


30 DAY

ANTI INFLAMMATORY

MEAL PLAN



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STORM
Fitness

"The Storm Method"

The information in this book reflects the author's research, experiences and opinions and is not intended as medical advice. Before beginning any nutritional or exercise program, consult your doctor or physician to ensure it's appropriate for you.

****Nutrition based on per servings**

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INTRODUCTION

If you've been seeing the term "anti-inflammatory diet" a lot lately, you're not alone. Growing research is linking long-term inflammation to numerous **chronic health conditions**, like diabetes, heart disease and arthritis. While many of these conditions are related to genetics, increasing foods shown to reduce inflammation and living a healthy lifestyle—like not smoking, getting adequate quality sleep, reducing stress and exercising regularly—all play a role in reducing inflammation. In this 30-day meal plan, I map out a month of delicious meals consisting of natural anti-inflammatory foods to help your body

I capped the calories at 1,500 calories a day, which is a level most people will lose weight following, and also included modifications for 1,200 and 2,000 calories a day, depending on your calorie needs. It's important to note that healthy weight loss is gradual (about 1 to 2 pounds per week), so if you're feeling hungry at 1,500 calories, bump it up till you feel satisfied and slowly taper down to fewer calories over the next few months.

The primary goal behind this meal plan is NOT weight loss. But a true sense of wellbeing. Healing from the inside, and reviving your body. I believe that being healthy is what causes weight loss. When our bodies are functioning correctly and are nourished properly we will not accumulate fat. Many people have walked into my practice and told me they have tried every diet, but they can't lose weight. If inflammation is not addressed, weight loss, muscle gain, healthy skin and hair are not possible.

The idea for this Anti-inflammatory meal plan stemmed from my own struggle and illness. I thought I ate healthy the majority of my adult life. That is until I started to feel weak, always in pain, always tired. My thick long hair was falling considerably. After getting my labs done and seeing how deficient and inflamed my body was I decided I would need to know everything there is to know about inflammation.

My healing journey began with changing my diet. I knew that in order for me to restore my balance I had to change the way I lived. I now eat for nourishment, no calorie counting and fixating on just how I physically feel. I now listen to my body and follow an intuitive eating and training pattern. I hope this plan brings you new sense of connecting with what your body needs. Building a better relationship with food is the key to long term health. I truly believe food is medicine.

A big source of inflammation is our diet. Not any random thing from our diet, but the amount of starch and sugar in our diet that drives a dysfunction in our metabolism called insulin resistance. It's essentially like where we become resistant to the effects of insulin and our bodies need to make more and more insulin to regulate our blood sugar. That is because we're flooding our system with pharmacologic doses of starch and sugar, about a pound a day per person, which is just historically unprecedented.

If you have a chronic illness, you've got inflammation. Inflammation is often hidden or silent, something that we can't see or feel, but manifests itself as heart disease, cancer, diabetes, depression, and more. Typically, inflammation has been raging inside for a while before you even notice there's anything wrong. It's the inflammation that we don't see, that we can't feel, that's causing all the chronic diseases that we see today. The three biggest drivers of inflammation are all lifestyle factors—gut health, diet, and chronic stress.

First line of defense. When that barrier gets broken in the gut, all of a sudden, your immune system is exposed to a sea, or actually more accurately exposed to a sewer. That starts to off your immune system and you start to create systemic inflammation. The microbiome is really important.

Inflammation is part of the body's natural defense system and can be a good thing in balance. However, when your immune system shifts out of balance, inflammation can run rampant—causing a chronic, smoldering fire inside your body that contributes to disease, weight gain, and more. What we eat is one of the biggest levers we have when it comes to driving or reducing inflammation.

Industrial food drives inflammation, oxidative stress, hormone and neurotransmitter imbalances, overloads your detoxification system, depletes your energy, damages your microbiome, and changes your gene expression to turn on disease-causing genes. Real, whole, nutrient and phytonutrient-rich food does the opposite. It turns off inflammation, increases antioxidant systems, balances hormones and brain chemistry, boosts detoxification, increases energy, optimizes your microbiome, and turns on disease-preventing, health-promoting genes.

Anti-Inflammatory Foods List:

Fruits: While all fruit is good, be sure to eat plenty of fruits rich in anthocyanins, which is found in dark blue, purple and red produce like cherries, berries, plums and pomegranate.

Vegetables: The more vegetables the better! Give special attention to dark leafy greens, but I always like to say eat the rainbow when it comes to veggies.

Whole Grains: Packed with fiber, whole grains like oatmeal, quinoa, and rice are included in the anti-inflammatory diet.

Nuts, Seeds and Healthy Fats: Natural peanut butter and other nut butters, nuts, olive oil, avocado and seeds - include chia and flax seeds, are staples in this healthy eating plan. Fish: Fish, especially salmon, are some of the best anti-inflammatory foods to focus on due to their healthy unsaturated fats and omega-3 fatty acid content.

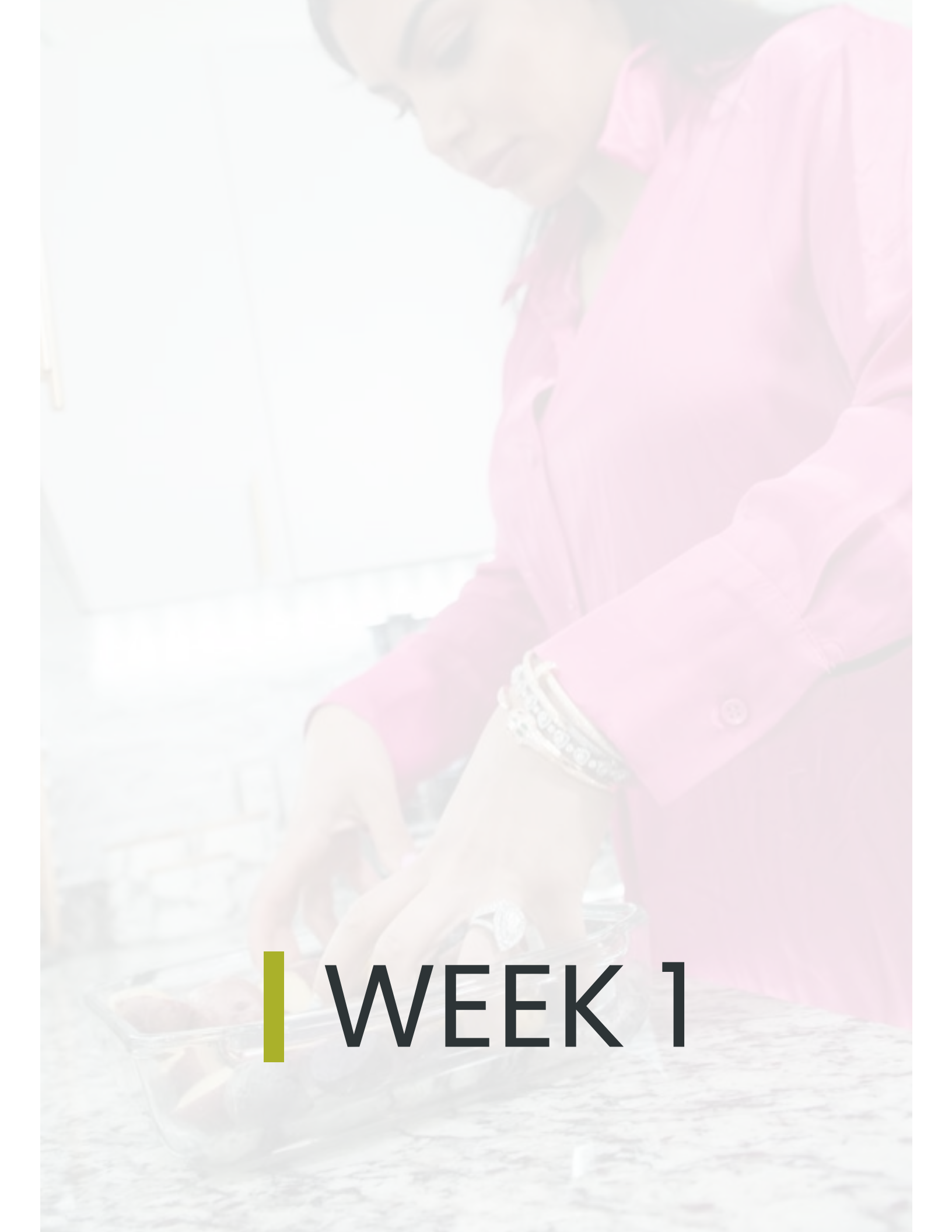
Legumes: Legumes, like beans and lentils, are high in fiber and protein, so they help keep you full plus regulate your digestive system over time.

How to Follow this Meal Plan for 30 Days:

To make this plan more manageable, I break it down week-by-week and include meal-prep tips at the start of each week that I encourage you to follow as it makes each day a bit easier. However, don't be afraid to make swaps. If a recipe calls for peanut butter but you have almond butter in the pantry, feel free to make that swap. The same goes for milk—use your milk of choice as long as it is dairy free .

Feel free to change around the meals for on specific days based on what you prefer or have in the house. I chose an array of meal options to show some different choices that fit within the anti-inflammatory diet, but if you're someone who finds it easier to have the same breakfast for an entire week, then feel free! In my meal plans, I aim to have a similar calorie range for each meal which means that you can swap recipes for each meal without changing the calorie levels drastically.

And last but not least, don't feel like you have to follow this meal plan or a full 30 days in order to get the anti-inflammatory effects. Within days you will notice and feel the difference in your sense of wellbeing. Use it as healthy eating inspiration, a cook book and do what feels good to you—whether it's one meal or one week! Start somewhere and slowey transition into this way of eating.



| WEEK 1

TIME
5 minKcal
CALORIES
225PROTEIN
26gCARBS
10 gFATS
14 g

BERRIES & CREAM SMOOTHIE

Ingredients

- 1 cup spinach
- ½ cup frozen mixed berries
- 1 cup unsweetened vanilla almond milk
- ½ cup unsweetened coconut milk
- 1 tablespoon almond butter
- 1 teaspoon ground flaxseed
- Dash of cinnamon
- If you want to add protein to your shake this is my recommended brand ["Kion Brand Protein"](#)

Meal Preparation

- Step 1: Add ingredients into blender and blend together.
- Step 2: Serve and enjoy.



TIME
10 min

Kcal
CALORIES
360



PROTEIN
20



CARBS
6



FATS
24.6

TEMPH VEGGIE SALAD

Ingredients

- Ingredient Checklist
- 2 cups mixed salad greens
- ¾ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
- ⅓ cup cube size temp
- ½ avocado, diced
- 1 tablespoon red-wine vinegar
- 1 tablespoon tamari
- 2 teaspoons extra-virgin olive oil
- 1/4 cup soy sauce
- 3 tablespoons choc zero maple syrup
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste

Meal Preparation

- For sautéed Tempah: Mix together soy sauce, maple syrup, rice vinegar, olive oil, and black pepper in a large bowl. Place tempeh into bowl with marinade, toss to coat, cover and refrigerate for 30 minutes and up to overnight.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add in tempeh and sauté for 2-3 minutes per side or until crispy. Toss with remaining marinade, then serve immediately.
- Combine greens, veggies, tempah and avocado in a medium bowl. Drizzle with vinegar and oil and tamari season with salt and pepper. Toss to combine and transfer to a large plate.



TIME
55 min

Kcal
CALORIES
387



PROTEIN
32.9g



CARBS
15.3g



FATS
18.6g

GREEK ROASTED FISH WITH VEGETABLES

Ingredients

- 1/2 pound fingerling potatoes, halved lengthwise
- 2 tablespoons olive oil
- 5 garlic cloves, coarsely chopped
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 5 to 6-ounce fresh or frozen skinless salmon fillets
- 2 medium red, yellow and/or orange sweet peppers, cut into rings
- 2 cups cherry tomatoes
- 1 ½ cups chopped fresh parsley (1 bunch)
- ¼ cup pitted kalamata olives, halved
- ¼ cup finely snipped fresh oregano or 1 Tbsp. dried oregano, crushed
- 1 lemon
- **Serves 4- Make less if you only one serving.**
- **Meal prep tip: Make multiple servings to enjoy during the week if you are using this plan for meal prep**

Meal Preparation

- Preheat oven to 425 degrees F. Place potatoes in a large bowl. Drizzle with 1 Tbsp. of the oil and sprinkle with garlic and 1/8 tsp. of the salt and black pepper; toss to coat. Transfer to a 15x10-inch baking pan; cover with foil. Roast 30 minutes.
- Meanwhile, thaw salmon, if frozen. Combine, in the same bowl, sweet peppers, tomatoes, parsley, olives, oregano and 1/8 tsp. of the salt and black pepper. Drizzle with remaining 1 Tbsp. oil; toss to coat.
- Rinse salmon; pat dry. Sprinkle with remaining 1/4 tsp. salt and black pepper. Spoon sweet pepper mixture over potatoes and top with salmon. Roast, uncovered, 10 minutes more or just until salmon flakes.
- Remove zest from lemon. Squeeze juice from lemon over salmon and vegetables. Sprinkle with zest.

TIME
5 minKcal
CALORIES
249PROTEIN
8gCARBS
13.7FATS
16.9

GREEN POWER SMOOTHIE

Ingredients

- 1 cups dark leafy greens
- ½ cucumber, roughly chopped
- ½ avocado
- 1 teaspoon grated ginger
- 1 tablespoon mint leaves
- 1/3 red bell pepper, roughly chopped
- ½ cup blueberries
- 1/3 cup frozen pineapple
*optional
- 1 1/2 tablespoons pumpkin seeds
- 1 tablespoons hemp seeds
- 1 tablespoon chia seeds
- Juice of ½ lemon
- 1 cups filtered water
- ***Optional: Add some "BIOHM HEALTH SUPER GREENS - CODE: STORM" for an added gut boost.**

Meal Preparation

- Pop all of these beautiful ingredients into a blender and blend until smooth.
- *PROTEIN CAN BE ADDED TO ALL BREAKFAST SMOOTHIES. OPTIONAL.
- Calories shown are without protein added.

TIME
55 MINKcal
CALORIES
338PROTEIN
26 gCARBS
18 gFATS
19 g

CREAMY FENNEL KALE CHICKEN SALAD

Ingredients

- INGREDIENTS
- 2 medium leeks, thinly sliced
- 2 medium fennel bulbs, cored and thinly sliced
- 1/4 cup avocado oil
- Dash black pepper
- 5 cups curly kale, chopped
- 1 lb. organic chicken breast cutlets, skinless
- 1/2 cup organic, low-sodium chicken broth
- 1/4 cup almond yogurt, unsweetened
- 1 tablespoon whole grain mustard
- ***This is 4 servings- you will use the other servings for the rest of the week until day 5 lunch. Make less if you don't plan on repeating this meal for lunch multiple days. .**

Meal Preparation

- Preheat oven to 400° F.
- On a baking sheet, place prepared fennel and leeks.
- Toss vegetables with 2 tablespoons avocado oil, Himalayan salt, and dash of black pepper.
- In a separate bowl, massage kale with 1 tablespoon avocado oil, dash of salt and pepper, and set the kale aside.
- Bake fennel and leeks for 40 minutes and add kale to the baking sheet for the last 10-12 minutes of baking.
- Heat 1 tablespoon avocado oil in a large pan, over medium heat. Add chicken and sauté until lightly cooked, about 3-4 minutes per side.
- In a small bowl, mix almond yogurt, chicken broth, and mustard and pour on top of chicken.
- Add the roasted vegetables to pan and continue to heat for 3 minutes, then enjoy!



TIME
30 min

Kcal
CALORIES
478



PROTEIN
31.4g



CARBS
31.2g



FATS
15

MEDITERRANEAN CHICKEN QUINOA BOWL

Ingredients

- 2-3 boneless, skinless chicken breasts, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1/4 7-ounce jar roasted red peppers, rinsed
- 1 tablespoon slivered almonds
- 2 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, crushed
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (Optional)
- 1 cups cooked quinoa
- 1/4 cup pitted Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese *optional
- 2 tablespoons finely chopped fresh parsley
- ***Save one of the chicken breast for DAY 3 DINNER**
- **IF YOU MAKE 3 CHICKEN BREASTS YOU CAN USE 1 1/2 for added calories and save the rest in a tight lid container.**

Meal Preparation

- Position a rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
- Sprinkle chicken with salt and pepper and place on the prepared baking sheet. Broil, turning once, until an instant-read thermometer inserted in the thickest part reads 165 degrees F, 14 to 18 minutes. Transfer the chicken to a clean cutting board and slice or shred
- Meanwhile, place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
- Combine quinoa, olives, red onion and the remaining 1 tablespoons oil in a medium bowl.
- To serve, add quinoa mixture in a bowl and top with equal amounts of cucumber, 1 chicken breast and the red pepper sauce. Sprinkle with feta and parsley.



TIME
5 min

Kcal
CALORIES
230



PROTEIN
10.9g



CARBS
6



FATS
13.7g

QUICK HERB AND AVOCADO OMELET

Ingredients

- 2 teaspoons unsalted grass-fed butter or Ghee.
- 2 large omega-3 eggs
- 2 teaspoons filtered water
- 1 tablespoon chopped parsley or cilantro leaves
- 1 scallion, thinly chopped
- Pinch sea salt
- Pinch ground black pepper
- 1/4 of an avocado, pitted and sliced
- 1/2 small tomato, thinly sliced

Meal Preparation

- Place an 8- to 9-inch ovenproof non-stick skillet over medium low heat and add the butter. While the butter is melting, whisk the eggs, water and herbs together. Add the salt and pepper and whisk.
- When the butter is melted and the pan is hot, pour in the eggs and allow them to sit undisturbed until the bottom has set, about 1 to 2 minutes. With a flexible, flat spatula, gently lift the edges of the omelet and allow the liquid eggs to flow underneath. For a loose omelet with a creamy center, allow eggs to cook another minute until set but creamy, and then add three slices of tomato and the avocado in the center. Fold edges of omelet into the middle and serve.
- For a firmer omelet, preheat your oven broiler to high and move the top rack to one below the top level. Place the pan under the broiler for 15 to 30 seconds to set still creamy eggs, then remove from the oven, add the tomatoes and avocado, fold and serve.



TIME
55 min

Kcal
CALORIES
338



PROTEIN
26 g



CARBS
18 g



FATS
19 g

CREAMY FENNEL KALE CHICKEN SALAD

Ingredients

- 2 medium leeks, thinly sliced
- 2 medium fennel bulbs, cored and thinly sliced
- 1/4 cup avocado oil
- Dash black pepper
- 5 cups curly kale, chopped
- 1 lb. organic chicken breast cutlets, skinless
- 1/2 cup organic, low-sodium chicken broth
- 1/4 cup almond yogurt, unsweetened
- 1 tablespoon whole grain mustard
- **Serves 4**

Meal Preparation

- Preheat oven to 400° F.
- On a baking sheet, place prepared fennel and leeks.
- Toss vegetables with 2 tablespoons avocado oil, Himalayan salt, and dash of black pepper.
- In a separate bowl, massage kale with 1 tablespoon avocado oil, dash of salt and pepper, and set the kale aside.
- Bake fennel and leeks for 40 minutes and add kale to the baking sheet for the last 10-12 minutes of baking.
- Heat 1 tablespoon avocado oil in a large pan, over medium heat. Add chicken and sauté until lightly cooked, about 3-4 minutes per side.
- In a small bowl, mix almond yogurt, chicken broth, and mustard and pour on top of chicken.
- Add the roasted vegetables to pan and continue to heat for 3 minutes, then enjoy!
-



TIME
20 min

Kcal
CALORIES
368



PROTEIN
18 g



CARBS
17 g



FATS
17.8 g

Ingredients

- 4 cups spinach
- 1 /2 avocado, diced
- 1/2 cup blueberries
- 1 cup halved yellow cherry tomatoes
- 1 cup cooked shelled edamame
- ¼ cup sliced almonds, toasted
- 1/3 cup crumbled goat cheese (2 ounces) *optional
- 1 1/2 tablespoon olive oil
- 3 tablespoons lemon juice
- 1 tablespoon minced chives
- 1 ½ teaspoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon salt

1.* You can add the extra chicken breast from day 2 for increased protein.

Meal Preparation

- Place spinach in a large bowl Add avocado, blueberries, tomatoes, edamame, almonds, and goat cheese.
- Combine oil, lemon juice, chives, honey, mustard, and salt in a small bowl or in a jar with a tight-fitting lid. Whisk or shake well.
- Drizzle the vinaigrette over the salad and toss to combine.



TIME
5 min

Kcal
CALORIES
229



PROTEIN
16g



CARBS
17.3g



FATS
10.8g

CHIA SEED PUDDING

Ingredients

- INGREDIENTS
- 3 tablespoons whole chia seeds
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom (optional)
- 1/2 teaspoon rose water (optional)
- 1/2 cup hot water or nut milk
- 1/2 cup washed organic berries
- 2 tablespoons hemp seeds (can substitute toasted or raw pumpkin or sunflower seeds)
- 2 tablespoons unsweetened coconut flakes (optional)
- Feel free to add toppings of choice.

Meal Preparation

- In a medium bowl, combine the chia seeds, cardamom, and cinnamon and pour the hot water or milk over the mixture. Let rest to firm up, about 20-30 minutes or overnight.
- Wash the fruit and slice into bite-sized pieces if needed.
- Top the thickened chia seed pudding with berries, coconut flakes and any other seeds. Enjoy!

TIME
55 minKcal
CALORIES
338PROTEIN
26gCARBS
18gFATS
19g

CREAMY FENNEL KALE CHICKEN SALAD

Ingredients

- 2 medium leeks, thinly sliced
- 2 medium fennel bulbs, cored and thinly sliced
- 1/4 cup avocado oil
- Dash black pepper
- 5 cups curly kale, chopped
- 1 lb. organic chicken breast cutlets, skinless
- 1/2 cup organic, low-sodium chicken broth
- 1/4 cup almond yogurt, unsweetened
- 1 tablespoon whole grain mustard

Meal Preparation

- Preheat oven to 400° F.
- On a baking sheet, place prepared fennel and leeks.
- Toss vegetables with 2 tablespoons avocado oil, Himalayan salt, and dash of black pepper.
- In a separate bowl, massage kale with 1 tablespoon avocado oil, dash of salt and pepper, and set the kale aside.
- Bake fennel and leeks for 40 minutes and add kale to the baking sheet for the last 10-12 minutes of baking.
- Heat 1 tablespoon avocado oil in a large pan, over medium heat. Add chicken and sauté until lightly cooked, about 3-4 minutes per side.
- In a small bowl, mix almond yogurt, chicken broth, and mustard and pour on top of chicken.
- Add the roasted vegetables to pan and continue to heat for 3 minutes, then enjoy!

TIME
50 minKcal
CALORIES
374PROTEIN
24.7gCARBS
25.6gFATS
19.3g

SKILLET LEMON CHICKEN & POTATOES WITH ARUGULA

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken thighs, trimmed
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound baby Yukon Gold potatoes, halved lengthwise
- ½ cup low-sodium chicken broth
- 1 large lemon, sliced and seeds removed
- 4 cloves garlic, minced
- 1 tablespoon chopped fresh tarragon
- 4 cups arugula

Meal Preparation

- Preheat oven to 400 degrees F.
- Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a plate.
- Add the remaining 2 tablespoons oil, potatoes and the remaining 1/4 teaspoon each salt and pepper to the pan. Cook the potatoes, cut-side down, until browned, about 3 minutes. Stir in broth, lemon, garlic and tarragon. Return the chicken to the pan.
- Transfer the pan to the oven. Roast until the chicken is cooked through and the potatoes are tender, about 15 minutes. Stir kale into the mixture and roast until it has wilted, 3 to 4 minutes.

GREEN POWER SMOOTHIE



TIME
5 min

Kcal
CALORIES
249



PROTEIN
8 g



CARBS
13.7



FATS
16.9

Ingredients

- 1 cups dark leafy greens
- ½ cucumber, roughly chopped
- ½ avocado
- 1 teaspoon grated ginger
- 1 tablespoon mint leaves
- 1/3 red bell pepper, roughly chopped
- ½ cup blueberries
- 1/3 cup frozen pineapple *optional
- 1 1/2 tablespoons pumpkin seeds
- 1 tablespoons hemp seeds
- 1 tablespoon chia seeds
- Juice of ½ lemon
- 1 cups filtered water
- ***Optional: Add some "BIOHM HEALTH SUPER GREENS - CODE: STORM" for an added gut boost.**

Meal Preparation

- Mix all ingredients in blender and enjoy.

CREAMY FENNEL KALE CHICKEN SALAD



TIME
55 min

Kcal
CALORIES
338



PROTEIN
26g



CARBS
18g



FATS
19g

Ingredients

- 2 medium leeks, thinly sliced
- 2 medium fennel bulbs, cored and thinly sliced
- 1/4 cup avocado oil
- Dash black pepper
- 5 cups curly kale, chopped
- 1 lb. organic chicken breast cutlets, skinless
- 1/2 cup organic, low-sodium chicken broth
- 1/4 cup almond yogurt, unsweetened
- 1 tablespoon whole grain mustard

Meal Preparation

- Preheat oven to 400° F.
- On a baking sheet, place prepared fennel and leeks.
- Toss vegetables with 2 tablespoons avocado oil, Himalayan salt, and dash of black pepper.
- In a separate bowl, massage kale with 1 tablespoon avocado oil, dash of salt and pepper, and set the kale aside.
- Bake fennel and leeks for 40 minutes and add kale to the baking sheet for the last 10-12 minutes of baking.
- Heat 1 tablespoon avocado oil in a large pan, over medium heat. Add chicken and sauté until lightly cooked, about 3-4 minutes per side.
- In a small bowl, mix almond yogurt, chicken broth, and mustard and pour on top of chicken.
- Add the roasted vegetables to pan and continue to heat for 3 minutes, then enjoy!



TIME
20 -50
min
Kcal
CALORIES
307,
272



PROTEIN
29/34



CARBS
0/0



FATS
21/14

Easy Dijon Chicken or Salmon

Ingredients

- 1 teaspoon extra virgin olive oil for chicken, 1 tablespoon for salmon
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 teaspoons Dijon or spicy brown mustard
- ½ to 1 teaspoon dried thyme, rosemary, tarragon, or other herbs of your choice
- 2 pounds bone-in, skin-on, free-range chicken thighs or 1 ½ pounds skin-on, wild-caught salmon fillets
- * You can prep both options and store to add to salads and dinner meals throughout the week if you are using this plan for meal prep ideas.
- Serves 4

Meal Preparation

- Preheat the oven to 350°F.
- Combine the olive oil, salt, pepper, mustard, and herbs in a small bowl.
- Rub the mustard mixture over the chicken and under the chicken skin or on both sides of the salmon until completely covered.
- Cook immediately, or for a more flavorful dish, cover and set aside in the refrigerator to marinate for at least 1 hour;
- salmon should marinate for no longer than 3 hours.
- Place the chicken or salmon skin-side up in a 9-inch square baking dish or medium baking sheet. Bake the chicken for 45 minutes or
- the salmon for 15 minutes, or until cooked through.
- For chicken, if there are juices in the pan, use them to occasionally baste while cooking by spooning the juice in the baking dish over the chicken.

TIME
5 minKcal
CALORIES
194PROTEIN
26gCARBS
17gFATS
2

RASPBERRY PROTEIN POWER SMOOTHIE

Ingredients

- **cup ice cups**
- **1 frozen banana medium**
- **1 cup frozen raspberries**
- **3/4 cup vanilla almond milk**
- **1/2 teaspoon vanilla extract**
- **Add one Scoop Kion Vanilla protein.**

Meal Preparation

- **Combine in a blender. Process until smooth, adding water a tablespoon at a time, if necessary.**



TIME
10 min

Kcal
CALORIES
277



PROTEIN
23g



CARBS
2 g



FATS
24.1g

SALMON-SALAD STUFFED AVOCADO

Ingredients

- 1/3 cup canned salmon
- 1 tablespoon pesto
- 1 tablespoon nonfat plain Greek yogurt
- 2 teaspoons minced shallot
- 1/2 avocado
- 1 cup baby spinach

Meal Preparation

- Combine salmon with pesto, yogurt and shallot. Serve over avocado and baby spinach.



TIME
20 min

Kcal
CALORIES
176



PROTEIN
14g



CARBS
13g



FATS
9g

SKILLET TOFU WITH BROCCOLI AND PEPPERS

Ingredients

- 2 teaspoons sesame oil
- 1 large red bell pepper, stemmed, seeded, and julienned
- 2 large broccoli heads (about 1 pound total), cut into small florets
- 1/2-inch piece fresh ginger, peeled and minced
- 1 pound non-GMO firm tofu, drained and crumbled
- 2 tablespoons wheat-free tamari
- 1 tablespoon rice wine vinegar
- 1/2 cup vegetable broth or filtered water
- 1 tablespoon arrowroot
- 2 tablespoons filtered water
- 1 tablespoon white sesame seeds
- 1/4 cup loosely packed cilantro leaves, roughly chopped
- *** Serves 4/ Tofu can be substituted for chicken or beef.**
- ***Veggies can be substituted based on preference**
- **Save the rest for the week**

Meal Preparation

- Heat the sesame oil in a large skillet or wok over medium-high heat until shimmering. Add the peppers and broccoli, toss to combine, and cook, stirring occasionally, until soft, 3 to 4 minutes. Stir in the ginger and cook for 1 minute. Then add the crumbled tofu and stir until the tofu is well combined.
- Add the tamari, vinegar, and broth, and bring to a simmer. While the tofu cooks, combine the arrowroot with the water and pour the mixture into the pan. Stir well and simmer for another 2 to 3 minutes to allow the liquid to thicken.
- Step 3: Divide the tofu among four bowls and serve immediately, garnished with the sesame seeds and cilantro. This dish serves up nicely with the Cauliflower Rice.
-

TIME
5 minKcal
CALORIES
194PROTEIN
20CARBS
16FATS
2

RASPBERRY PROTEIN POWER SMOOTHIE

Ingredients

- **cup ice cups**
- **1/2 frozen banana medium**
- **1/2 cup frozen raspberries**
- **3/4 cup vanilla almond milk or dairy free milk of choice**
- **1/2 teaspoon vanilla extract**
- **Add one Scoop Kion Vanilla protein.**

Meal Preparation

- **Combine in a blender. Process until smooth, adding water a tablespoon at a time, if necessary.**

TIME
10 minKcal
CALORIES
176PROTEIN
14gCARBS
13gFATS
9g

SKILLET TOFU WITH BROCCOLI AND PEPPERS

Ingredients

- 2 teaspoons sesame oil
- 1 large red bell pepper, stemmed, seeded, and julienned
- 2 large broccoli heads (about 1 pound total), cut into small florets
- 1/2-inch piece fresh ginger, peeled and minced
- 1 pound non-GMO firm tofu, drained and crumbled
- 2 tablespoons wheat-free tamari
- 1 tablespoon rice wine vinegar
- 1/2 cup vegetable broth or filtered water
- 1 tablespoon arrowroot
- 2 tablespoons filtered water
- 1 tablespoon white sesame seeds
- 1/4 cup loosely packed cilantro leaves, roughly chopped

Meal Preparation

- Heat the sesame oil in a large skillet or wok over medium-high heat until shimmering. Add the peppers and broccoli, toss to combine, and cook, stirring occasionally, until soft, 3 to 4 minutes. Stir in the ginger and cook for 1 minute. Then add the crumbled tofu and stir until the tofu is well combined.
- Add the tamari, vinegar, and broth, and bring to a simmer. While the tofu cooks, combine the arrowroot with the water and pour the mixture into the pan. Stir well and simmer for another 2 to 3 minutes to allow the liquid to thicken.
- Step 3: Divide the tofu among four bowls and serve immediately, garnished with the sesame seeds and cilantro. This dish serves up nicely with the Cauliflower Rice.



TIME
25 min

Kcal
CALORIES
429



PROTEIN
30.9g



CARBS
29.3g



FATS
22g

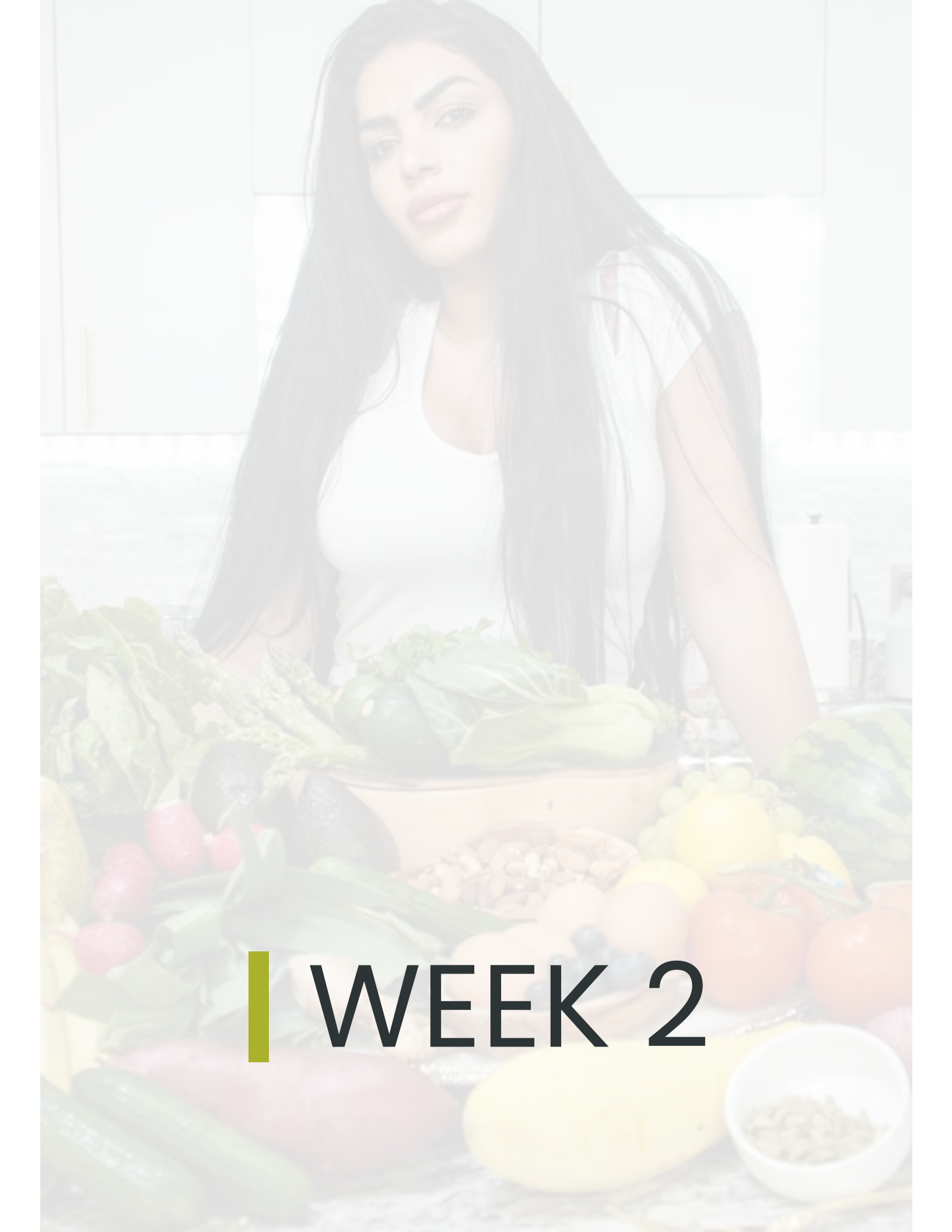
CHARRED SHRIMP, PESTO & QUINOA BOWLS

Ingredients

- ⅓ cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound peeled and deveined large shrimp (16–20 count), patted dry
- 4 cups arugula
- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 avocado, diced
- **Serves 4**

Meal Preparation

- Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.
- Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.
- Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.



| WEEK 2

SPINACH & EGG SCRAMBLE WITH RASPBERRIES



TIME
10 min

Kcal
CALORIES
145



PROTEIN
12.8g



CARBS
7g



FATS
7g

Ingredients

- 1 teaspoon olive oil
- 1 ½ cups baby spinach (1 1/2 ounces)
- 2 large Organic eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- ½ cup fresh raspberries

Meal Preparation

- Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve the scramble with raspberries.

GREEN SALAD WITH EDAMAME & BEETS



TIME
15 min

Kcal
CALORIES
325



PROTEIN
18.5g



CARBS
15.7



FATS
10

Ingredients

- 2 cups mixed salad greens
- 1 cup shelled edamame, thawed
- ½ medium raw beet, peeled and shredded (about 1/2 cup)
- 1 tablespoon plus 1 1/2 teaspoons red-wine vinegar
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons extra-virgin olive oil
- Freshly ground pepper to taste

Meal Preparation

- Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl. Drizzle over the salad and enjoy.



TIME
40 min

Kcal
CALORIES
398



PROTEIN
37g



CARBS
17.8g



FATS
17

ROASTED SALMON WITH CHICKPEAS & GREENS

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon smoked paprika
- ½ teaspoon salt, divided, plus a pinch
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 2 cups veggies of choice chopped
- ¼ cup chopped fresh chives and/or dill, plus more for garnish
- ½ teaspoon ground pepper, divided
- ¼ teaspoon garlic powder
- ¼ cup water
- 1 ¼ pounds wild salmon, cut into 4 portions
- ***Serve 4 make less if extra is not needed**

Meal Preparation

- Position racks in upper third/middle of oven; preheat to 425 degrees F.
- Combine 1 tablespoon oil, paprika and 1/4 teaspoon salt in a medium bowl. Very thoroughly pat chickpeas dry, then toss with the paprika mixture. Spread on a rimmed baking sheet. Bake the chickpeas on the upper rack, stirring twice, for 30 minutes.
- Remove the chickpeas from the oven and push them to one side of the pan. Place salmon on the other side and season with the remaining 1/4 teaspoon each salt and pepper. Bake until the salmon is just cooked through, 12 to 15 minutes.
- garnish with herbs, and serve with the veggies and chickpeas.

TIME
8 h 10 minKcal
CALORIES
229PROTEIN
16CARBS
17.8FATS
10.8g

LAYERD CHIA SEED PUDDING

Ingredients

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup (OPTIONAL)
- ½ cup fresh berries, divided
- 1/2 cup dairy free plain yogurt
- 1 tablespoon toasted nuts or coconut shreds.
- **•MEAL PREP TIP: Make double the above serving to have pudding ready for upcoming days or as a snack alternative.**

Meal Preparation

- Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days
- When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and layer it to your liking
- . Keep unmixed chia seeds in the fridge and prep in the morning.



TIME
45 min

Kcal
CALORIES
393



PROTEIN
30.4g



CARBS
31.9g



FATS
15.4g

SWEET POTATO, KALE & CHICKEN SALAD WITH PEANUT DRESSING

Ingredients

- 1 pound sweet potatoes (about 2 medium), scrubbed and cut into 1-inch cubes
- 1½ teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- 1/2 cup Peanut Dressing (see Associated Recipes)
- 6 cups chopped curly kale
- 2 cups shredded cooked chicken breast (see Tip)
- ¼ cup chopped unsalted peanuts
- ***Serves 4- Make less if needed.**

Meal Preparation

- Preheat oven to 425 degrees F. Line a rimmed baking sheet with foil; lightly coat with cooking spray. Set aside. Toss sweet potatoes with oil, salt and pepper in a large bowl.
- Arrange the sweet potatoes in a single layer on the prepared baking sheet. Roast, turning once, until tender and lightly browned and crispy on the outside, about 20 minutes. Set aside to cool before assembling bowls.
- Transfer 2 tbsp. peanut dressing into each of 4 small lidded containers; refrigerate for up to 4 days.
- Divide kale among 4 single-serving containers. Top each with one-fourth of the roasted sweet potatoes and 1/2 cup chicken. Seal the containers and refrigerate for up to 4 days.
- Before serving, drizzle each salad with 1 portion of peanut dressing and toss well to coat, top with 1 tbsp. chopped peanuts.

BASIL PESTO SPINACH PASTA WITH GRILLED VEGETABLES



TIME
45 min

Kcal
CALORIES
334



PROTEIN
12g



CARBS
15g



FATS
29g

Ingredients

- 2 cups fresh basil leaves
- ¼ cup chopped toasted walnuts
- 1 clove garlic, minced
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ¼ cup extra-virgin olive oil plus 2 Tbsp., divided
- 3 portobello mushroom caps, stemmed, gills removed
- 2 medium bell peppers (red, orange, and/or yellow), quartered
- 1 medium yellow summer squash, trimmed and cut into 1/2-inch-thick planks
- 5 scallions, trimmed
- 4 ounces spinach pasta (1 1/2 cups)
- 2 cups zucchini "noodles" (6 oz.)
- ½ cup low-sodium canned cannellini beans, rinsed

Meal Preparation

- Preheat grill to medium-high. Bring a large pot of water to a boil. Combine basil, walnuts, garlic, 1/4 tsp. salt, and 1/8 tsp. pepper in a food processor; pulse until finely chopped. Slowly pour 1/4 cup oil through the feed tube; continue processing until the mixture is smooth. Transfer to a medium bowl and set aside.
- Combine portobellos, bell peppers, squash, scallions, and the remaining 2 Tbsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a large bowl; toss to coat.
- Oil the grill grates (see Tip). Grill the vegetables until tender and lightly charred, 6 to 8 minutes per side. Remove from the grill and coarsely chop.
- Cook pasta according to package directions. Add zucchini "noodles" to the pasta during the last 2 minutes of cooking. Reserve 1/2 cup pasta water before draining. Drain the pasta and zoodles and place in a large bowl.



TIME
45 min

Kcal
CALORIES
334



PROTEIN
12g



CARBS
15



FATS
29g

BASIL PESTO PASTA WITH GRILLED VEGETABLES

Ingredients

Meal Preparation(cont'd)

- Whisk 1/4 cup of the reserved pasta water into the pesto. Pour over the pasta and toss to coat, adding more reserved pasta water if needed to loosen the sauce. Add the grilled vegetables and beans; toss to coat well.



TIME
8 h 10 min

Kcal
CALORIES
229



PROTEIN
16g



CARBS
17.8g



FATS
10.8g

BLUEBERRY ALMOND CHIA PUDDING

Ingredients

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup (choczero)
- ⅛ teaspoon almond extract
- ½ cup fresh blueberries, divided
- 1 tablespoon toasted slivered almonds, divided

Meal Preparation

- Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days
- When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.



TIME
45 min

Kcal
CALORIES
393



PROTEIN
30.4g



CARBS
31.9g



FATS
15.4g

SWEET POTATO, KALE & CHICKEN SALAD WITH PEANUT DRESSING

Ingredients

- 1 pound sweet potatoes (about 2 medium), scrubbed and cut into 1-inch cubes
- 1½ teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- 1/2 cup Peanut Dressing (see Associated Recipes)
- 6 cups chopped curly kale
- 2 cups shredded cooked chicken breast (see Tip)
- ¼ cup chopped unsalted peanuts

Meal Preparation

- Preheat oven to 425 degrees F. Line a rimmed baking sheet with foil; lightly coat with cooking spray. Set aside. Toss sweet potatoes with oil, salt and pepper in a large bowl.
- Arrange the sweet potatoes in a single layer on the prepared baking sheet. Roast, turning once, until tender and lightly browned and crispy on the outside, about 20 minutes. Set aside to cool before assembling bowls.
- Transfer 2 tbsp. peanut dressing into each of 4 small lidded containers; refrigerate for up to 4 days.
- Divide kale among 4 single-serving containers. Top each with one-fourth of the roasted sweet potatoes and 1/2 cup chicken. Seal the containers and refrigerate for up to 4 days.
- Before serving, drizzle each salad with 1 portion of peanut dressing and toss well to coat, top with 1 tbsp. chopped peanuts.



TIME
25 min

Kcal
CALORIES
298



PROTEIN
6.8g



CARBS
10g



FATS
24g

CELERIAC & WALNUT TACOS

Ingredients

- ½ cup walnuts
- 8 ounces celeriac (celery root), peeled and cut into 1-inch pieces
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, finely chopped
- 1 teaspoon chili powder
- ¾ teaspoon ground cumin
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt plus a pinch, divided
- ⅛ teaspoon onion powder
- ⅛ teaspoon dried oregano
- ½ cup water
- ½ cup julienned peeled jicama and/or radishes
- 1 tablespoon lime juice
- 8 low carb corn tortillas, warmed
- 1 ripe avocado, sliced
- ½ cup fresh salsa or pico de gallo
- ¼ cup fresh cilantro

Meal Preparation

- Toast walnuts in a medium skillet over medium heat until fragrant, about 2 minutes. Pulse in a food processor to coarsely chop. Transfer to a small bowl.
- Pulse celeriac in the food processor until chopped into 1/4-inch pieces
- Heat oil in the pan over medium heat. Add the celeriac and cook, stirring occasionally, until tender, about 5 minutes. Add the walnuts and garlic and cook, stirring, for 30 seconds. Add chili powder, cumin, crushed red pepper, 1/4 teaspoon salt, onion powder and oregano; cook, stirring, for 30 seconds. Add water and simmer until mostly absorbed but still saucy, 1 to 2 minutes. Remove from heat and cover to keep warm.
- Mix jicama (and/or radishes) with lime juice and the remaining pinch of salt.
- Serve the celeriac mixture in tortillas topped with the jicama (and/or radishes), avocado, salsa (or pico de gallo) and cilantro.



TIME
30 min

Kcal
CALORIES
199



PROTEIN
25g



CARBS
6.6g



FATS
11g

GUACAMOLE STUFFED CHICKEN

Ingredients

• FOR THE CHICKEN

- 4
- boneless, skinless antibiotic free chicken breasts
- 2 tsp.
- kosher salt
- 1 tsp.
- chili powder
- 1 tsp.
- garlic powder
- 1 tsp.
- dried oregano
- 1/2 tsp.
- onion powder
- 1/2 tsp.
- cumin
- 2 tbsp.
- extra-virgin olive oil

FOR GUACAMOLE

- 1 avocado, diced
- Juice of 1 lime
- 2 cloves garlic, minced
- 1/4 red onion, finely chopped
- 1/2 c. grape tomatoes, quartered
- 2 tbsp. freshly chopped cilantro, plus more for garnish
- 1 lime, cut into wedges

Meal Preparation

- Preheat oven to 400°. In a small bowl, stir together salt, chili powder, garlic powder, oregano, onion powder, and cumin. Coat chicken with oil and rub all over with spice mix.
- In a large bowl, stir together avocado, lime juice, garlic, red onion, tomatoes, and cilantro. Cut a pocket into each chicken breast and stuff with guacamole mixture. Secure pocket closed with toothpicks.
- Bake until chicken is cooked to an internal temperature of 165°, about 25 minutes. Garnish with cilantro and serve with lime wedges.



TIME
8 h 10 min

Kcal
CALORIES
232.2



PROTEIN
16g



CARBS
17.8g



FATS
10.8g

BLUEBERRY ALMOND CHIA PUDDING

Ingredients

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- ⅛ teaspoon almond extract
- ½ cup fresh blueberries, divided
- 1 tablespoon toasted slivered almonds, divided

Meal Preparation

- Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days
- When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.

TIME
10Kcal
CALORIES
306PROTEIN
10CARBS
13FATS
11

KITCHEN SINK GUT FOOD SALAD

Ingredients

- 2-3 cups of mixed greens, arugula, basil and mint
- organic apple skins (peel the skin off the apples only)
- 1 tomatoes chopped
- 2 cucumbers chopped
- 1/2 cup blueberries
- 1/2 avocado sliced and chopped
- 2 slices of lemon with peel

For Dressing

- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- 2 tablespoon gluten free tamari
- 1 tablespoon coconut aminos
- juice of 1 lemon
- teaspoon sumac
- 1/2 tablespoon thyme

Optional

- You can add protein of choice- Salmon recommended or sardines recommended

Meal Preparation

- Mix all greens and veggies in a large bowl
- mix all dressing ingredients together
- Mix amount of dressing desired with salad before serving.



TIME
40 min

Kcal
CALORIES
402



PROTEIN
32g



CARBS
20



FATS
7.5g

MEDITERRANEAN CHICKEN WITH POTATOES & SALAD

Ingredients

- 4 skinless, boneless chicken breasts (8 ounces each), halved
 - 1/2 pound organic baby potatoes
- Chicken Marinade

- 1tablespoons extra-virgin olive oil, divided
- 1 teaspoon lemon zest
- ½ teaspoon salt,
- ½ teaspoon ground pepper
- 1 tablespoon tamari
- 2 tablespoon coconut aminos
- 1 teaspoon cinnamon
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 teaspoon ginger powder
- 1 cup bone broth

For Side salad

- 1 cups mixed greens
- 1 cup chopped cucumber
- 1 cup chopped tomato
- You add more veggies to your side salad
- 2 tablespoons lemon juice
- 1/2 tablespoon olive oil
- 1/2 tablespoon coconut aminos
- 2 teaspoons chopped fresh oregano

Meal Preparation

- Preheat oven to 425 degrees F.
- Mix Chicken Marinade with chicken . Place in a deep baking dish with potatoes and cover. Bake until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 25 to 30 minutes.
- Meanwhile, prep side salad add dressing before serving
- Divide chicken and potatoes into 4 containers.



TIME
5 min

Kcal
CALORIES
249



PROTEIN
8.8g



CARBS
13.7



FATS
16.9

GREEN SMOOTHIE

Ingredients

- 1 cups dark leafy greens
- ½ cucumber, roughly chopped
- ½ avocado
- 1 teaspoon grated ginger
- 1 tablespoon mint leaves
- 1/3 red bell pepper, roughly chopped
- ½ cup blueberries
- 1/3 cup frozen pineapple *optional
- 1 1/2 tablespoons pumpkin seeds
- 1 tablespoons hemp seeds
- 1 tablespoon chia seeds
- Juice of ½ lemon
- 1 cups filtered water
- ***Optional: Add some "BIOHM HEALTH SUPER GREENS - CODE: STORM" for an added gut boost.**
-

Meal Preparation

- BLEND AND ENJOY
- Vanilla protein can be added to this.



TIME
40 min

Kcal
CALORIES
540



PROTEIN
28.7g



CARBS
20



FATS
8

MEDITERRANEAN CHICKEN WITH POTATOES & SALAD

Ingredients

- 4 skinless, boneless chicken breasts (8 ounces each), halved
- 1/2 pound organic baby potatoes
- Chicken Marinade
-
- 1tablespoons extra-virgin olive oil, divided
- 1 teaspoon lemon zest
- ½ teaspoon salt,
- ½ teaspoon ground pepper
- 1 tablespoon tamari
- 2 tablespoon coconut aminos
- 1 teaspoon cinnamon
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 teaspoon ginger powder
- 1 cup bone broth
- For Side salad
- 1 cups mixed greens
- 1 cup chopped cucumber
- 1 cup chopped tomato
- You add more veggies to your side salad
- 2 tablespoons lemon juice
- 1/2 tablespoon olive oil
- 1/2 tablespoon coconut aminos
- 2 teaspoons chopped fresh oregano
-

Meal Preparation

- Preheat oven to 425 degrees F.
-
- Mix Chicken Marinade with chicken . Place in a deep baking dish with potatoes and cover. Bake until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 25 to 30 minutes.
-
- Meanwhile, prep side salad add dressing before serving
-
- Divide chicken and potatoes into 4 containers.



TIME
5 min

Kcal
CALORIES
179g



PROTEIN
8.8g



CARBS
16



FATS
8.9g

SPROUTED-GRAIN TOAST WITH NUT BUTTER & BANANA

Ingredients

- 1 slice sprouted-grain bread
- 1 tablespoon organic nut butter- I like earth balance and Nutzo
- 1/2 medium banana, sliced

Meal Preparation

- Toast bread. Spread the toast with peanut butter and top with banana slices.



TIME
10 min

Kcal
CALORIES
360



PROTEIN
20



CARBS
6



FATS
24.6g

TEMPH & VEGGIE SALAD

Ingredients

- **Ingredient Checklist**
- **2 cups mixed salad greens**
- **¾ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes**
- **⅓ cup cube size temp**
- **½ avocado, diced**
- **1 tablespoon red-wine vinegar**
- **1 tablespoon tamari**
- **2 teaspoons extra-virgin olive oil**
- **¼ cup soy sauce**
- **1 tablespoons choc zero maple syrup**
- **¼ teaspoon kosher salt**
- **Freshly ground pepper to taste**

Meal Preparation

- **For sauteed Tempah: Mix together soy sauce, maple syrup, rice vinegar, olive oil, and black pepper in a large bowl. Place tempah into bowl with marinade, toss to coat, cover and refrigerate for at least 30 minutes and up to overnight.**
-
- **Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add in tempah and sauté for 2-3 minutes per side or until crispy. Toss with remaining marinade, then serve immediately.**
- **Combine greens, veggies, tempah and avocado in a medium bowl. Drizzle with vinegar and oil and tamari season with salt and pepper. Toss to combine and transfer to a large plate.**



TIME
35 min

Kcal
CALORIES
409



PROTEIN
21.5g



CARBS
34.9



FATS
10.8

QUINOA, CHICKEN & BROCCOLI SALAD WITH ROASTED LEMON DRESSING

Ingredients

- 1 (8 ounce) boneless, skinless chicken breast, trimmed
- 2 tablespoons extra-virgin olive oil, divided
- $\frac{1}{8}$ teaspoon salt plus $\frac{1}{4}$ teaspoon, divided
- 2 small lemons, thinly sliced and seeded
- 1 cup low-sodium chicken broth
- $\frac{1}{2}$ cup quinoa
- 8 ounces broccoli with stems (about 1 medium head)
- $\frac{1}{4}$ cup red-wine vinegar
- 1 tablespoon Dijon mustard
- 2 cups arugula
- $\frac{3}{4}$ cup chopped walnuts, toasted
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup chopped fresh mint

Meal Preparation

- Preheat oven to 425 degrees F.
- Place chicken on one side of a rimmed baking sheet. Drizzle with 1 tablespoon oil and sprinkle with $\frac{1}{8}$ teaspoon salt. Roast for 10 minutes. Place lemon slices on the other side of the baking sheet. Roast, turning once, until an instant-read thermometer inserted into the thickest part of the chicken reaches 160 degrees F and the lemons are browned, 7 to 9 minutes more
- Meanwhile, bring broth and quinoa to a boil in a small saucepan. Reduce heat to maintain a simmer, cover and cook until the liquid is absorbed, about 15 minutes. Remove from heat and let stand, covered, for 10 minutes.
- Cut broccoli florets from the stems. Trim, peel and thinly slice the stems and chop the florets into bite-size pieces.

QUINOA, CHICKEN & BROCCOLI SALAD WITH ROASTED LEMON DRESSING



TIME
35 min

Kcal
CALORIES
409



PROTEIN
21.5g



CARBS
34.9



FATS
10.8

Meal Preparation(cont'd)

- Chop half of the lemon slices. Combine in a large bowl with vinegar, mustard and the remaining 1 tablespoons oil and 1/4 teaspoon salt.
- Shred the chicken. Add the chicken, the remaining lemon slices, the broccoli, the quinoa, arugula, walnuts, cranberries and mint to the dressing; toss to combine.



TIME
10 min

Kcal
CALORIES
142



PROTEIN
12.8g



CARBS
7g



FATS
7g

SPINACH & EGG SCRAMBLE WITH RASPBERRIES

Ingredients

- 1 teaspoon Olive oil
- 1½ cups baby spinach (11/2 ounces)
- 2 large organic omega 3 eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- ½ cup fresh raspberries

Meal Preparation

- Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve the scramble with.



TIME
20 min

Kcal
CALORIES
331.5



PROTEIN
20g



CARBS
10



FATS
23.5g

SPICY SHRIMP TACOS

Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 1 pound peeled, deveined large shrimp
- 1 tablespoon Shrimp Seasoning (see Associated Recipes)
- 1/8 teaspoon salt
- 1 1/2 cups thinly sliced red cabbage
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 8 (6 inch) low carb gluten free corn tortillas, warmed
- 1 avocado, sliced
- 1/2 cup pico de gallo

Meal Preparation

- Heat 2 tablespoons oil in a large skillet over high heat. Sprinkle shrimp evenly with shrimp seasoning and salt. Add the shrimp to the pan; cook, stirring often, until opaque, 3 to 4 minutes. Transfer to a plate.
- Toss cabbage, cilantro, lime juice and the remaining 2 tablespoons oil in a medium bowl until combined.
- Divide the shrimp among warm tortillas. Top with cabbage mixture, avocado and pico de gallo.



TIME
40 min

Kcal
CALORIES
228



PROTEIN
20g



CARBS
21



FATS
12

SPICY SALMON AND BABY POTATES

Ingredients

- 2 wild caught 8 oz salmon
- 1/2 a pound organic baby potatoes cut in halves

Salmon marainde

- 3 tablespoons gluten free tamari
- 2 tablespoons coconut aminos
- 1 tablespoon raw honey or organic maple syrup or monk fruit
- 1 teaspoon cinnamon
- 1 teaspoon Cayenne pepper
- 1 teaspoon ground ginger
- 1 teaspoon red pepper flakes
- 1/2 table spoon sesame seeds
- 1/2 tablespoon honey mustard
- 1 tablespoon extra virgin olive oil
- 1/8 teaspoon salt

Meal Preparation

- Pre-heat oven to 425
- Place salmon and potatoes in a large pan and cover with marinade (You can let it sit for 15-20 mintues) or you can throw in the oven right away.
- Bake salmon for 20 min for medium and for 30 min for well done.
- Cut salmon into 4 servings and divide potatoes into 4 servings
- you can also add a side salad if you wish.



| WEEK 3

TIME
30 minKcal
CALORIES
248PROTEIN
12CARBS
30FATS
8.9g

SWEET POTATO PANCAKES

Ingredients

- 1 medium sweet potato
- 1 cup plant milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 large egg
- 1 cup flour, Almond flour
- 2 teaspoon baking powder
- 1/4 teaspoon salt

Meal Preparation

- Cook sweet potato (this can be done the night before). You will need 1/2 cup mashed.
- Blend first five ingredients in a blender, until smooth.
- Whisk together the flour, baking powder and salt. Add the sweet potato mixture and stir just until combined.
- Add more milk if needed for the consistency of pancake batter.
- Pour the batter onto a hot griddle greased with nonstick cooking spray. Flip the pancakes when they begin to bubble and are golden brown on both sides.
- Serve warm topped with sliced bananas, yogurt, and a drizzle of choc zero maple syrup



TIME
15 min

Kcal
CALORIES
325



PROTEIN
18.5g



CARBS
15



FATS
15.7g

GREEN SALAD WITH EDAMAME & BEETS

Ingredients

- 2 cups mixed salad greens
- 1 cup shelled edamame, thawed
- ½ medium raw beet, peeled and shredded (about 1/2 cup)
- 1 tablespoon plus 1 1/2 teaspoons red-wine vinegar
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons extra-virgin olive oil
- Freshly ground pepper to taste

Meal Preparation

- Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl. Drizzle over the salad and enjoy.



TIME
20 min

Kcal
CALORIES
222g



PROTEIN
24g



CARBS
4g



FATS
12g

SPICY SALMON WITH SIDE SALAD

Ingredients

- 2 wild caught 8 oz salmon
- Salmon marinade
- 3 tablespoons gluten free tamari
- 2 tablespoons coconut aminos
- 1 tablespoon raw honey or organic maple syrup or monk fruit
- 1 teaspoon cinnamon
- 1 teaspoon Cayenne pepper
- 1 teaspoon ground ginger
- 1 teaspoon red pepper flakes
- 1/2 table spoon sesame seeds
- 1/2 tablespoon honey mustard
- 1 tablespoon extra virgin olive oil
- 1/8 teaspoon salt

Meal Preparation

- Pre-heat oven to 425
- Place salmon and potatoes in a large pan and cover with marinade (You can let it sit for 15-20 mintues) or you can throw in the oven right away.
- Bake salmon for 20 min for medium and for 30 min for well done.
-
- Cut salmon into 4 servings and into 4 servings
- you can also add a side salad if you wish.



TIME
30 min

Kcal
CALORIES
360



PROTEIN
20



CARBS
6



FATS
24

TEMPH & VEGGIE SALAD

Ingredients

- **Ingredient Checklist**
- **2 cups mixed salad greens**
- **¾ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes**
- **⅓ cup cube size temp**
- **½ avocado, diced**
- **1 tablespoon red-wine vinegar**
- **1 tablespoon tamari**
- **2 teaspoons extra-virgin olive oil**
- **1/4 cup soy sauce**
- **1 tablespoons choc zero maple syrup**
- **¼ teaspoon kosher salt**
- **Freshly ground pepper to taste**

Meal Preparation

- **For sauteed Tempah: Mix together soy sauce, maple syrup, rice vinegar, olive oil, and black pepper in a large bowl. Place tempah into bowl with marinade, toss to coat, cover and refrigerate for at least 30 minutes and up to overnight.**
- **Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add in tempah and sauté for 2-3 minutes per side or until crispy. Toss with remaining marinade, then serve immediately.**
- **Combine greens, veggies, tempah and avocado in a medium bowl. Drizzle with vinegar and oil and tamari season with salt and pepper. Toss to combine and transfer to a large plate.**



TIME
10 min

Kcal
CALORIES
325



PROTEIN
18.5



CARBS
15.7



FATS
10

GREEN SALAD WITH EDAMAME AND BEETS

Ingredients

- 2 cups mixed salad greens
- 1 cup shelled edamame, thawed
- ½ medium raw beet, peeled and shredded (about 1/2 cup)
- 1 tablespoon plus 1 1/2 teaspoons red-wine vinegar
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons extra-virgin olive oil
- Freshly ground pepper to taste
-

Meal Preparation

- Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl. Drizzle over the salad and enjoy.



TIME
50 min

Kcal
CALORIES
266.4



PROTEIN
22.9g



CARBS
20



FATS
10.5g

SWEET POTATO AND VEGGIE CHICKEN TRAY

Ingredients

- 2 medium sweet potatoes, peeled and cut into 2cm chunks
- 2 red onions, cut into wedges
- 2 cups broccoli, broken into florets
- 8 garlic cloves, unpeeled
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1½ tbsp olive oil
- 6 skinless chicken thigh fillets, each cut in half
- 2 lemons, 1 juiced and 1 cut into wedges to serve
- 1 tsp smoked paprika
- 150ml chicken broth
- **SERVES 4- store for rest of the week**

Meal Preparation

- Preheat oven to 400°F.
- Add the sweet potatoes, onions, broccoli and garlic to a large roasting tray and sprinkle over the dried herbs. Season and drizzle over 1 tbsp of the oil, then toss everything together.
- Spread the veg out in an even layer and roast for 15 mins.
- Remove the tray from the oven and give the veg a good mix.
- Add the chicken pieces and drizzle with the remaining ½ tbsp oil. Squeeze over the lemon juice and sprinkle with the paprika. Return to the oven for 15 mins.
- Pour over most of the chicken stock, then roast for a final 15-20 mins (topping up with a little more stock if it starts to look too dry) until the chicken is cooked through and the veg is completely tender. Squeeze the garlic cloves from their skins and serve with lemon wedges.



TIME
8 hrs

Kcal
CALORIES
119



PROTEIN
6g



CARBS
20 g



FATS
1g



CINNAMON ROLL OVERNIGHT OATS

Ingredients

- 2 1/2 cups old-fashioned rolled oats (see Tip)
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 6 teaspoons monk fruit sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt

Meal Preparation

- Stir oats, milk, monk fruit sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.
- Add toppings of choice when served such as blueberries or nut butter.



TIME
50 minKcal
CALORIES
266.4PROTEIN
22.9CARBS
20 gFATS
10.5 g

SWEET POTATO AND VEGGIE CHICKEN TRAY

Ingredients

- 2 medium sweet potatoes, peeled and cut into 2cm chunks
 - 2 red onions, cut into wedges
 - 2 cups broccoli, broken into florets
 - 8 garlic cloves, unpeeled
 - 2 tsp dried thyme
 - 1 tsp dried rosemary
 - 1½ tbsp olive oil
 - 6 skinless chicken thigh fillets, each cut in half
 - 2 lemons, 1 juiced and 1 cut into wedges to serve
 - 1 tsp smoked paprika
 - 150ml chicken broth
- SERVES 4

Meal Preparation

- Preheat oven to 400°F.
- Add the sweet potatoes, onions, broccoli and garlic to a large roasting tray and sprinkle over the dried herbs. Season and drizzle over 1 tbsp of the oil, then toss everything together.
- Spread the veg out in an even layer and roast for 15 mins.
- Remove the tray from the oven and give the veg a good mix.
- Add the chicken pieces and drizzle with the remaining ½ tbsp oil. Squeeze over the lemon juice and sprinkle with the paprika. Return to the oven for 15 mins.
- Pour over most of the chicken stock, then roast for a final 15-20 mins (topping up with a little more stock if it starts to look too dry) until the chicken is cooked through and the veg is completely tender. Squeeze the garlic cloves from their skins and serve with lemon wedges.

TIME
35 minKcal
CALORIES
224.5PROTEIN
22.9gCARBS
9.8FATS
10.5g

KITCHEN SINK GUT FOOD SALAD WITH SALMON

Ingredients

- 2-3 cups of mixed greens, arugula, basil and mint
- organic apple skins (peel the skin off the apples only)
- 1 tomatoes chopped
- 2 cucumbers chopped
- 1/2 cup blueberries
- 1/2 avocado sliced and chopped
- 2 slices of lemon with peel
- For Dressing
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- 2 tablespoon gluten free tamari
- 1 tablespoon coconut aminos
- juice of 1 lemon
- teaspoon sumac
- 1/2 tablespoon thyme
- Optional
- You can add protein of choice- Salmon recommended or sardines recommended

Meal Preparation

- Mix all greens and veggies in a large bowl
- Prepare salmon as you have in previous recipes mix all dressing ingredients together
- Mix amount of dressing desired with salad before serving.

TIME
8 hrsKcal
CALORIES
119PROTEIN
6gCARBS
20 gFATS
1g

CINNAMON ROLL OVERNIGHT OATS

Ingredients

- 2 1/2 cups old-fashioned rolled oats (see Tip)
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 6 teaspoons light monk fruit sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt

Meal Preparation

- Stir oats, milk, monk fruit sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.



TIME
10 min

Kcal
CALORIES
337



PROTEIN
11.9g



CARBS
30.6g



FATS
20.2g

BRUSSELS SPROUTS SALAD WITH CRUNCHY CHICKPEAS

Ingredients

- 1 (9 to 10 ounce) package shredded or shaved Brussels sprouts
- 4 cups chopped kale
- 1/2 cup Tahini Sauce with Lemon & Garlic
- 1 cup roasted chickpea snacks with sea salt
- 1 medium avocado, pitted and quartered

Meal Preparation

- Divide Brussels sprouts and kale among 4 single-serving lidded containers (you'll have about 3 1/2 cups of greens in each container). Seal and refrigerate for up to 4 days.
- Transfer 2 tablespoons tahini sauce into each of 4 small lidded containers; refrigerate for up to 4 days.
- Just before serving each salad, drizzle with 1 portion of tahini sauce and toss well to coat. Top with 1/4 cup roasted chickpeas and 1/4 avocado.



TIME
35 min

Kcal
CALORIES
502



PROTEIN
55



CARBS
30



FATS
18

CHICKEN BOWL WITH TURMERIC RICE

Ingredients

- **Rice**
- 1-1/2 cups uncooked brown basmati rice
- 3 cups chicken broth
- 2 Tbsps ghee or clarified butter
- 1 tsp turmeric
- 1 tsp oregano
- 1/2 tsp cumin
- 1 bay leaf
- sea salt and ground pepper, to taste
- **Chicken:**
- 2 lbs boneless skinless chicken thighs, fat trimmed and chopped into bite-sized pieces
- 2 Tbsps olive oil or avocado oil
- 2 fresh lemons or limes, juiced
- 2 cloves garlic minced
- 2 Tbsps allspice
- 1 Tbsp coriander
- 1 Tbsp paprika
- 1 Tbsp cumin
- 2 tsp sumac
- 1 tsp turmeric
- sea salt and pepper to taste
-

Meal Preparation

White Sauce

- 1 cup plain Greek yogurt
- 2 fresh garlic cloves, minced
- 1/2 tsp black pepper
- 1 tsp fresh lemon or lime juice
- 1 tsp apple cider vinegar
- 1 Tbsp raw honey
- 2-4 tbsp water, to thin your sauce as desired

Toppings

- Romaine lettuce, shredded
- Roma tomatoes, diced
- avocado, cubed
- fresh parsley, minced



Preparation

- In a large pot, heat the ghee over medium heat. Add in your rice and toast it for 2-3 minutes, stirring constantly. Add in the chicken broth together with all of your rice seasonings, cover, and let it simmer for 15 minutes, or until tender. Remove from heat and remove the bay leaf.
- In a large bowl, add your chopped chicken, seasonings, and lemon juice. Toss well to combine. Allow chicken to marinate for 20 minutes.
- Heat your oil in a large skillet over medium-high heat. Add in the chicken in a single layer, and cook for 8-10 minutes or until golden brown and cooked through. Set aside.
- Meanwhile, add all of your sauce ingredients into a small bowl and whisk well to combine.
- To assemble your bowls, divide the rice equally between your serving bowls, top with cooked chicken, and serve with the sauce, lettuce, avocado, and tomatoes.

Serves 6



TIME
8 hrs

Kcal
CALORIES
119



PROTEIN
6g



CARBS
20 g



FATS
1g

CINNAMON ROLL OVERNIGHT OATS

Ingredients

- 2 1/2 cups old-fashioned rolled oats (see Tip)
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 6 teaspoons light monk fruit sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt

Meal Preparation

- Stir oats, milk, monk fruit sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.



TIME
10 min

Kcal
CALORIES
337



PROTEIN
11.9g



CARBS
30.6g



FATS
20.2g

BRUSSELS SPROUTS CHICKPEA SALAD

Ingredients

- 1 (9 to 10 ounce) package shredded or shaved Brussels sprouts
- 4 cups chopped kale
- 1/2 cup Tahini Sauce with Lemon & Garlic
- 1 cup roasted chickpea snacks with sea salt
- 1 medium avocado, pitted and quartered

Meal Preparation

- Divide Brussels sprouts and kale among 4 single-serving lidded containers (you'll have about 3 1/2 cups of greens in each container). Seal and refrigerate for up to 4 days.
- Transfer 2 tablespoons tahini sauce into each of 4 small lidded containers; refrigerate for up to 4 days.
- Just before serving each salad, drizzle with 1 portion of tahini sauce and toss well to coat. Top with 1/4 cup roasted chickpeas and 1/4 avocado.



TIME
15 min

Kcal
CALORIES
157



PROTEIN
21.6g



CARBS
6.5g



FATS
4.8g

MEDITERRANEAN COD

Ingredients

- 4 (4 ounce) fresh or frozen skinless cod fillets, 3/4- to 1-inch thick
- 2 teaspoons snipped fresh oregano
- 1 teaspoon snipped fresh thyme
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- Nonstick cooking spray
- 3 cups cherry tomatoes
- 2 cloves garlic, sliced
- 1 tablespoon olive oil
- 2 tablespoons sliced pitted ripe olives
- 2 teaspoons capers
- Fresh oregano and/or thyme leaves

Meal Preparation

- Preheat oven to 450 degrees F. Thaw fish, if frozen. Rinse fish and pat dry with paper towels. In a small bowl combine snipped oregano, snipped thyme, salt, garlic powder, paprika and black pepper. Sprinkle half of the oregano mixture over both sides of each fish fillet.
- Line a 15x10x1-inch baking pan with foil. Coat foil with cooking spray. Place fish on one side of the foil-lined pan. Add tomatoes and garlic slices to the other side of the foil-lined pan. Combine remaining oregano mixture with oil. Drizzle oil mixture over tomatoes; toss to coat. Bake for 8 to 12 minutes or until fish flakes easily when tested with a fork, stirring tomato mixture once. Stir olives and capers into cooked tomato mixture.
- Divide fish and roasted tomato mixture evenly among four serving plates. Garnish with fresh oregano and/or thyme leaves.



TIME
20 min

Kcal
CALORIES
137



PROTEIN
3.1g



CARBS
13.4g



FATS
12g

GUACAMOLE CHOPPED SALAD

Ingredients

- 1 tablespoons avocado oil
- 2 tablespoons lime juice
- 1 clove garlic, grated
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups chopped romaine lettuce
- 2 ripe avocados, diced
- 1 cup grape tomatoes, quartered
- ¼ cup slivered red onion
- 1 tablespoon chopped pickled jalapeño pepper

Meal Preparation

- Whisk oil, lime juice, garlic, salt and pepper in a large bowl. Add romaine, avocado, tomatoes, onion and jalapeño; toss gently to coat.



TIME
8 hrs

Kcal
CALORIES
119



PROTEIN
6g



CARBS
20 g



FATS
1g

CINNAMON ROLL OVERNIGHT OATS

Ingredients

- 2 1/2 cups old-fashioned rolled oats (see Tip)
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 6 teaspoons monk fruit sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt

Meal Preparation

- Stir oats, milk, monk fruit sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.



TIME
15 min

Kcal
CALORIES
157



PROTEIN
21.6g



CARBS
6.5g



FATS
4.8g

MEDITERRANEAN COD

Ingredients

- 4 (4 ounce) fresh or frozen skinless cod fillets, 3/4- to 1-inch thick
- 2 teaspoons snipped fresh oregano
- 1 teaspoon snipped fresh thyme
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- Nonstick cooking spray
- 3 cups cherry tomatoes
- 2 cloves garlic, sliced
- 1 tablespoon olive oil
- 2 tablespoons sliced pitted ripe olives
- 2 teaspoons capers
- Fresh oregano and/or thyme leaves

Meal Preparation

- Preheat oven to 450 degrees F. Thaw fish, if frozen. Rinse fish and pat dry with paper towels. In a small bowl combine snipped oregano, snipped thyme, salt, garlic powder, paprika and black pepper. Sprinkle half of the oregano mixture over both sides of each fish fillet.
- Line a 15x10x1-inch baking pan with foil. Coat foil with cooking spray. Place fish on one side of the foil-lined pan. Add tomatoes and garlic slices to the other side of the foil-lined pan. Combine remaining oregano mixture with oil. Drizzle oil mixture over tomatoes; toss to coat. Bake for 8 to 12 minutes or until fish flakes easily when tested with a fork, stirring tomato mixture once. Stir olives and capers into cooked tomato mixture.
- Divide fish and roasted tomato mixture evenly among four serving plates. Garnish with fresh oregano and/or thyme leaves.



TIME
20 min

Kcal
CALORIES
311



PROTEIN
29



CARBS
15



FATS
15

GREEK SALAD WITH EDAMAME

Ingredients

• Ingredients

- 2 cups sweet baby lettuce
- 1/2 cup peeled, sliced and quartered cucumbers
- 1/2 cup grape tomatoes, halved
- 1/4 cup thinly sliced roasted red peppers
- 1 slice bacon (turkey or beef)
- 1/4 cup shelled edamame, frozen is ok
- 4 oz grilled chicken breast, sliced (see associated recipes)
- 1 tablespoon extra virgin olive oil
- balsamic vinegar
- salt and pepper, to taste

Meal Preparation

- Arrange the lettuce, cucumbers, tomatoes and roasted red peppers in a large bowl.
- Heat a small skillet on the stove over medium heat. Add the bacon and cook till crisp. Remove the bacon to a paper towel lined plate and let cool. Add the edamame to the skillet and cook, shaking the pan occasionally for 3-4 minutes, until lightly browned.
- Crumble the bacon onto the salad. Top with edamame and chicken breast (hot or cold, it's your choice). Drizzle with olive oil and balsamic vinegar. Then sprinkle with salt and pepper.



TIME
5 min

Kcal
CALORIES
179



PROTEIN
8.8g



CARBS
17 G



FATS
8.9g

SPROUTED-GRAIN TOAST WITH PEANUT BUTTER & BANANA

Ingredients

- 1 slice sprouted-grain bread
- 1 tablespoon peanut butter
- 1 medium banana, sliced

Meal Preparation

- Toast bread. Spread the toast with peanut butter and top with banana slices.



TIME
20 min

Kcal
CALORIES
238



PROTEIN
8 G



CARBS
13.7



FATS
16.9

SUPER GREEN HEALING SMOOTHIE

Ingredients

- 1 cups dark leafy greens
- ½ cucumber, roughly chopped
- ½ avocado
- 1 teaspoon grated ginger
- 1 tablespoon mint leaves
- 1/3 red bell pepper, roughly chopped
- ½ cup blueberries
- 1/3 cup frozen pineapple
*optional
- 1 1/2 tablespoons pumpkin seeds
- 1 tablespoons hemp seeds
- 1 tablespoon chia seeds
- Juice of ½ lemon
- 1 cups filtered water
- ***Optional: Add some "BIOHM HEALTH SUPER GREENS - CODE: STORM" for an added gut boost.**
-

Meal Preparation

- Mix all ingredients together and enjoy



TIME
15 min

Kcal
CALORIES
358



PROTEIN
25.4g



CARBS
13.7g



FATS
23.6g

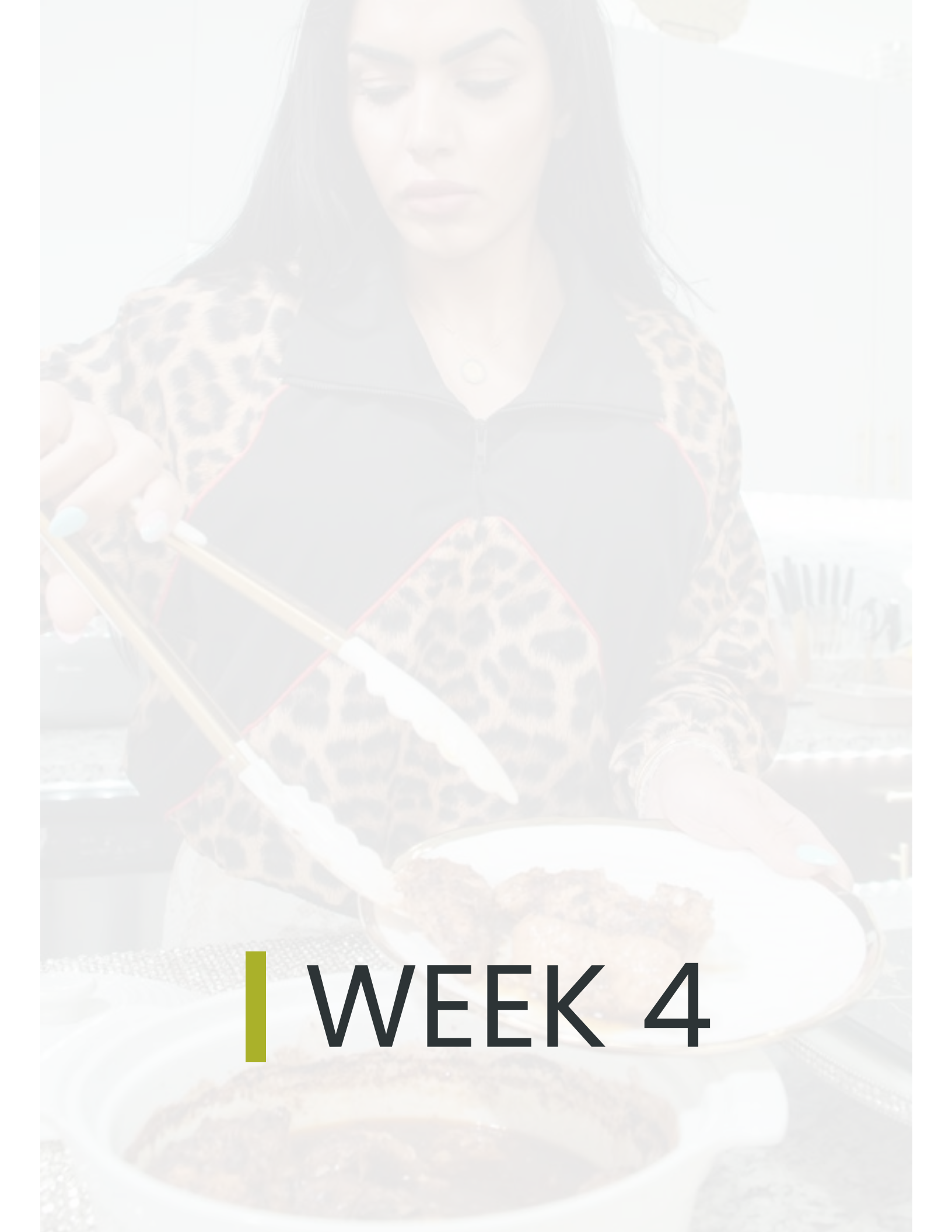
HONEY WALNUT SHRIMP

Ingredients

- 2 tablespoons water
- 2 tablespoons monk fruit sugar
- ½ cup walnuts, coarsely chopped
- 1 pound jumbo peeled, deveined raw shrimp
- 1 tablespoon honey
- 2 tablespoons extra-virgin olive oil, divided
- 2 ½ tablespoons vegan dairy free mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- ½ cup sliced scallions
- 2 cups hot cooked brown rice or white rice (Optional)

Meal Preparation

- Bring water and monk fruit sugar to a simmer in a large nonstick skillet over medium heat; cook until the sugar is completely dissolved, about 2 minutes. Stir in walnuts; cook, stirring often, until the sugar is golden and caramelized, about 2 minutes. Spread the walnuts evenly on a parchment paper-lined plate. Wipe out the pan.
- Stir shrimp, honey and 1 tablespoon oil together in a bowl. Return the skillet to medium-high heat. Add the shrimp mixture; cook, stirring occasionally, until the shrimp are well browned and cooked through, about 4 minutes. Remove from heat. Combine mayonnaise, lemon juice, pepper, salt and the remaining 1 tablespoon oil in a small bowl; add to the shrimp mixture in the pan, stirring to coat. Sprinkle with the caramelized walnuts and scallions. If desired, serve with rice.



| WEEK 4



TIME
10 min

Kcal
CALORIES
142



PROTEIN
12.8g



CARBS
7g



FATS
7g

SPINACH & EGG SCRAMBLE WITH RASPBERRIES

Ingredients

- 1 teaspoon olive oil
- 1½ cups baby spinach (11/2 ounces)
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- ½ cup fresh raspberries

Meal Preparation

- Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve the scramble with raspberries.



TIME
15 min

Kcal
CALORIES
325



PROTEIN
18.5g



CARBS
25.5g



FATS
15.7g

GREEN SALAD WITH EDAMAME & BEETS

Ingredients

- 2 cups mixed salad greens
- 1 cup shelled edamame, thawed
- ½ medium raw beet, peeled and shredded (about 1/2 cup)
- 1 tablespoon plus 1 1/2 teaspoons red-wine vinegar
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons extra-virgin olive oil
- Freshly ground pepper to taste

Meal Preparation

- Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl. Drizzle over the salad and enjoy.



TIME
30 min

Kcal
CALORIES
281g



PROTEIN
10.4g



CARBS
28.7g



FATS
15.9g

MUSHROOM SHAWARMA WITH YOGURT-TAHINI SAUCE

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1½ teaspoons ground cumin, divided
- 1 teaspoon ground coriander
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon chipotle chile powder
- ½ teaspoon salt plus 1/8 teaspoon, divided
- 1 pound portobello mushrooms, stemmed, gills removed, halved and sliced
- 1 medium red onion, halved and sliced
- ½ cup low-fat plain Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 4 gluten free pitas, warmed-
- 1 cup chopped romaine lettuce
- 1 cup chopped tomatoes
- ½ cup cilantro leaves

Meal Preparation

- Preheat oven to 425 degrees F. Combine oil, cumin, coriander, garlic powder, smoked paprika, chile powder and 1/2 teaspoon salt in a large bowl. Add mushrooms and onion; stir to coat well. Transfer to a large rimmed baking sheet and roast, stirring once or twice, until the vegetables are tender, about 20 minutes.
- Meanwhile, combine yogurt, tahini, lemon juice and the remaining 1/2 teaspoon cumin and 1/8 teaspoon salt in a small bowl.
- Spread pitas with the yogurt sauce, then top with the mushroom mixture, lettuce, tomatoes and cilantro.



TIME
20 min

Kcal
CALORIES
118



PROTEIN
2g



CARBS
10.3g



FATS
9g

CUCUMBER & AVOCADO SALAD

Ingredients

- 1 medium shallot, thinly sliced crosswise and separated into rings
- 3 tablespoons fresh lime juice
- 1 1/2 tablespoons extra-virgin olive oil
- 1 tablespoon thinly sliced fresh mint
- 1 tablespoon thinly sliced fresh basil
- 1/2 teaspoon salt
- 1 English cucumber, thinly sliced
- 1 ripe avocado, halved, pitted and sliced crosswise

Meal Preparation

- Toss shallot rings with lime juice in a large bowl; let stand until softened, about 10 minutes. Whisk in oil, mint, basil and salt. Add cucumber; toss to coat. Let the cucumber marinate in the dressing, tossing occasionally, until softened, about 10 minutes.
- Using a slotted spoon, transfer the cucumber to a platter; top with avocado. Drizzle the dressing over the salad. Serve immediately.



TIME
8 h 10 min

Kcal
CALORIES
229



PROTEIN
16 g



CARBS
17.8



FATS
10.8g

BLUEBERRY ALMOND CHIA PUDDING

Ingredients

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- ⅛ teaspoon almond extract
- ½ cup fresh blueberries, divided
- 1 tablespoon toasted slivered almonds, divided

Meal Preparation

- Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days
- When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.



TIME
15 min

Kcal
CALORIES
312



PROTEIN
16.2g



CARBS
21 g



FATS
18.6g

VEGAN SUPERFOOD BUDDHA BOWLS

Ingredients

- 1 (8 ounce) pouch microwavable quinoa
- ½ cup hummus
- 2 tablespoons lemon juice
- 1 (5 ounce) package baby kale
- 1 (8 ounce) package refrigerated cooked whole baby beets, sliced (or 2 cups from salad bar)
- 1 cup frozen shelled edamame, thawed
- 1 medium avocado, sliced
- ¼ cup unsalted toasted sunflower seeds

Meal Preparation

- Prepare quinoa according to package directions; set aside to cool.
- Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate.
- Divide baby kale among 4 single-serving containers with lids. Top each with 1/2 cup of the quinoa, 1/2 cup beets, 1/4 cup edamame and 1 tablespoon sunflower seeds.
- When ready to eat, top with 1/4 avocado and the hummus dressing.



TIME
45 min

Kcal
CALORIES
334



PROTEIN
12g



CARBS
12 g



FATS
29g

BASIL PESTO SPINACH PASTA WITH GRILLED VEGETABLES

Ingredients

- 2 cups fresh basil leaves
- ¼ cup grated Parmesan cheese
- ¼ cup chopped toasted walnuts
- 1 clove garlic, minced
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ¼ cup extra-virgin olive oil plus 2 Tbsp., divided
- 3 portobello mushroom caps, stemmed, gills removed
- 2 medium bell peppers (red, orange, and/or yellow), quartered
- 1 medium yellow summer squash, trimmed and cut into 1/2-inch-thick planks
- 5 scallions, trimmed
- 4 ounces spinach pasta (1 1/2 cups)
- 2 cups zucchini "noodles" (6 oz.)
- ½ cup low-sodium canned cannellini beans, rinsed

Meal Preparation

- Preheat grill to medium-high. Bring a large pot of water to a boil. Combine basil, Parmesan, walnuts, garlic, 1/4 tsp. salt, and 1/8 tsp. pepper in a food processor; pulse until finely chopped. Slowly pour 1/4 cup oil through the feed tube; continue processing until the mixture is smooth. Transfer to a medium bowl and set aside.
- Combine portobellos, bell peppers, squash, scallions, and the remaining 2 Tbsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a large bowl; toss to coat.
- Oil the grill grates (see Tip). Grill the vegetables until tender and lightly charred, 6 to 8 minutes per side. Remove from the grill and coarsely chop.
- Cook pasta according to package directions. Add zucchini "noodles" to the pasta during the last 2 minutes of cooking. Reserve 1/2 cup pasta water before draining. Drain the pasta and zoodles and place in a large bowl.



TIME
45 min

Kcal
CALORIES
334



PROTEIN
12g



CARBS
12 g



FATS
29g

BASIL PESTO SPINACH PASTA WITH GRILLED VEGETABLES

Ingredients

Meal Preparation (cont'd)

- Whisk 1/4 cup of the reserved pasta water into the pesto. Pour over the pasta and toss to coat, adding more reserved pasta water if needed to loosen the sauce. Add the grilled vegetables and beans; toss to coat well.



TIME
8 h 10 min

Kcal
CALORIES
229



PROTEIN
16 g



CARBS
17.8



FATS
10.8g

BLUEBERRY ALMOND CHIA PUDDING

Ingredients

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- ⅛ teaspoon almond extract
- ½ cup fresh blueberries, divided
- 1 tablespoon toasted slivered almonds, divided

Meal Preparation

- Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days
- When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.



TIME
15 min

Kcal
CALORIES
312



PROTEIN
16.2g



CARBS
21 g



FATS
18.6g

VEGAN SUPERFOOD BUDDHA BOWLS

Ingredients

- 1 (8 ounce) pouch microwavable quinoa
- ½ cup hummus
- 2 tablespoons lemon juice
- 1 (5 ounce) package baby kale
- 1 (8 ounce) package refrigerated cooked whole baby beets, sliced (or 2 cups from salad bar)
- 1 cup frozen shelled edamame, thawed
- 1 medium avocado, sliced
- ¼ cup unsalted toasted sunflower seeds

Meal Preparation

- Prepare quinoa according to package directions; set aside to cool.
- Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate.
- Divide baby kale among 4 single-serving containers with lids. Top each with 1/2 cup of the quinoa, 1/2 cup beets, 1/4 cup edamame and 1 tablespoon sunflower seeds.
- When ready to eat, top with 1/4 avocado and the hummus dressing.



TIME
30 min

Kcal
CALORIES
519



PROTEIN
31.4g



CARBS
31.2g



FATS
26.9

MEDITERRANEAN CHICKEN QUINOA BOWL

Ingredients

- 1 pound boneless, skinless chicken breasts, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 7-ounce jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, crushed
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (Optional)
- 2 cups cooked quinoa
- ¼ cup pitted Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

Meal Preparation

- Position a rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
- Sprinkle chicken with salt and pepper and place on the prepared baking sheet. Broil, turning once, until an instant-read thermometer inserted in the thickest part reads 165 degrees F, 14 to 18 minutes. Transfer the chicken to a clean cutting board and slice or shred
- Meanwhile, place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
- Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.
- To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of cucumber, the chicken and the red pepper sauce. Sprinkle with feta and parsley.



TIME
8 h 10 min

Kcal
CALORIES
229



PROTEIN
16 g



CARBS
17.8 g



FATS
10.8g

BLUEBERRY ALMOND CHIA PUDDING

Ingredients

- ½ cup unsweetened almond milk or other nondairy milk beverage
- 2 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- ⅛ teaspoon almond extract
- ½ cup fresh blueberries, divided
- 1 tablespoon toasted slivered almonds, divided

Meal Preparation

- Stir together almond milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days
- When ready to serve, stir the pudding well. Spoon about half the pudding into a serving glass (or bowl) and top with half the blueberries and almonds. Add the rest of the pudding and top with the remaining blueberries and almonds.



TIME
15 min

Kcal
CALORIES
312



PROTEIN
16.2g



CARBS
21 g



FATS
18.6g

VEGAN SUPERFOOD BUDDHA BOWLS

Ingredients

- 1 (8 ounce) pouch microwavable quinoa
- ½ cup hummus
- 2 tablespoons lemon juice
- 1 (5 ounce) package baby kale
- 1 (8 ounce) package refrigerated cooked whole baby beets, sliced (or 2 cups from salad bar)
- 1 cup frozen shelled edamame, thawed
- 1 medium avocado, sliced
- ¼ cup unsalted toasted sunflower seeds

Meal Preparation

- Prepare quinoa according to package directions; set aside to cool.
- Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate.
- Divide baby kale among 4 single-serving containers with lids. Top each with 1/2 cup of the quinoa, 1/2 cup beets, 1/4 cup edamame and 1 tablespoon sunflower seeds.
- When ready to eat, top with 1/4 avocado and the hummus dressing.



TIME
50 min

Kcal
CALORIES
377



PROTEIN
37.7g



CARBS
23 g



FATS
15 g

OVEN-BAKED SALMON & VEGETABLES

Ingredients

- 1 large sweet potato, cubed (about 12 oz.) or 1/2 pound organic baby potatoes
- 1 pound white button or cremini mushrooms, cut into 1-inch pieces (6 cups)
- 2 tablespoons olive oil, divided
- ½ teaspoon salt, divided
- 1 pound green beans, trimmed
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon plus 2 tsp. tahini
- 1 tablespoon plus 1 tsp. raw honey
- 1½ teaspoons finely grated fresh ginger
- 1¼ pounds salmon, wild-caught, cut into 4 portions
- 2 teaspoons rice vinegar
- 2 tablespoons chopped fresh chives (Optional)

Meal Preparation

- Place a large rimmed baking sheet in the oven. Position one rack in the middle of the oven and another about 6 inches from the broiler. Preheat to 425 degrees F.
- Combine sweet potato, mushrooms, 1 Tbsp. oil, and 1/4 tsp. salt in a large bowl; toss to coat.
- Remove the baking sheet from the oven. Spread the vegetable mixture in an even layer on the pan; roast, stirring once, until the sweet potatoes are starting to brown, about 20 minutes
- Meanwhile, toss green beans with the remaining 1 Tbsp. oil and 1/4 tsp. salt. Combine soy sauce, tahini, honey, and ginger in a small bowl.
- Remove the pan from the oven. Move the mushrooms and sweet potatoes to one side and place the green beans on the other side. Place salmon in the middle, nestling it on top of the vegetables, if necessary.



TIME
50 min

Kcal
CALORIES
377



PROTEIN
37.7g



CARBS
23 g



FATS
15 g

GINGER-TAHINI OVEN-BAKED SALMON & VEGETABLES

Ingredients

Meal Preparation(cont'd)

- Spread half of the tahini sauce on top of the salmon. Roast until the salmon flakes, 8 to 10 minutes more. Turn broiler to high; move the pan to the top rack and broil until the salmon is glazed, about 3 minutes.
- Stir vinegar into the remaining tahini sauce and drizzle it over the salmon and vegetables. Garnish with chives, if desired, and serve.



TIME
5 min

Kcal
CALORIES
194



PROTEIN
20



CARBS
17



FATS
4

RASPBERRY PROTEIN POWER SMOOTHIE

Ingredients

- **cup ice cups**
- **1/2 frozen banana medium**
- **1/2 cup frozen raspberries**
- **3/4 cup vanilla almond milk or dairy free milk of choice**
- **1/2 teaspoon vanilla extract**
- **Add one Scoop Kion Vanilla protein.**

Meal Preparation

- Combine all ingredients in blender and enjoy



TIME
15 min

Kcal
CALORIES
312



PROTEIN
16.2g



CARBS
21 g



FATS
18.6g

VEGAN SUPERFOOD BUDDHA BOWLS

Ingredients

- 1 (8 ounce) pouch microwavable quinoa
- ½ cup hummus
- 2 tablespoons lemon juice
- 1 (5 ounce) package baby kale
- 1 (8 ounce) package refrigerated cooked whole baby beets, sliced (or 2 cups from salad bar)
- 1 cup frozen shelled edamame, thawed
- 1 medium avocado, sliced
- ¼ cup unsalted toasted sunflower seeds

Meal Preparation

- Prepare quinoa according to package directions; set aside to cool.
- Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate.
- Divide baby kale among 4 single-serving containers with lids. Top each with 1/2 cup of the quinoa, 1/2 cup beets, 1/4 cup edamame and 1 tablespoon sunflower seeds.
- When ready to eat, top with 1/4 avocado and the hummus dressing.



TIME
30 min

Kcal
CALORIES
300



PROTEIN
25.9g



CARBS
5 g



FATS
18.5g

PEANUT ZUCCHINI NOODLE SALAD WITH CHICKEN

Ingredients

- $\frac{3}{4}$ cup creamy natural peanut butter
- $\frac{3}{4}$ cup hot water
- $\frac{1}{4}$ cup lime juice
- 2 tablespoons monk fruit sugar
- 2 tablespoons reduced-sodium tamari or soy sauce
- $1\frac{1}{2}$ tablespoons fish sauce
- 1 teaspoon hot sauce, such as Sriracha
- 1 teaspoon grated garlic
- 4 cups spiralized zucchini (1 large)
- 3 cups spiralized red cabbage (about $\frac{1}{2}$ small head)
- 1 cup spiralized carrot (1 large)
- $\frac{1}{2}$ cup chopped fresh cilantro
- 2 cups shredded rotisserie chicken (8 ounces)
- $\frac{1}{4}$ cup chopped unsalted roasted peanuts

Meal Preparation

- Combine peanut butter, water, lime juice, monk fruit sugar, tamari (or soy sauce), fish sauce, hot sauce and garlic in a blender. Pulse until smooth.
- Combine zucchini, cabbage, carrot and cilantro in a large bowl. Add 1 cup of the dressing (reserve the rest for another use) and toss to coat. Top the salad with chicken and peanuts. Serve immediately.

TIME
5 minKcal
CALORIES
194PROTEIN
20CARBS
17FATS
4

RASPBERRY PROTEIN POWER SMOOTHIE

Ingredients

- **cup ice cups**
- **1/2 frozen banana medium**
- **1/2 cup frozen raspberries**
- **3/4 cup vanilla almond milk or dairy free milk of choice**
- **1/2 teaspoon vanilla extract**
- **Add one Scoop Kion Vanilla protein.**

Meal Preparation

- Combine all ingredinets in a blender.



TIME
30 min

Kcal
CALORIES
165



PROTEIN
25g



CARBS
10.5g



FATS
11g

GUACAMOLE STUFFED CHICKEN

Ingredients

• FOR THE CHICKEN

- 4
- boneless, skinless antibiotic free chicken breasts
- 2 tsp.
- kosher salt
- 1 tsp.
- chili powder
- 1 tsp.
- garlic powder
- 1 tsp.
- dried oregano
- 1/2 tsp.
- onion powder
- 1/2 tsp.
- cumin
- 2 tbsp.
- extra-virgin olive oil

• FOR GUACAMOLE

- 1
- avocado, diced
- Juice of 1 lime
- 2
- cloves garlic, minced
- 1/4
- red onion, finely chopped
- 1/2 c.
- grape tomatoes, quartered
- 2 tbsp.
- freshly chopped cilantro, plus more for garnish
- 1
- lime, cut into wedges
-

Meal Preparation

- Preheat oven to 400°. In a small bowl, stir together salt, chili powder, garlic powder, oregano, onion powder, and cumin. Coat chicken with oil and rub all over with spice mix.
- In a large bowl, stir together avocado, lime juice, garlic, red onion, tomatoes, and cilantro. Cut a pocket into each chicken breast and stuff with guacamole mixture. Secure pocket closed with toothpicks.
- Bake until chicken is cooked to an internal temperature of 165°, about 25 minutes. Garnish with cilantro and serve with lime wedges.



TIME
25 min

Kcal
CALORIES
429



PROTEIN
30.9g



CARBS
29.3g



FATS
22g

CHARRED SHRIMP QUINOA BOWLS

Ingredients

- ⅓ cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound peeled and deveined large shrimp (16–20 count), patted dry
- 4 cups arugula
- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 avocado, diced

Meal Preparation

- Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.
- Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.
- Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.



TIME
10 min

Kcal
CALORIES
142



PROTEIN
12.8



CARBS
7 g



FATS
7 g

SPINACH & EGG SCRAMBLE WITH RASPBERRIES

Ingredients

- 1 teaspoon Olive oil
- 1½ cups baby spinach (11/2 ounces)
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- ½ cup fresh raspberries

Meal Preparation

- Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve the scramble with raspberries.



TIME
15 min

Kcal
CALORIES
293



PROTEIN
22.5g



CARBS
10.5g



FATS
19.6g

SALMON-STUFFED AVOCADOS

Ingredients

- ½ cup non-fat plain Greek yogurt
- ½ cup diced celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 (5 ounce) cans salmon, drained, flaked, skin and bones removed
- 2 avocados
- Chopped chives for garnish

Meal Preparation

- Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.
- Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.
- Fill each avocado half with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.



TIME
35 min

Kcal
CALORIES
242



PROTEIN
17.4g



CARBS
17.5g



FATS
12.1g

CHICKEN, BUTTERNUT SQUASH SALAD WITH BRUSSELS SPROUTS

Ingredients

- 2 $\frac{3}{4}$ cups precubed butternut squash
- 2 $\frac{1}{2}$ cups halved Brussels sprouts (or quartered, if large)
- 1 teaspoon extra-virgin olive oil
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{8}$ teaspoon ground pepper plus $\frac{1}{4}$ teaspoon, divided
- 2 cups cubed cooked chicken (1/2-inch; about 10 ounces)
- 1 cup red grapes, halved
- $\frac{1}{2}$ cup very thinly sliced red onion
- 1 5-ounce package baby arugula
- $\frac{1}{4}$ cup walnut oil or extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 2 tablespoons finely chopped shallot
- 2 teaspoons Dijon mustard

Meal Preparation

- Preheat oven to 425degrees F. Coat a large rimmed baking sheet with cooking spray.
- Toss squash, Brussels sprouts, 1 teaspoon olive oil, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper in a large bowl. Arrange in a single layer on the prepared baking sheet (reserve the bowl). Roast, stirring once or twice, until the vegetables are tender, 20 to 22 minutes.
- Combine chicken, grapes, onion and arugula in the reserved bowl. Add the roasted vegetables and toss to combine.
- Whisk walnut oil (or olive oil), vinegar, shallot, mustard and the remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in a small bowl. Pour over the salad and gently toss to combine.



TIME
5 min

Kcal
CALORIES
172



PROTEIN
5.4g



CARBS
17.8g



FATS
9.8g

EVERYTHING BAGEL AVOCADO TOAST

Ingredients

- ¼ medium avocado, mashed
- 1 slice Sprouted grain gluten free bread, toasted
- 2 teaspoons everything bagel seasoning
- Pinch of flaky sea salt (such as Maldon)

Meal Preparation

- Spread avocado on toast. Top with seasoning and salt.

A woman with long dark hair, wearing a pink button-down shirt, is in a kitchen. She is holding a wooden bowl filled with nuts and pouring them into a white rectangular tray. In the foreground, a white plate with a single nut is visible. The background shows a kitchen counter with various items like a white container and a knife block. The text 'WEEK 5' is overlaid on the bottom of the image, preceded by a vertical yellow bar.

WEEK 5

TIME
5 minKcal
CALORIES
194gPROTEIN
20gCARBS
17gFATS
2

RASPBERRY POWER SMOOTHIE

Ingredients

- cup ice cups
- 1 frozen banana medium
- 1 cup frozen raspberries
- 3/4 cup vanilla almond milk
- 1/2 teaspoon vanilla extract
- Add one Scoop Kion Vanilla protein.

Meal Preparation

- **Combine a blender. Process until smooth, adding water a tablespoon at a time, if necessary.**



TIME
35 min

Kcal
CALORIES
242



PROTEIN
17.4g



CARBS
17.5g



FATS
12.1g

CHICKEN, ARUGULA & BUTTERNUT SQUASH SALAD WITH BRUSSELS SPROUTS

Ingredients

- 2 ¾ cups precubed butternut squash
- 2 ½ cups halved Brussels sprouts (or quartered, if large)
- 1 teaspoon extra-virgin olive oil
- ¾ teaspoon salt, divided
- ⅛ teaspoon ground pepper plus 1/4 teaspoon, divided
- 2 cups cubed cooked chicken (1/2-inch; about 10 ounces)
- 1 cup red grapes, halved
- ½ cup very thinly sliced red onion
- 1 5-ounce package baby arugula
- ¼ cup walnut oil or extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 2 tablespoons finely chopped shallot
- 2 teaspoons Dijon mustard

Meal Preparation

- Preheat oven to 425degrees F. Coat a large rimmed baking sheet with cooking spray.
- Toss squash, Brussels sprouts, 1 teaspoon olive oil, 1/4 teaspoon salt and 1/8 teaspoon pepper in a large bowl. Arrange in a single layer on the prepared baking sheet (reserve the bowl). Roast, stirring once or twice, until the vegetables are tender, 20 to 22 minutes.
- Combine chicken, grapes, onion and arugula in the reserved bowl. Add the roasted vegetables and toss to combine.
- Whisk walnut oil (or olive oil), vinegar, shallot, mustard and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Pour over the salad and gently toss to combine.



TIME
15 min

Kcal
CALORIES
157



PROTEIN
21.6g



CARBS
6.5g



FATS
4.8g

MEDITERRANEAN COD WITH ROASTED TOMATOES

Ingredients

- 4 (4 ounce) fresh or frozen skinless cod fillets, 3/4- to 1-inch thick
- 2 teaspoons snipped fresh oregano
- 1 teaspoon snipped fresh thyme
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- Nonstick cooking spray
- 3 cups cherry tomatoes
- 2 cloves garlic, sliced
- 1 tablespoon olive oil
- 2 tablespoons sliced pitted ripe olives
- 2 teaspoons capers
- Fresh oregano and/or thyme leaves

Meal Preparation

- Preheat oven to 450 degrees F. Thaw fish, if frozen. Rinse fish and pat dry with paper towels. In a small bowl combine snipped oregano, snipped thyme, salt, garlic powder, paprika and black pepper. Sprinkle half of the oregano mixture over both sides of each fish fillet.
- Line a 15x10x1-inch baking pan with foil. Coat foil with cooking spray. Place fish on one side of the foil-lined pan. Add tomatoes and garlic slices to the other side of the foil-lined pan. Combine remaining oregano mixture with oil. Drizzle oil mixture over tomatoes; toss to coat. Bake for 8 to 12 minutes or until fish flakes easily when tested with a fork, stirring tomato mixture once. Stir olives and capers into cooked tomato mixture.
- Divide fish and roasted tomato mixture evenly among four serving plates. Garnish with fresh oregano and/or thyme leaves.



TIME
20 min

Kcal
CALORIES
137



PROTEIN
3.1g



CARBS
13.4g



FATS
12g

GUACAMOLE CHOPPED SALAD

Ingredients

- 1 tablespoons avocado oil
- 2 tablespoons lime juice
- 1 clove garlic, grated
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups chopped romaine lettuce
- 2 ripe avocados, diced
- 1 cup grape tomatoes, quartered
- ¼ cup slivered red onion
- 1 tablespoon chopped pickled jalapeño pepper

Meal Preparation

- Whisk oil, lime juice, garlic, salt and pepper in a large bowl. Add romaine, avocado, tomatoes, onion and jalapeño; toss gently to coat.



TIME
5 min

Kcal
CALORIES
238



PROTEIN
8g



CARBS
13.7 g



FATS
16.9

GUT HEALING GREEN SMOOTHIE

Ingredients

- 1 cups dark leafy greens
- ½ cucumber, roughly chopped
- ½ avocado
- 1 teaspoon grated ginger
- 1 tablespoon mint leaves
- 1/3 red bell pepper, roughly chopped
- ½ cup blueberries
- 1/3 cup frozen pineapple
*optional
- 1 1/2 tablespoons pumpkin seeds
- 1 tablespoons hemp seeds
- 1 tablespoon chia seeds
- Juice of ½ lemon
- 1 cups filtered water
- ***Optional: Add some "BIOHM HEALTH SUPER GREENS - CODE: STORM" for an added gut boost.**

Meal Preparation

- Mix all ingredients and enjoy



TIME
35 min

Kcal
CALORIES
242



PROTEIN
17.4g



CARBS
17.5g



FATS
12.1g

CHICKEN, ARUGULA & BUTTERNUT SQUASH SALAD WITH BRUSSELS SPROUTS

Ingredients

- 2 ¾ cups precubed butternut squash
- 2 ½ cups halved Brussels sprouts (or quartered, if large)
- 1 teaspoon extra-virgin olive oil
- ¾ teaspoon salt, divided
- ⅛ teaspoon ground pepper plus 1/4 teaspoon, divided
- 2 cups cubed cooked chicken (1/2-inch; about 10 ounces)
- 1 cup red grapes, halved
- ½ cup very thinly sliced red onion
- 1 5-ounce package baby arugula
- ¼ cup walnut oil or extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 2 tablespoons finely chopped shallot
- 2 teaspoons Dijon mustard

Meal Preparation

- Preheat oven to 425degrees F. Coat a large rimmed baking sheet with cooking spray.
- Toss squash, Brussels sprouts, 1 teaspoon olive oil, 1/4 teaspoon salt and 1/8 teaspoon pepper in a large bowl. Arrange in a single layer on the prepared baking sheet (reserve the bowl). Roast, stirring once or twice, until the vegetables are tender, 20 to 22 minutes.
- Combine chicken, grapes, onion and arugula in the reserved bowl. Add the roasted vegetables and toss to combine.
- Whisk walnut oil (or olive oil), vinegar, shallot, mustard and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Pour over the salad and gently toss to combine.



TIME
20 min

Kcal
CALORIES
257.8



PROTEIN
17.1g



CARBS
19.9g



FATS
11.65

GREEK SALAD WITH EDAMAME

Ingredients

- ¼ cup red-wine vinegar
- 1 1/2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 cups chopped romaine (about 2 romaine hearts)
- 16 ounces frozen shelled edamame (about 3 cups), thawed (see Tip)
- 1 cup halved cherry or grape tomatoes
- ½ European cucumber, sliced
- ½ cup crumbled feta cheese
- ¼ cup slivered fresh basil
- ¼ cup sliced Kalamata olives
- ¼ cup slivered red onion

Meal Preparation

- Whisk vinegar, oil, salt and pepper in a large bowl. Add romaine, edamame, tomatoes, cucumber, feta, basil, olives and onion; toss to coat.



30 DAY

ANTI INFLAMMATORY

MEAL PLAN

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