeds. Mix together and cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat mixture evenly between bowls. Top with the pumpkin seeds, blueberries and cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Top with coconut milk, maple syrup, banana slices, raspberries, nuts and/or seeds.



Roasted Sweet Potato & Kale Salad with Salmon

2 servings
35 minutes

Ingredients

- 1 Sweet Potato (medium, cut into fries)
- 1 Red Bell Pepper (medium, sliced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1/4 tsp Turmeric
- 1 tbsp Lemon Juice
- 2 cups Kale Leaves (chopped)
- 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	491
Fat	31g
Carbs	19g
Fiber	5g
Protein	36g
Sodium	161mg
Potassium	1019mg
Vitamin C	100mg
Calcium	95mg
Iron	3mg
Folate	62µg
Phosphorous	523mg
Magnesium	122mg
Zinc	2mg
Selenium	44µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and bell pepper onto the baking sheet. Drizzle with 1/3 of the oil and season with salt and pepper. Bake for 15 minutes.
- 3 Remove from the oven and add the salmon to the sheet. Season the salmon with turmeric and salt to taste. Return the baking sheet to the oven and continue to bake for 12 to 15 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, in a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper.
- 5 In a large bowl, add the kale. Add a splash of the dressing and massage with your hands to soften the kale.
- 6 Divide the kale, salmon, and vegetables evenly between plates. Top with pumpkin seeds and serve with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cup of salad with salmon and dressing.



Tempeh & Asparagus Shirataki Noodle Bowl

2 servings
50 minutes

Ingredients

- 3 tbsps Sesame Oil
- 2 tbsps Tamari
- 1 tsp Rice Vinegar
- 1 tbsp Nutritional Yeast
- 1 Garlic (clove, minced)
- 8 ozs Tempeh (cubed)
- 2 cups Asparagus (trimmed, chopped)
- 8 ozs Shirataki Noodles
- 1 stalk Green Onion (chopped)
- 1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	459
Fat	33g
Carbs	19g
Fiber	4g
Protein	31g
Sodium	1032mg
Potassium	890mg
Vitamin C	9mg
Calcium	177mg
Iron	9mg
Folate	103µg
Phosphorous	403mg
Magnesium	122mg
Zinc	2mg
Selenium	4µg

Directions

- 1 In a small bowl or jar, whisk together the sesame oil, tamari, rice vinegar, nutritional yeast, and garlic.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Add the tempeh and asparagus to the baking sheet and toss with half of the marinade. Cook for 20 to 25 minutes or the asparagus is cooked through.
- 3 Add the noodles to a pot along with the remaining marinade. Warm over medium heat for three to four minutes or until heated through.
- 4 Divide the noodles into bowls and top with the tempeh and asparagus. Sprinkle with green onion and sesame seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of noodles, one cup of tempeh, and one cup of asparagus.

No Sesame Oil: Use extra virgin olive oil instead.

More Flavor: Season with salt and pepper.



Chicken & Kimchi with Quinoa

2 servings
25 minutes

Ingredients

- 1/3 cup Quinoa (dry, rinsed)
- 1 tbsp Sesame Oil (divided)
- 8 ozs Chicken Breast (boneless, skinless, thinly sliced)
- 2 cups Coleslaw Mix
- 1 Red Bell Pepper (large, thinly sliced)
- 1 cup Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tbsp Tamari
- 1 1/2 tsps Sesame Seeds (toasted)
- 1/2 cup Kimchi

Nutrition

Amount per serving	
Calories	376
Fat	13g
Carbs	32g
Fiber	7g
Protein	34g
Sodium	777mg
Potassium	907mg
Vitamin C	114mg
Calcium	103mg
Iron	4mg
Folate	121µg
Phosphorous	464mg
Magnesium	116mg
Zinc	2mg
Selenium	34µg

Directions

- 1 Cook the quinoa according to the package directions. Set aside.
- 2 Meanwhile, heat half of the oil in a large pan over medium-high heat. Once the pan is hot, add the chicken and cook for five to seven minutes or until browned and cooked through. Remove the chicken from the pan and set aside.
- 3 In the same pan, add the remaining oil, then add the coleslaw mix, bell pepper, and mushrooms. Cook, stirring occasionally, until the vegetables are tender, about three minutes. Add the garlic and cook for another minute, until fragrant.
- 4 Add the tamari and sesame seeds and return the chicken to the pan. Stir until well-coated.
- 5 Serve the chicken and vegetable mixture over a bed of cooked quinoa and top with kimchi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/3 cup of cooked quinoa and 1 1/2 cups of vegetables with chicken.

More Flavor: Cook the quinoa in broth.

Additional Toppings: Top with chopped cilantro or green onion.



Miso Glazed Salmon with Cauliflower Rice & Asparagus

3 servings
30 minutes

Ingredients

- 1 1/2 tbsps Miso Paste
- 2 1/4 tsps Rice Vinegar
- 2 1/4 tbsps Sesame Oil (divided)
- 1 1/8 lbs Salmon Fillet
- 3 cups Asparagus (trimmed)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Cauliflower Rice
- 3 stalks Green Onion (thinly sliced)
- 1 tbsp Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	389
Fat	20g
Carbs	11g
Fiber	5g
Protein	43g
Sodium	565mg
Potassium	1023mg
Vitamin C	30mg
Calcium	93mg
Iron	4mg
Folate	86µg
Phosphorous	528mg
Magnesium	82mg
Zinc	2mg
Selenium	55µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mix together the miso paste, rice vinegar, and 2/3 of the sesame oil to make a glaze.
- 3 Place the salmon fillets on one side of the baking sheet. Brush the miso glaze over each fillet.
- 4 Place the asparagus on the other side of the baking sheet. Coat with the remaining oil. Season with salt and pepper.
- 5 Cook in the oven for 15 to 20 minutes, or until the salmon is cooked through. The timing will depend on your fillet thickness and desired doneness.
- 6 Meanwhile, heat a pan over medium heat. Add the cauliflower rice and cook for three to five minutes or until tender. Stir in the green onions and season with salt and pepper.
- 7 Serve the salmon with cauliflower rice and asparagus. Garnish with sesame seeds and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1/2 cup of cauliflower rice and one cup of asparagus with salmon.

More Flavor: Use broccoli instead of asparagus.



Miso & Sesame Chicken Coleslaw Salad

2 servings

25 minutes

Ingredients

- 1 tsp Tamari
- 3 tbsps Water
- 1 tbsp Sesame Oil
- 2 tps Miso Paste
- 1 tbsp Rice Vinegar
- 12 ozs Chicken Breast
- 1 Red Bell Pepper (large, julienned)
- 2 cups Coleslaw Mix
- 2 stalks Green Onion (thinly sliced)
- 1 tbsp Sesame Seeds (black and white, toasted)

Nutrition

Amount per serving	
Calories	344
Fat	14g
Carbs	13g
Fiber	4g
Protein	42g
Sodium	555mg
Potassium	738mg
Vitamin C	114mg
Calcium	106mg
Iron	2mg
Folate	51µg
Phosphorous	412mg
Magnesium	74mg
Zinc	2mg
Selenium	40µg

Directions

- 1 Heat the grill to medium-high heat.
- 2 In a small bowl, whisk together the tamari, water, sesame oil, miso, and vinegar. Separate 3/4 of the dressing into a large salad bowl and set aside. Brush the remaining dressing onto the chicken breast.
- 3 Cook the chicken on the grill for six to eight minutes on each side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Slice.
- 4 Add the bell pepper, coleslaw, and green onions to the large bowl with the dressing. Mix well. Top with slices of chicken and sesame seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/3 cups of salad with chicken.

Make it Vegan: Use legumes like black beans and lentils or tofu, instead of chicken.

More Flavor: Serve with cooked cold noodles or rice.