



## A 7-Day Brain Health Support Program

Created by Laurence Nutrition



## A 7-Day Brain Health Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blueberry Chia Pancakes	Blueberry Chia Pancakes	Blueberry Chia Pancakes	Orange Turmeric Overnight Oats	Orange Turmeric Overnight Oats	Spinach & Sweet Potato Frittata	Spinach & Sweet Potato Frittata
Snack 1	Applesauce & Almonds	Kiwi Yogurt Parfait	Applesauce & Almonds	Banana Orange Green Smoothie	Applesauce & Yogurt	Apples & Almonds	Strawberry & Blueberry Parfait
					Almonds		
Lunch	Eggplant, Rice & Beans	Chicken Caesar Salad Wraps	Eggplant, Rice & Beans	Baked Salmon with Broccoli & Quinoa	Meal Prep Chicken & Cilantro Lime Quinoa	Pressure Cooker Rice & Bean Burritos	One Pot White Fish & Rice
Snack 2	Kiwi Yogurt Parfait	Applesauce & Almonds	Banana Orange Green Smoothie	Applesauce & Yogurt	Apples & Almonds	Strawberry & Blueberry Parfait	Apples & Almonds
				Almonds			
Dinner	Chicken Caesar Salad Wraps	Eggplant, Rice & Beans	Baked Salmon with Broccoli & Quinoa	Meal Prep Chicken & Cilantro Lime Quinoa	Pressure Cooker Rice & Bean Burritos	One Pot White Fish & Rice	Pressure Cooker Rice & Bean Burritos

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1842	<b>Calories</b> 1842	<b>Calories</b> 1704	<b>Calories</b> 1701	<b>Calories</b> 1874	<b>Calories</b> 1863	<b>Calories</b> 1863
<b>Fat</b> 79g	<b>Fat</b> 79g	<b>Fat</b> 61g	<b>Fat</b> 58g	<b>Fat</b> 71g	<b>Fat</b> 66g	<b>Fat</b> 66g
Saturated 13g	Saturated 13g	Saturated 8g	Saturated 12g	Saturated 12g	Saturated 13g	Saturated 13g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 17g	Polyunsaturated 17g	Polyunsaturated 13g	Polyunsaturated 12g	Polyunsaturated 14g	Polyunsaturated 13g	Polyunsaturated 13g
Monounsaturated 41g	Monounsaturated 41g	Monounsaturated 34g	Monounsaturated 22g	Monounsaturated 32g	Monounsaturated 32g	Monounsaturated 32g
<b>Carbs</b> 217g	<b>Carbs</b> 217g	<b>Carbs</b> 234g	<b>Carbs</b> 209g	<b>Carbs</b> 243g	<b>Carbs</b> 250g	<b>Carbs</b> 250g
Fiber 41g	Fiber 41g	Fiber 45g	Fiber 40g	Fiber 49g	Fiber 39g	Fiber 39g
Sugar 58g	Sugar 58g	Sugar 74g	Sugar 62g	Sugar 53g	Sugar 51g	Sugar 51g
<b>Protein</b> 77g	<b>Protein</b> 77g	<b>Protein</b> 75g	<b>Protein</b> 108g	<b>Protein</b> 84g	<b>Protein</b> 75g	<b>Protein</b> 75g
Cholesterol 180mg	Cholesterol 180mg	Cholesterol 134mg	Cholesterol 190mg	Cholesterol 118mg	Cholesterol 422mg	Cholesterol 422mg
Sodium 971mg	Sodium 971mg	Sodium 734mg	Sodium 602mg	Sodium 1057mg	Sodium 1087mg	Sodium 1087mg
Potassium 2511mg	Potassium 2511mg	Potassium 3791mg	Potassium 4315mg	Potassium 3154mg	Potassium 2711mg	Potassium 2711mg
Vitamin A 836IU	Vitamin A 836IU	Vitamin A 4810IU	Vitamin A 16317IU	Vitamin A 13658IU	Vitamin A 10484IU	Vitamin A 10484IU
Vitamin C 85mg	Vitamin C 85mg	Vitamin C 291mg	Vitamin C 332mg	Vitamin C 106mg	Vitamin C 97mg	Vitamin C 97mg
Calcium 734mg	Calcium 734mg	Calcium 582mg	Calcium 1237mg	Calcium 1204mg	Calcium 640mg	Calcium 640mg
Iron 12mg	Iron 12mg	Iron 13mg	Iron 14mg	Iron 15mg	Iron 15mg	Iron 15mg
Vitamin D 15IU	Vitamin D 15IU	Vitamin D 812IU	Vitamin D 799IU	Vitamin D 1IU	Vitamin D 124IU	Vitamin D 124IU
Vitamin E 23mg	Vitamin E 23mg	Vitamin E 19mg	Vitamin E 17mg	Vitamin E 23mg	Vitamin E 23mg	Vitamin E 23mg
Vitamin K 71µg	Vitamin K 71µg	Vitamin K 291µg	Vitamin K 415µg	Vitamin K 91µg	Vitamin K 106µg	Vitamin K 106µg

vitamin B1 7.1µg	vitamin B1 7.1µg	vitamin B1 56.1µg	vitamin B1 4.15µg	vitamin B1 9.1µg	vitamin B1 190µg	vitamin B1 190µg
Thiamine 2.2mg	Thiamine 2.2mg	Thiamine 1.1mg	Thiamine 1.3mg	Thiamine 1.0mg	Thiamine 1.0mg	Thiamine 1.0mg
Riboflavin 2.5mg	Riboflavin 2.5mg	Riboflavin 1.8mg	Riboflavin 2.4mg	Riboflavin 2.1mg	Riboflavin 1.5mg	Riboflavin 1.5mg
Niacin 27mg	Niacin 27mg	Niacin 20mg	Niacin 33mg	Niacin 20mg	Niacin 8mg	Niacin 8mg
Vitamin B6 3.5mg	Vitamin B6 3.5mg	Vitamin B6 2.9mg	Vitamin B6 4.1mg	Vitamin B6 2.3mg	Vitamin B6 1.5mg	Vitamin B6 1.5mg
Folate 194µg	Folate 194µg	Folate 470µg	Folate 549µg	Folate 377µg	Folate 372µg	Folate 372µg
Vitamin B12 7.7µg	Vitamin B12 7.7µg	Vitamin B12 7.1µg	Vitamin B12 10.4µg	Vitamin B12 3.7µg	Vitamin B12 3.4µg	Vitamin B12 3.4µg
Phosphorous 1126mg	Phosphorous 1126mg	Phosphorous 1255mg	Phosphorous 1833mg	Phosphorous 1415mg	Phosphorous 1113mg	Phosphorous 1113mg
Magnesium 355mg	Magnesium 355mg	Magnesium 443mg	Magnesium 566mg	Magnesium 505mg	Magnesium 392mg	Magnesium 392mg
Zinc 6mg	Zinc 6mg	Zinc 6mg	Zinc 10mg	Zinc 8mg	Zinc 8mg	Zinc 8mg
Selenium 67µg	Selenium 67µg	Selenium 68µg	Selenium 101µg	Selenium 52µg	Selenium 88µg	Selenium 88µg

# A 7-Day Brain Health Support Program

61 items

## Fruits

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- ☐ 4 Apple
- ☐ 3/4 Avocado
- ☐ 3 Banana
- ☐ 74 grams Blueberries
- ☐ 2 Kiwi
- ☐ 1/4 Lemon
- ☐ 19 milliliters Lemon Juice
- ☐ 9 milliliters Lime Juice
- ☐ 1 Navel Orange
- ☐ 72 grams Strawberries

## Breakfast

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- ☐ 244 grams Granola

## Seeds, Nuts & Spices

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- ☐ 286 grams Almonds
- ☐ 30 grams Chia Seeds
- ☐ 650 milligrams Cinnamon
- ☐ 2 grams Cumin
- ☐ 375 milligrams Dried Thyme
- ☐ 375 milligrams Oregano
- ☐ 3 grams Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 grams Smoked Paprika
- ☐ 2 grams Turmeric

## Frozen

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- ☐ 5 Brown Rice Tortilla
- ☐ 155 grams Frozen Blueberries
- ☐ 180 grams Frozen Cauliflower

## Vegetables

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- ☐ 80 grams Arugula
- ☐ 105 grams Baby Spinach
- ☐ 21 grams Basil Leaves
- ☐ 1/2 head Boston Lettuce
- ☐ 364 grams Broccoli
- ☐ 2 Carrot
- ☐ 149 grams Cherry Tomatoes
- ☐ 4 grams Cilantro
- ☐ 1 1/2 Eggplant
- ☐ 1 1/2 Garlic
- ☐ 1 stalk Green Onion
- ☐ 3/4 Red Bell Pepper
- ☐ 1/2 Sweet Potato
- ☐ 1/2 Tomato
- ☐ 1 1/8 Yellow Onion

## Boxed & Canned

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- ☐ 450 grams Basmati Rice
- ☐ 226 grams Black Beans
- ☐ 315 grams Cannellini Beans
- ☐ 170 grams Quinoa
- ☐ 146 grams Salsa

## Baking

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- ☐ 5 grams Baking Powder
- ☐ 3 grams Nutritional Yeast
- ☐ 162 grams Oats
- ☐ 488 grams Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

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- ☐ 454 grams Chicken Breast, Cooked
- ☐ 1 Cod Fillet
- ☐ 283 grams Salmon Fillet

## Condiments & Oils

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- ☐ 34 grams Assorted Olives
- ☐ 3 grams Dijon Mustard
- ☐ 104 milliliters Extra Virgin Olive Oil
- ☐ 15 grams Tahini
- ☐ 8 milliliters White Wine Vinegar

## Cold

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- ☐ 5 Egg
- ☐ 420 milliliters Oat Milk
- ☐ 237 milliliters Orange Juice
- ☐ 900 grams Unsweetened Coconut Yogurt

## Other

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- ☐ 933 milliliters Water

# Blueberry Chia Pancakes

8 ingredients · 20 minutes · 3 servings



## Directions

1. Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
2. Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
3. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

### Serving Size

One serving equals two to three 4-inch pancakes.

### More Flavor

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

### Additional Toppings

Top with maple syrup, honey, cottage cheese, nut or seed butter.

### No Banana

Use applesauce instead.

### No Oat Milk

Use dairy or any alternative milk.

### Batter Consistency

Add more milk if the batter is too thick, and more oats if the batter is too thin.

## Ingredients

**81 grams** Oats

**120 milliliters** Oat Milk (unsweetened, plain)

**1** Banana (medium)

**1** Egg (large)

**5 grams** Baking Powder

**155 grams** Frozen Blueberries

**18 grams** Chia Seeds

**15 milliliters** Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	276	Calcium	216mg
<b>Fat</b>	11g	Iron	2mg
Saturated	2g	Vitamin D	14IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	3g	Vitamin K	12µg
Monounsaturated	5g	Thiamine	0.2mg
<b>Carbs</b>	39g	Riboflavin	0.3mg
Fiber	7g	Niacin	1mg
Sugar	11g	Vitamin B6	0.2mg
<b>Protein</b>	8g	Folate	28µg
Cholesterol	62mg	Vitamin B12	0.4µg
Sodium	206mg	Phosphorous	236mg
Potassium	380mg	Magnesium	53mg

Vitamin A	139IU	Zinc	1mg
Vitamin C	5mg	Selenium	13µg



# Orange Turmeric Overnight Oats

6 ingredients · 2 hours · 2 servings



## Directions

1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add maple syrup, honey or a pinch of sea salt.

### Additional Toppings

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

## Ingredients

**81 grams** Oats (rolled)  
**300 milliliters** Oat Milk (unsweetened)  
**2 grams** Turmeric  
**650 milligrams** Cinnamon  
**12 grams** Chia Seeds  
**1** Navel Orange (divided)

## Nutrition

Amount per serving

<b>Calories</b>	295	Calcium	314mg
<b>Fat</b>	8g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	2g	Vitamin K	1µg
Monounsaturated	1g	Thiamine	0.2mg
<b>Carbs</b>	50g	Riboflavin	0.5mg
Fiber	9g	Niacin	1mg
Sugar	11g	Vitamin B6	0.1mg
<b>Protein</b>	9g	Folate	37µg
Cholesterol	0mg	Vitamin B12	0.8µg
Sodium	67mg	Phosphorous	354mg
Potassium	556mg	Magnesium	66mg
Vitamin A	174IU	Zinc	2mg
Vitamin C	41mg	Selenium	12µg



# Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

### Additional Toppings

Salsa, hot sauce, or ketchup.

### No Spinach

Use kale or swiss chard instead.

## Ingredients

**7 milliliters** Extra Virgin Olive Oil

**1/2** Sweet Potato (medium, peeled and cut into small cubes)

**45 grams** Baby Spinach (chopped)

**4** Egg (whisked)

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	206	Calcium	88mg
<b>Fat</b>	13g	Iron	3mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Vitamin K	112µg
Monounsaturated	6g	Thiamine	0.1mg
<b>Carbs</b>	8g	Riboflavin	0.5mg
Fiber	1g	Niacin	0mg
Sugar	2g	Vitamin B6	0.3mg
<b>Protein</b>	14g	Folate	94µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	178mg	Phosphorous	224mg
Potassium	373mg	Magnesium	38mg
Vitamin A	7261IU	Zinc	2mg
Vitamin C	7mg	Selenium	31µg

# Applesauce & Almonds

2 ingredients · 5 minutes · 3 servings



## Directions

1. Serve the applesauce with the almonds. Enjoy!

## Notes

### Leftovers

Refrigerate the applesauce in an airtight container for up to four days.

### More Flavor

Add cinnamon.

### Nut-Free

Use pumpkin seeds or sunflower seeds instead of almonds.

### Additional Toppings

Add chopped fruit, hemp seeds, or yogurt.

## Ingredients

**366 grams** Unsweetened Applesauce

**107 grams** Almonds (raw or roasted)

## Nutrition

Amount per serving

<b>Calories</b>	258	Calcium	101mg
<b>Fat</b>	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsaturated	4g	Vitamin K	1µg
Monounsaturated	11g	Thiamine	0.1mg
<b>Carbs</b>	21g	Riboflavin	0.4mg
Fiber	6g	Niacin	1mg
Sugar	13g	Vitamin B6	0.1mg
<b>Protein</b>	8g	Folate	19µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphorous	178mg
Potassium	352mg	Magnesium	100mg
Vitamin A	36IU	Zinc	1mg
Vitamin C	1mg	Selenium	2µg



# Banana Orange Green Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### No Spinach

Use kale instead.

### No Frozen Cauliflower

Omit or use zucchini or more apple instead.

### Orange Juice

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

## Ingredients

**1** Banana (medium, frozen)

**1/2** Apple (medium, peeled and chopped)

**30 grams** Baby Spinach

**90 grams** Frozen Cauliflower

**118 milliliters** Orange Juice (freshly squeezed)

**119 milliliters** Water

## Nutrition

Amount per serving

<b>Calories</b>	232	Calcium	82mg
<b>Fat</b>	1g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	0g	Vitamin K	158µg
Monounsaturated	0g	Thiamine	0.2mg
<b>Carbs</b>	57g	Riboflavin	0.3mg
Fiber	9g	Niacin	2mg
Sugar	35g	Vitamin B6	0.7mg
<b>Protein</b>	5g	Folate	159µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	46mg	Phosphorous	93mg
Potassium	1060mg	Magnesium	84mg
Vitamin A	3195IU	Zinc	1mg
Vitamin C	113mg	Selenium	2µg

# Eggplant, Rice & Beans

10 ingredients · 35 minutes · 3 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Using a sharp knife, score the cut sides of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
3. Meanwhile, cook the rice according to package directions.
4. In a large skillet, heat the remaining oil over medium heat. Once hot, add the onion and cook for three minutes and then add the garlic, beans, oregano, and thyme. Cook until the beans are somewhat browned and getting crispy, about five minutes and then remove from the heat.
5. Divide the rice onto plates and top with the eggplant and beans. Squeeze the lemon juice over top. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container in the fridge for up to three days.

### Serving Size

One serving is half an eggplant, half a cup of rice, and half a cup of beans.

### Additional Toppings

Top with shaved parmesan, chili flakes, or toasted walnuts or pumpkin seeds.

## Ingredients

- 1 1/2 Eggplant (cut in half lengthwise)
- 44 milliliters Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 150 grams Basmati Rice
- 1/3 Yellow Onion (chopped fine)
- 1 1/2 Garlic (cloves, smashed)
- 315 grams Cannellini Beans (drained, rinsed, and pat dry with paper towel)
- 375 milligrams Oregano
- 375 milligrams Dried Thyme
- 4 milliliters Lemon Juice

## Nutrition

Amount per serving

Calories	473	Calcium	55mg
Fat	14g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	2g	Vitamin K	21µg
Monounsaturated	10g	Thiamine	0.1mg
Carbs	77g	Riboflavin	0.1mg
Fiber	15g	Niacin	2mg
Sugar	12g	Vitamin B6	0.3mg
Protein	11g	Folate	61µg

Cholesterol	0mg	Vitamin B12	0µg
Sodium	304mg	Phosphorous	69mg
Potassium	658mg	Magnesium	39mg
Vitamin A	70IU	Zinc	0mg
Vitamin C	7mg	Selenium	1µg

# Kiwi Yogurt Parfait

3 ingredients · 5 minutes · 2 servings



## Directions

1. Layer the yogurt, granola, and kiwi in a jar. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Nuts, shredded coconut, hemp seeds, or chia seeds.

## Ingredients

**225 grams** Unsweetened Coconut Yogurt

**122 grams** Granola

**2** Kiwi (peeled, diced)

## Nutrition

Amount per serving

<b>Calories</b>	396	Calcium	320mg
<b>Fat</b>	19g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	5g	Vitamin K	31µg
Monounsaturated	7g	Thiamine	0.4mg
<b>Carbs</b>	49g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	19g	Vitamin B6	0.3mg
<b>Protein</b>	10g	Folate	68µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	43mg	Phosphorous	286mg
Potassium	544mg	Magnesium	114mg
Vitamin A	72IU	Zinc	3mg
Vitamin C	65mg	Selenium	16µg



# Applesauce & Yogurt

2 ingredients · 5 minutes · 2 servings



## Directions

1. Scoop the yogurt into a bowl and top with applesauce. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add cinnamon.

### Additional Toppings

Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

### No Yogurt

Use oatmeal instead.

## Ingredients

**450 grams** Unsweetened Coconut Yogurt

**122 grams** Unsweetened Applesauce

## Nutrition

Amount per serving

<b>Calories</b>	136	Calcium	502mg
<b>Fat</b>	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	0µg
Monounsaturated	0g	Thiamine	0mg
<b>Carbs</b>	19g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
<b>Protein</b>	1g	Folate	2µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	51mg	Phosphorous	3mg
Potassium	45mg	Magnesium	2mg
Vitamin A	18IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg



# Almonds

1 ingredient · 2 minutes · 2 servings



## Directions

1. Place in a bowl and enjoy!

## Notes

### Leftovers

Store in an airtight container in the pantry.

### More Flavor

Roast, toast and/or season with salt.

## Ingredients

**72 grams** Almonds (raw)

## Nutrition

Amount per serving

<b>Calories</b>	207	Calcium	96mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsaturated	4g	Vitamin K	0µg
Monounsaturated	11g	Thiamine	0.1mg
<b>Carbs</b>	8g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	2g	Vitamin B6	0.1mg
<b>Protein</b>	8g	Folate	16µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphorous	172mg
Potassium	262mg	Magnesium	97mg
Vitamin A	1IU	Zinc	1mg
Vitamin C	0mg	Selenium	1µg

# Apples & Almonds

2 ingredients · 5 minutes · 3 servings



## Directions

1. Core apple and cut it into slices. Serve with almonds.

## Ingredients

3 Apple (sliced)

107 grams Almonds

## Nutrition

Amount per serving

<b>Calories</b>	302	Calcium	107mg
<b>Fat</b>	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsaturated	4g	Vitamin K	4µg
Monounsaturated	11g	Thiamine	0.1mg
<b>Carbs</b>	33g	Riboflavin	0.5mg
Fiber	9g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
<b>Protein</b>	8g	Folate	21µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphorous	192mg
Potassium	457mg	Magnesium	106mg
Vitamin A	99IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

# Strawberry & Blueberry Parfait

4 ingredients · 5 minutes · 2 servings



## Directions

1. Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.

## Ingredients

**225 grams** Unsweetened Coconut Yogurt

**122 grams** Granola

**72 grams** Strawberries

**74 grams** Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	386	Calcium	304mg
<b>Fat</b>	19g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsaturated	5g	Vitamin K	11µg
Monounsaturated	7g	Thiamine	0.4mg
<b>Carbs</b>	47g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	18g	Vitamin B6	0.3mg
<b>Protein</b>	9g	Folate	62µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	41mg	Phosphorous	276mg
Potassium	412mg	Magnesium	109mg
Vitamin A	36IU	Zinc	3mg
Vitamin C	25mg	Selenium	16µg



# Chicken Caesar Salad Wraps

11 ingredients · 15 minutes · 2 servings



## Directions

1. Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
2. Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

## Notes

### Leftovers

All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

### Serving Size

One serving is equal to one wrap.

### Additional Toppings

Add sliced or cubed avocado.

### More Flavor

Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.

## Ingredients

- 15 milliliters** Extra Virgin Olive Oil (divided)
- 15 grams** Tahini
- 15 milliliters** Lemon Juice
- 3 grams** Dijon Mustard
- 3 grams** Nutritional Yeast
- 750 milligrams** Sea Salt (divided)
- 15 milliliters** Water
- 1/2 head** Boston Lettuce
- 2** Brown Rice Tortilla
- 1/2** Tomato (chopped, seeds removed)
- 227 grams** Chicken Breast, Cooked (chopped into cubes or slices)

## Nutrition

Amount per serving

<b>Calories</b>	439	Calcium	42mg
<b>Fat</b>	17g	Iron	2mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	3g	Vitamin K	6µg
Monounsaturated	8g	Thiamine	1.4mg
<b>Carbs</b>	31g	Riboflavin	1.5mg
Fiber	4g	Niacin	21mg
Sugar	3g	Vitamin B6	2.6mg

<b>Protein</b>	40g	Folate	18µg
Cholesterol	118mg	Vitamin B12	5.9µg
Sodium	415mg	Phosphorous	357mg
Potassium	577mg	Magnesium	49mg
Vitamin A	519IU	Zinc	1mg
Vitamin C	7mg	Selenium	35µg

# Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## Notes

### Leftovers

Store covered in the fridge up to 2 days.

### Speed it Up

Cook the quinoa ahead of time.

### Vegan

Use tofu steaks instead of salmon fillets.

## Ingredients

**283 grams** Salmon Fillet

Sea Salt & Black Pepper (to taste)

**364 grams** Broccoli (sliced into small florets)

**15 milliliters** Extra Virgin Olive Oil

**85 grams** Quinoa (uncooked)

**178 milliliters** Water

**1/4** Lemon (sliced into wedges)

## Nutrition

Amount per serving

<b>Calories</b>	465	Calcium	128mg
<b>Fat</b>	17g	Iron	4mg
Saturated	3g	Vitamin D	798IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	4g	Vitamin K	189µg
Monounsaturated	8g	Thiamine	0.5mg
<b>Carbs</b>	40g	Riboflavin	0.7mg
Fiber	8g	Niacin	14mg
Sugar	3g	Vitamin B6	1.6mg
<b>Protein</b>	43g	Folate	203µg
Cholesterol	72mg	Vitamin B12	6.7µg
Sodium	175mg	Phosphorous	679mg
Potassium	1341mg	Magnesium	167mg
Vitamin A	1370IU	Zinc	3mg

Vitamin C

165mg

Selenium

50µg



# Meal Prep Chicken & Cilantro Lime Quinoa

8 ingredients · 15 minutes · 2 servings



## Directions

1. Cook the quinoa according to the package directions and let cool.
2. Toss the quinoa with cilantro, lime juice, and salt.
3. Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Use balsamic vinegar or your dressing of choice.

### Additional Toppings

Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.

## Ingredients

- 85 grams** Quinoa (uncooked)
- 4 grams** Cilantro (chopped)
- 9 milliliters** Lime Juice (to taste)
- 750 milligrams** Sea Salt (to taste)
- 80 grams** Arugula (packed)
- 2** Carrot (small, chopped)
- 227 grams** Chicken Breast, Cooked (sliced)
- 1 stalk** Green Onion (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	366	Calcium	115mg
<b>Fat</b>	7g	Iron	3mg
Saturated	1g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Vitamin K	67µg
Monounsaturated	2g	Thiamine	0.3mg
<b>Carbs</b>	35g	Riboflavin	0.5mg
Fiber	6g	Niacin	15mg
Sugar	4g	Vitamin B6	1.6mg
<b>Protein</b>	42g	Folate	132µg
Cholesterol	118mg	Vitamin B12	0.2µg
Sodium	263mg	Phosphorous	532mg
Potassium	1051mg	Magnesium	150mg

Vitamin A	11559IU	Zinc	3mg
Vitamin C	12mg	Selenium	36µg

# Pressure Cooker Rice & Bean Burritos

12 ingredients · 30 minutes · 3 servings



## Directions

1. Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
2. Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
3. Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
4. Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to one burrito.

### More Flavor

Add minced garlic and/or chili powder when cooking the onions and peppers Add cilantro to the mashed avocado.

## Ingredients

**7 milliliters** Extra Virgin Olive Oil  
**3/4** Yellow Onion (chopped)  
**3/4** Red Bell Pepper (chopped)  
**3 grams** Smoked Paprika  
**2 grams** Cumin  
**1 gram** Sea Salt  
**226 grams** Black Beans (cooked, rinsed)  
**150 grams** Basmati Rice  
**146 grams** Salsa  
**267 milliliters** Water  
**3** Brown Rice Tortilla  
**3/4** Avocado (mashed, optional)

## Nutrition

Amount per serving

<b>Calories</b>	568	Calcium	70mg
<b>Fat</b>	13g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	2g	Vitamin K	19µg
Monounsaturated	7g	Thiamine	0.3mg
<b>Carbs</b>	98g	Riboflavin	0.2mg
Fiber	17g	Niacin	2mg
Sugar	9g	Vitamin B6	0.4mg

<b>Protein</b>	16g	Folate	169µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	674mg	Phosphorous	162mg
Potassium	783mg	Magnesium	84mg
Vitamin A	1807IU	Zinc	1mg
Vitamin C	44mg	Selenium	2µg



# One Pot White Fish & Rice

8 ingredients · 20 minutes · 2 servings



## Directions

1. In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
2. Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
3. Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture on top and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
4. Garnish with the remaining basil, divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 to 2 cups.

### More Flavor

Use olive tapenade or pesto instead of assorted olives.

### Additional Toppings

Red pepper flakes and/or a drizzle of olive oil.

### No Cod

Use haddock, tilapia, salmon, or shrimp.

### No White Wine Vinegar

Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

### Fillet Size

One fillet is equal to 231 grams or 8 ounces.

## Ingredients

**150 grams** Basmati Rice (rinsed)  
**237 milliliters** Water  
**149 grams** Cherry Tomatoes (chopped)  
**8 milliliters** White Wine Vinegar  
**21 grams** Basil Leaves (torn, divided)  
**34 grams** Assorted Olives  
Sea Salt & Black Pepper (to taste)  
**1** Cod Fillet (cut into pieces)

## Nutrition

Amount per serving

<b>Calories</b>	401	Calcium	71mg
<b>Fat</b>	3g	Iron	2mg
Saturated	1g	Vitamin D	42IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	0g	Vitamin K	50µg
Monounsaturated	1g	Thiamine	0.1mg
<b>Carbs</b>	64g	Riboflavin	0.1mg
Fiber	3g	Niacin	3mg
Sugar	2g	Vitamin B6	0.4mg
<b>Protein</b>	28g	Folate	26µg
Cholesterol	50mg	Vitamin B12	1.1µg
Sodium	192mg	Phosphorous	259mg
Potassium	686mg	Magnesium	55mg

Vitamin A	1281IU	Zinc	1mg
Vitamin C	13mg	Selenium	38µg