



High Fiber Program

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LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

MON



BREAKFAST
Avocado Toast with Hard Boiled Eggs & Strawberries



SNACK 1
Peanut Butter Fruit Dip, Raspberries



LUNCH
Sheet Pan Dijon Chicken Thighs & Broccoli



SNACK 2
Strawberry & Blueberry Parfait



DINNER
Lentils, Rapini & Mashed Potatoes, Brown Rice

TUE



BREAKFAST
Avocado Toast with Hard Boiled Eggs & Strawberries



SNACK 1
Strawberry & Blueberry Parfait



LUNCH
Lentils, Rapini & Mashed Potatoes, Brown Rice



SNACK 2
Peanut Butter Fruit Dip, Raspberries



DINNER
Sheet Pan Dijon Chicken Thighs & Broccoli

WED



BREAKFAST
Blueberry Coconut Chia Pudding



SNACK 1
Avocado with Everything Bagel Seasoning



LUNCH
Sheet Pan Dijon Chicken Thighs & Broccoli



SNACK 2
Toast with Peanut Butter



DINNER
One Pan Everything Salmon & Brussels Sprouts

THU



BREAKFAST
Blueberry Coconut Chia Pudding



SNACK 1
Toast with Peanut Butter



LUNCH
One Pan Everything Salmon & Brussels Sprouts



SNACK 2
Avocado with Everything Bagel Seasoning



DINNER
Lentil, Rice & Squash Bowl

FRI



BREAKFAST
Blueberry Coconut Chia Pudding



SNACK 1
Raspberries



LUNCH
Lentil, Rice & Squash Bowl



SNACK 2
Toast with Peanut Butter



DINNER
Maple Roasted Carrots & Chicken

SAT



BREAKFAST
Super Simple French Toast



SNACK 1
Fruit & Egg Snack Plate



LUNCH
Maple Roasted Carrots & Chicken



SNACK 2
Coconut Chia Seed Yogurt



DINNER
Mayo-Dijon Salmon with Broccoli

SUN



BREAKFAST
Super Simple French Toast



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Mayo-Dijon Salmon with Broccoli



SNACK 2
Fruit & Egg Snack Plate



DINNER
Maple Roasted Carrots & Chicken

MON**FAT 33%** **CARBS 47%** **PROTEIN 20%**

Calories 1762	Calcium 806mg
Fat 67g	Iron 18mg
Saturated 14g	Vitamin D 43IU
Trans 0g	Vitamin E 18mg
Polyunsaturated 15g	Vitamin K 525µg
Monounsaturated 31g	Thiamine 1.7mg
Carbs 214g	Riboflavin 1.7mg
Fiber 53g	Niacin 29mg
Sugar 44g	Vitamin B6 3.3mg
Protein 89g	Folate 702µg
Cholesterol 346mg	Vitamin B12 3.2µg
Sodium 1514mg	Phosphorous 1616mg
Potassium 4360mg	Magnesium 500mg
Vitamin A 6664IU	Zinc 12mg
Vitamin C 370mg	Selenium 104µg

TUE**FAT 33%** **CARBS 47%** **PROTEIN 20%**

Calories 1762	Calcium 806mg
Fat 67g	Iron 18mg
Saturated 14g	Vitamin D 43IU
Trans 0g	Vitamin E 18mg
Polyunsaturated 15g	Vitamin K 525µg
Monounsaturated 31g	Thiamine 1.7mg
Carbs 214g	Riboflavin 1.7mg
Fiber 53g	Niacin 29mg
Sugar 44g	Vitamin B6 3.3mg
Protein 89g	Folate 702µg
Cholesterol 346mg	Vitamin B12 3.2µg
Sodium 1514mg	Phosphorous 1616mg
Potassium 4360mg	Magnesium 500mg
Vitamin A 6664IU	Zinc 12mg
Vitamin C 370mg	Selenium 104µg

WED**FAT 54%** **CARBS 23%** **PROTEIN 23%**

Calories 1834	Calcium 461mg
Fat 113g	Iron 12mg
Saturated 37g	Vitamin D 2IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 24g	Vitamin K 489µg
Monounsaturated 47g	Thiamine 1.2mg
Carbs 109g	Riboflavin 1.9mg
Fiber 41g	Niacin 36mg
Sugar 25g	Vitamin B6 3.7mg
Protein 105g	Folate 492µg
Cholesterol 254mg	Vitamin B12 6.4µg
Sodium 1482mg	Phosphorous 1276mg
Potassium 4021mg	Magnesium 339mg
Vitamin A 2571IU	Zinc 8mg
Vitamin C 301mg	Selenium 138µg

THU**FAT 45%** **CARBS 38%** **PROTEIN 17%**

Calories 1965	Calcium 521mg
Fat 102g	Iron 16mg
Saturated 35g	Vitamin D 0IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 22g	Vitamin K 396µg
Monounsaturated 40g	Thiamine 1.8mg
Carbs 191g	Riboflavin 1.6mg
Fiber 49g	Niacin 32mg
Sugar 31g	Vitamin B6 3.5mg
Protein 86g	Folate 707µg
Cholesterol 94mg	Vitamin B12 5.4µg
Sodium 2144mg	Phosphorous 1240mg
Potassium 4356mg	Magnesium 409mg
Vitamin A 17338IU	Zinc 8mg
Vitamin C 254mg	Selenium 106µg

FRI**FAT 33%** **CARBS 47%** **PROTEIN 20%**

Calories 1807	Calcium 590mg
Fat 68g	Iron 16mg
Saturated 31g	Vitamin D 2IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 16g	Vitamin K 167µg
Monounsaturated 16g	Thiamine 1.5mg
Carbs 217g	Riboflavin 1.3mg
Fiber 47g	Niacin 31mg
Sugar 53g	Vitamin B6 3.0mg
Protein 93g	Folate 516µg
Cholesterol 213mg	Vitamin B12 1.4µg
Sodium 2250mg	Phosphorous 1283mg
Potassium 3745mg	Magnesium 393mg
Vitamin A 56842IU	Zinc 11mg
Vitamin C 174mg	Selenium 95µg

SAT**FAT 37%** **CARBS 37%** **PROTEIN 26%**

Calories 1933	Calcium 1346mg
Fat 81g	Iron 15mg
Saturated 20g	Vitamin D 126IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 31g	Vitamin K 323µg
Monounsaturated 23g	Thiamine 1.3mg
Carbs 180g	Riboflavin 3.0mg
Fiber 48g	Niacin 35mg
Sugar 72g	Vitamin B6 4.0mg
Protein 128g	Folate 423µg
Cholesterol 870mg	Vitamin B12 10.9µg
Sodium 1893mg	Phosphorous 1575mg
Potassium 4088mg	Magnesium 317mg
Vitamin A 43204IU	Zinc 12mg
Vitamin C 310mg	Selenium 196µg

SUN**FAT 37%** **CARBS 37%** **PROTEIN 26%**

Calories 1933	Calcium 1346mg
Fat 81g	Iron 15mg
Saturated 20g	Vitamin D 126IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 31g	Vitamin K 323µg
Monounsaturated 23g	Thiamine 1.3mg
Carbs 180g	Riboflavin 3.0mg
Fiber 48g	Niacin 35mg
Sugar 72g	Vitamin B6 4.0mg
Protein 128g	Folate 423µg



Cholesterol 870mg	Vitamin B12 10.9µg
Sodium 1893mg	Phosphorous 1575mg
Potassium 4088mg	Magnesium 317mg
Vitamin A 43204IU	Zinc 12mg
Vitamin C 310mg	Selenium 196µg

FRUITS

- 3 Avocado
- 3 cups Blueberries
- 4 cups Raspberries
- 4 cups Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1 cup Granola
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 cup Chia Seeds
- 2 tsps Cinnamon
- 3/4 tsp Dried Parsley
- 2 1/3 tbsps Everything Bagel Seasoning
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

VEGETABLES

- 13 cups Broccoli
- 3 cups Brussels Sprouts
- 2 cups Butternut Squash
- 12 Carrot
- 12 Garlic
- 1 1/2 tsps Ginger
- 1/2 bunch Rapini
- 2 Russet Potato
- 3/4 cup Shallot
- 1/2 tsp Thyme
- 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Brown Rice
- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Dry Green Lentils
- 1 cup Green Lentils
- 1 3/4 cups Vegetable Broth

BAKING

- 3 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 2/3 lbs Chicken Thighs
- 1 1/2 lbs Salmon Fillet
- 12 slices Whole Grain Bread

CONDIMENTS & OILS

- 2 1/8 tbsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise

COLD

- 8 Egg
- 3 1/4 cups Unsweetened Coconut Yogurt

OTHER

- 1 cup Water

Avocado Toast with Hard Boiled Eggs & Strawberries

2 SERVINGS 15 MINUTES



INGREDIENTS

- 2 Egg
- 2 slices Whole Grain Bread (toasted)
- 1 Avocado (sliced or mashed)
- 2 cups Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	388	Calcium	105mg
Fat	22g	Iron	3mg
Saturated	4g	Vitamin D	41IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	25µg
Monouns...	12g	Thiamine	0.2mg
Carbs	38g	Riboflavin	0.4mg
Fiber	13g	Niacin	4mg
Sugar	11g	Vitamin B6	0.5mg
Protein	15g	Folate	166µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	237mg	Phosphoro...	280mg
Potassium	872mg	Magnesium	86mg
Vitamin A	434IU	Zinc	2mg
Vitamin C	95mg	Selenium	30µg

DIRECTIONS

- 01 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
- 02 Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

NOTES

LEFTOVERS

For best results, enjoy freshly made. Refrigerate for up to one day.

GLUTEN-FREE

Use gluten-free bread instead of whole grain bread.

MORE FLAVOR

Add mayo, cheese, or season with salt and pepper to taste.

ADDITIONAL TOPPINGS

Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.

Blueberry Coconut Chia Pudding

3 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 cups Canned Coconut Milk
1 1/2 cups Blueberries (plus extra for garnish)
1 1/2 tsps Vanilla Extract
1/3 cup Chia Seeds
3 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	407	Calcium	163mg
Fat	32g	Iron	2mg
Saturated	23g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	6g	Vitamin K	14µg
Monouns...	1g	Thiamine	0mg
Carbs	25g	Riboflavin	0mg
Fiber	10g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg
Protein	6g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	36mg	Phosphoro...	9mg
Potassium	342mg	Magnesium	5mg
Vitamin A	40IU	Zinc	0mg
Vitamin C	7mg	Selenium	0µg

DIRECTIONS

- 01 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 02 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 03 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cups of chia pudding.

LIKES IT SWEETER

Add maple syrup or honey.

MORE FLAVOR

Add cardamom.

Super Simple French Toast

2 SERVINGS 10 MINUTES



INGREDIENTS

4 Egg
4 slices Whole Grain Bread
1/4 cup Maple Syrup
1 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	498	Calcium	197mg
Fat	13g	Iron	4mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	6µg
Monouns...	4g	Thiamine	0.3mg
Carbs	71g	Riboflavin	1.1mg
Fiber	10g	Niacin	4mg
Sugar	33g	Vitamin B6	0.4mg
Protein	24g	Folate	113µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	462mg	Phosphoro...	404mg
Potassium	506mg	Magnesium	99mg
Vitamin A	560IU	Zinc	4mg
Vitamin C	16mg	Selenium	58µg

DIRECTIONS

- 01 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 02 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 03 Top with raspberries and maple syrup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

ADDITIONAL TOPPINGS

Nuts, shredded coconut, nut or seed butter, or cottage cheese.

Peanut Butter Fruit Dip

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps All Natural Peanut Butter
1/4 cup Unsweetened Coconut Yogurt
3/4 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	117	Calcium	73mg
Fat	9g	Iron	0mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	0µg
Monouns...	4g	Thiamine	0mg
Carbs	7g	Riboflavin	0.1mg
Fiber	1g	Niacin	2mg
Sugar	3g	Vitamin B6	0.1mg
Protein	4g	Folate	14µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	9mg	Phosphoro...	54mg
Potassium	95mg	Magnesium	28mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	1µg

DIRECTIONS

01 Combine all ingredients together in a bowl or a food processor and mix well.
Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 3 tbsp of dip.

LEFTOVERS

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

SERVE IT WITH

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

NUT-FREE

Make it with sunflower seed butter instead of peanut butter.

NO COCONUT YOGURT

Use Greek yogurt or almond yogurt instead.

Raspberries

2 SERVINGS 3 MINUTES



INGREDIENTS

2 cups Raspberries

DIRECTIONS

01 Wash berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	64	Calcium	31mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	10µg
Monouns...	0g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	1g	Folate	26µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	36mg
Potassium	186mg	Magnesium	27mg
Vitamin A	41IU	Zinc	1mg
Vitamin C	32mg	Selenium	0µg

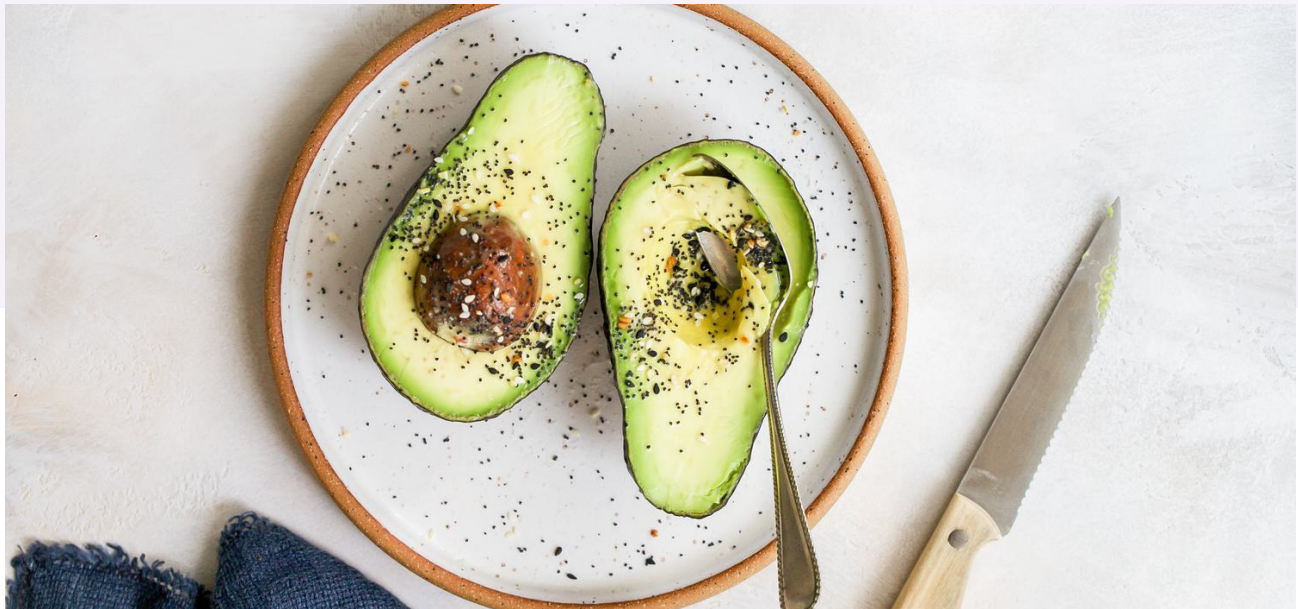
NOTES

TIP

Do not wash until ready to eat, as washed berries spoil more quickly.

Avocado with Everything Bagel Seasoning

1 SERVING 5 MINUTES



INGREDIENTS

1 Avocado
1/2 tsp Everything Bagel Seasoning

DIRECTIONS

01 Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	322	Calcium	24mg
Fat	29g	Iron	1mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	4g	Vitamin K	42µg
Monouns...	20g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	13g	Niacin	3mg
Sugar	1g	Vitamin B6	0.5mg
Protein	4g	Folate	163µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	114mg	Phosphoro...	105mg
Potassium	975mg	Magnesium	58mg
Vitamin A	293IU	Zinc	1mg
Vitamin C	20mg	Selenium	1µg

NOTES

LEFTOVERS

Best enjoyed immediately.

EVERYTHING BAGEL SEASONING

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Toast with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

NUTRITION

AMOUNT PER SERVING

Calories	412	Calcium	100mg
Fat	20g	Iron	3mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	1µg
Monouns...	9g	Thiamine	0.2mg
Carbs	43g	Riboflavin	0.2mg
Fiber	8g	Niacin	8mg
Sugar	9g	Vitamin B6	0.4mg
Protein	18g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	320mg	Phosphoro...	296mg
Potassium	370mg	Magnesium	119mg
Vitamin A	0IU	Zinc	2mg
Vitamin C	0mg	Selenium	29µg

DIRECTIONS

01 Toast the bread slices, then spread on the peanut butter. Enjoy!

NOTES

TOPPING IDEAS

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

Fruit & Egg Snack Plate

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Egg
1 cup Blueberries
1 cup Strawberries (halved)

NUTRITION

AMOUNT PER SERVING

Calories	137	Calcium	44mg
Fat	5g	Iron	1mg
Saturated	2g	Vitamin D	41IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	16µg
Monouns...	2g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	3g	Niacin	1mg
Sugar	11g	Vitamin B6	0.2mg
Protein	7g	Folate	45µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	72mg	Phosphoro...	125mg
Potassium	236mg	Magnesium	20mg
Vitamin A	319IU	Zinc	1mg
Vitamin C	50mg	Selenium	16µg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 02 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

NOTES

LEFTOVERS

Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

SERVING SIZE

One serving is one egg and one cup of fruit.

MORE FLAVOR

Season the hard boiled egg with salt and pepper.

Sheet Pan Dijon Chicken Thighs & Broccoli

3 SERVINGS 40 MINUTES



INGREDIENTS

1 1/8 lbs Chicken Thighs (boneless, skinless)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Dijon Mustard
6 cups Broccoli (florets, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	330	Calcium	98mg
Fat	14g	Iron	3mg
Saturated	3g	Vitamin D	2IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	194µg
Monouns...	8g	Thiamine	0.3mg
Carbs	12g	Riboflavin	0.6mg
Fiber	5g	Niacin	11mg
Sugar	3g	Vitamin B6	1.1mg
Protein	39g	Folate	121µg
Cholesterol	160mg	Vitamin B12	1.0µg
Sodium	249mg	Phosphoro...	435mg
Potassium	987mg	Magnesium	77mg
Vitamin A	1175IU	Zinc	3mg
Vitamin C	162mg	Selenium	44µg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 02 In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
- 03 Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
- 04 Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about three cups.

MORE FLAVOR

Add maple syrup and/or honey to the chicken.

Strawberry & Blueberry Parfait

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1 cup Granola
1/2 cup Strawberries
1/2 cup Blueberries

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

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

Coconut Chia Seed Yogurt

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
2 tsps Cinnamon
1/2 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	355	Calcium	838mg
Fat	22g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	12g	Vitamin K	2µg
Monouns...	1g	Thiamine	0mg
Carbs	37g	Riboflavin	0mg
Fiber	21g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	9g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	57mg	Phosphoro...	10mg
Potassium	266mg	Magnesium	6mg
Vitamin A	12IU	Zinc	0mg
Vitamin C	21mg	Selenium	0µg

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Lentils, Rapini & Mashed Potatoes

2 SERVINGS 25 MINUTES



INGREDIENTS

3/4 tsp Sea Salt (divided)
2 Russet Potato (medium, peeled and chopped)
1/2 bunch Rapini (chopped, divided)
1 cup Green Lentils (cooked, drained and rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	307	Calcium	179mg
Fat	1g	Iron	7mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	285µg
Monouns...	0g	Thiamine	0.5mg
Carbs	60g	Riboflavin	0.3mg
Fiber	15g	Niacin	6mg
Sugar	4g	Vitamin B6	1.0mg
Protein	18g	Folate	302µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	972mg	Phosphoro...	391mg
Potassium	1692mg	Magnesium	117mg
Vitamin A	4978IU	Zinc	2mg
Vitamin C	56mg	Selenium	5µg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 02 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 03 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 04 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

NOTES

EXTRA CREAMY

Mash the potatoes with coconut or almond milk for extra creaminess.

NO RAPINI

Use broccoli, broccolini or green beans instead.

LESS BITTER RAPINI

Saute the rapini in your choice of oil and seasoning after boiling.

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

SERVING SIZE

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Calcium	16mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	144mg
Potassium	116mg	Magnesium	56mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	8µg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

One Pan Everything Salmon & Brussels Sprouts

2 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Brussels Sprouts
1 tbsp Extra Virgin Olive Oil
2 tbsps Everything Bagel Seasoning (divided)
12 ozs Salmon Fillet
2 tsps Dijon Mustard

NUTRITION

AMOUNT PER SERVING

Calories	363	Calcium	76mg
Fat	18g	Iron	3mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	238µg
Monouns...	9g	Thiamine	0.6mg
Carbs	12g	Riboflavin	0.8mg
Fiber	5g	Niacin	14mg
Sugar	3g	Vitamin B6	1.7mg
Protein	38g	Folate	123µg
Cholesterol	94mg	Vitamin B12	5.4µg
Sodium	763mg	Phosphoro...	431mg
Potassium	1347mg	Magnesium	80mg
Vitamin A	1063IU	Zinc	2mg
Vitamin C	112mg	Selenium	64µg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
- 03 Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
- 04 Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

NO BRUSSELS SPROUTS

Use broccoli or cauliflower instead.

NO SALMON

Use another fish, like trout, instead.

EVERYTHING BAGEL SEASONING

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Lentil, Rice & Squash Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1/2 Yellow Onion (chopped)
3 Garlic (cloves, minced)
1 3/4 cups Vegetable Broth (divided)
3/4 tsp Dried Parsley
1/2 tsp Thyme (dried)
1/4 tsp Sea Salt
1/2 cup Dry Green Lentils (rinsed)
2 cups Butternut Squash (cut into 1-inch cubes)
2 cups Broccoli (cut into small florets)

NUTRITION

AMOUNT PER SERVING

Calories	461	Calcium	158mg
Fat	3g	Iron	7mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsa...	1g	Vitamin K	101µg
Monouns...	1g	Thiamine	0.9mg
Carbs	94g	Riboflavin	0.3mg
Fiber	13g	Niacin	7mg
Sugar	9g	Vitamin B6	0.9mg
Protein	20g	Folate	336µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	911mg	Phosphoro...	399mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
- 03 Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
- 04 Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add other dried or fresh herbs to the lentils.

ADDITIONAL TOPPINGS

Butter or olive oil for the vegetables.

NO BROCCOLI

Use cauliflower or green beans instead.

NO BROWN RICE

Use quinoa, white rice, or millet instead.

Potassium	1322mg	Magnesium	147mg
Vitamin A	15942IU	Zinc	3mg
Vitamin C	115mg	Selenium	12µg

Maple Roasted Carrots & Chicken

3 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Thighs (boneless, skinless)
3/4 tsp Sea Salt (divided)
9 Garlic (cloves, still attached to each other)
1 1/2 tsps Extra Virgin Olive Oil
12 Carrot (chopped roughly)
3/4 cup Shallot (peeled, cut in half)
1 1/2 tsps Ginger (thinly sliced)
1 1/2 tsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Calcium	138mg
Fat	12g	Iron	3mg
Saturated	3g	Vitamin D	2IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	41µg
Monouns...	5g	Thiamine	0.4mg
Carbs	40g	Riboflavin	0.7mg
Fiber	8g	Niacin	15mg
Sugar	21g	Vitamin B6	1.6mg
Protein	48g	Folate	69µg
Cholester...	213mg	Vitamin B12	1.4µg
Sodium	982mg	Phosphoro...	543mg
Potassium	1525mg	Magnesium	95mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.

Vitamin A	40819IU	Zinc	5mg
Vitamin C	20mg	Selenium	54µg

Mayo-Dijon Salmon with Broccoli

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Mayonnaise
1 tbsp Dijon Mustard
12 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
5 cups Broccoli (sliced into small florets)
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	480	Calcium	129mg
Fat	29g	Iron	3mg
Saturated	4g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	11g	Vitamin K	258µg
Monouns...	11g	Thiamine	0.5mg
Carbs	15g	Riboflavin	0.9mg
Fiber	6g	Niacin	15mg
Sugar	4g	Vitamin B6	1.8mg
Protein	40g	Folate	187µg
Cholesterol	99mg	Vitamin B12	5.4µg
Sodium	320mg	Phosphoro...	493mg
Potassium	1555mg	Magnesium	97mg
Vitamin A	1494IU	Zinc	2mg
Vitamin C	203mg	Selenium	68µg

DIRECTIONS

- 01 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 02 In a bowl, mix together the mayonnaise and dijon mustard.
- 03 Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
- 04 Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
- 05 Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.