



# *Weekly Meal Plan*

Week 1

# Day 1



## PER SERVING:

213 cal,  
9.5 g fat,  
21 g carbs,  
13.5 g protein,  
5.5 g fiber

## Breakfast:

### Egg, Tomato, and Salmon Lox Sandwich

#### INGREDIENTS:

- 100 calorie English Muffin roll
- 1 tbsp chopped Salmon Lox
- 1 large Hard Boiled Egg, sliced
- 1 tbsp light mayonnaise
- 1 thick slice ripe tomato
- salt and fresh cracked pepper to taste

#### INSTRUCTIONS:

- Assemble the sandwich by placing the egg on the bread, then the tomato, then salmon lox.
- Top with salt and pepper and spread mayonnaise on the top of the bread.



#### PER SERVING:

Calories 360  
Fat: 13.5g  
Sugar: 2g  
Protein: 33g  
Carbohydrates: 28g  
Sodium: 670mg

#### INGREDIENTS:

- 1 medium acorn squash (about 2 lbs), halved, seeded, and sliced ½ in. thick
- 1 small red onion, cut into ½-in. wedges, leaving root end intact
- 2 tbsp. olive oil, divided Kosher salt and pepper
- 1/2 cup cubed tofu
- 1 c. frozen cherries, thawed
- 1/4 c. dry white wine
- 3 tbsp. white wine vinegar
- 2 tsp. stone-ground mustard
- 2 oz. baby kale
- 1 oz. feta cheese, crumbled

## Lunch:

### Roasted Squash, Tofu, and Kale Salad With Cherries

#### INSTRUCTIONS:

Heat oven to 425°F. On a rimmed baking sheet, toss squash, red onion, 1 Tbsp oil, and 1/2 tsp each salt and pepper and roast until golden brown and tender, 20 to 25 minutes. Meanwhile, heat remaining Tbsp oil in a large skillet on medium. Pat tofu dry with a paper towel and season with 1/2 tsp each salt and pepper. Cook until golden brown, about 3 minutes per side. Transfer tofu to the sheet with squash, nestling it in as necessary, and roast to an internal temperature of 145°F, 5 to 8 minutes; transfer to a cutting board.

Return skillet to medium heat, add cherries, and cook, stirring occasionally, until they begin to soften, about 2 minutes. Add wine and cook until reduced to 1 Tbsp, about 2 minutes more. Stir in vinegar, mustard, and 2 Tbsp water.

Toss together squash, onion, kale, and feta. Diced tofu and add to salad. Drizzle cherry dressing over the top



Dinner:

Blackened Chicken and  
Avocado Salad



## INGREDIENTS:

### Blackened Chicken:

- 2 boneless skinless chicken breasts
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp cumin optional
- 1 tbsp olive oil
- pinch salt and pepper

### Avocado Salad:

- 2 cups romaine lettuce can also use baby spinach
- 1 large tomato
- 1 small red onion
- 1/2 cup cucumber
- 2 avocados
- 1 tbsp olive oil
- 1 1/2 tsp cilantro fresh or dried
- 1 1/2 tsp salt
- 1/2 tsp pepper

## INSTRUCTIONS:

- Defrost chicken prior to starting. Wash and pat dry. In a small bowl, mix together the paprika, garlic powder, chili powder, cumin, salt, pepper and olive oil. Coat the chicken and cook on medium heat in a frying pan until no longer pink in center (approximately 15 minutes, depending on thickness).
- Wash, dry, and chop lettuce. Peel, pit, and chop the avocados as well as the tomato, onion, cucumber into desired size. Usually about 1/2 inch pieces. Add all the ingredients to a large salad bowl, drizzling the olive oil and sprinkling the salt, pepper, and cilantro. Toss with tongs.
- Remove the chicken and cut diagonally into strips, place on top of salad and serve immediately.

## Nutrition

Calories: 314kcal | Carbohydrates: 14g | Protein: 15g | Fat: 24g | Saturated Fat: 3g | Cholesterol: 36mg | Sodium: 373mg | Potassium: 890mg | Fiber: 8g | Sugar: 3g | Vitamin A: 2664IU | Vitamin C: 18mg | Calcium: 32mg | Iron: 1mg

# Day 2



## PER SERVING:

Calories: 156;  
Total Fat: 8g; Saturated  
Fat: 1g;  
Monounsaturated Fat: 0g;  
Cholesterol: 1mg;  
Sodium: 57mg;  
Carbohydrate: 19g;  
Dietary Fiber: 7g;  
Sugar: 9g;  
Protein: 5g

## Breakfast:

### 1-Minute Strawberry Banana Smoothie For Two

#### INGREDIENTS:

- 66 ounces (about 1 1/2 cups) fresh or frozen raspberries
- 2 tablespoons Almond milk
- 1/2 small banana
- 1 teaspoon honey
- 1 cup ice cubes
- 1 scoop Vanilla Protein Powder
- 1/2 cup low fat plain yoghurt

#### INSTRUCTIONS:

Add all ingredients to a blender, and blend until smooth. Then, share it with a buddy and enjoy!

#### NUTRITION INFORMATION:

Serves: 2 | Serving Size: 1 cup



## Lunch:

### Asian-Style Baked Rockfish

#### NUTRITIONAL FACTS:

Calories Per Serving: 341      Fat: 8g  
Protein: 59g                      Sugar: 1g  
Carbohydrates: 7g               Sodium: 879mg

#### INGREDIENTS:

- 2.5-3 pounds whole rockfish, scaled and gutted (can substitute for sea bass or red snapper)
- Salt, Pepper, to taste
- 3 scallions, finely sliced on a diagonal
- 1 lime, thinly sliced
- 1/2 cup fresh cilantro, divided
- 1 whole carrot, peeled and finely julienned
- 1.5 inch piece of ginger, peeled and finely julienned
- 2 garlic cloves, finely sliced
- 2 tablespoons plus one teaspoon of soy sauce
- 3 teaspoons toasted sesame oil
- 1/8 teaspoon Korean red pepper powder (gochugaru)
- Sushi or brown rice, cooked for serving
- Lime wedges, for serving
- Crushed peanuts, for serving

#### INSTRUCTIONS:

Preheat the oven to 425 degrees F. Line a large baking sheet with aluminum foil. Place the gutted and scaled rockfish on top of the aluminum foil. Rub skin and cavity with coarse salt and season with pepper. Stuff the cavity with the lime slices and half of the cilantro leaves. Sprinkle the top of the fish with the carrot, ginger, garlic, and remaining cilantro.

In separate bowl, whisk together the soy sauce, sesame oil, and red pepper powder. Pour sauce evenly over the fish. Top the fish with another large sheet of aluminum foil, bringing the edges of both pieces together to fold and seal in the fish. Bake at 425 degrees F for 30 minutes. Remove the top piece of foil and continue to cook, uncovered, for an additional 5–10 minutes or until fish flakes easily.

Serve the fish immediately with sushi or brown rice, fresh lime wedges, soy sauce, cilantro, and crushed peanuts.



# Dinner:

## Barbecued Chicken With Pineapple and Chipotle Sauce

### NUTRITIONAL FACTS:

Calories Per Serving: 315

Protein: 19g

Carbohydrates: 14g

Fat: 21g

Sugar: 8g

Sodium: 850 mg

### INSTRUCTIONS:

1. Rinse and pat dry the chicken. Then coat with vegetable oil and lightly dust with fine salt.
2. Place the chicken in a 375 degree oven and bake for 20 minutes.
3. In the mean time, place the remaining ingredients in a blender or food processor and blend until smooth.
4. Remove the chicken from the oven and baste liberally with the barbecue sauce.
5. Place on a grill and continue cooking for about 7 minutes on each side. Baste the chicken several time as it cooks.
6. Continue grilling until the chicken is cooked through, reaching an internal temperature of 160 degrees.
7. Garnish with cilantro and lime wedges and serve with extra barbecue sauce on the side.

*2 servings, best served with 2 cups steamed broccoli*

### INGREDIENTS:

- Pieces of Bone-in Chicken
- 2 tablespoons Vegetable Oil
- 3 Cloves Garlic, Peeled
- 1/2 Lime juice
- 3/4 cups Fresh Pineapple, Chopped
- 1 1/2 teaspoon Mild Dijon Mustard
- 6 tablespoons Tomato Paste
- 1/2 teaspoon Ground Cinnamon
- 1 teaspoon Ground Cumin Powder
- 2 teaspoons Soy Sauce
- 1 teaspoon Sugar
- 2 tablespoons Apple Cider Vinegar
- 3 tablespoons Chopped Cilantro (including the stems)
- Salt and Pepper to taste
- 1 tbsp apricot jam
- Additional Lime Wedges and Cilantro for Garnish





## Day 3

### Breakfast:

#### Lemony Strawberry Oat Soak With Kiwi Mint

##### INGREDIENTS:

- 1 cup (88g) rolled oats
- 1 cup (240ml) skim milk
- 1 cup (240ml) 0% plain yogurt
- 2 cups (288g) strawberries, divided
- 2 teaspoons lemon zest
- 1 tablespoon maple syrup
- 2 medium kiwi fruit, peeled and chopped
- 2 tablespoons fresh spearmint, thinly sliced

*2 servings*

##### NUTRITIONAL FACTS:

Calories: 186; Total Fat: 2g; Saturated Fat: 0g; Monounsaturated Fat: 1g; Cholesterol: 3mg; Sodium: 75mg; Carbohydrate: 35g; Dietary Fiber: 5g; Sugar: 18g; Protein: 8g

##### INSTRUCTIONS:

In a 3–4 cup (480–720ml) storage tub, combine the oats, skim milk and yogurt, and stir to mix. Chop half of the strawberries very finely, and add to the oat mixture with any juice that they release. Add the lemon zest and maple syrup. Stir well. Cover and refrigerate for at least 6 hours or up to overnight.

Chop the remaining cup of strawberries and place in a small bowl. Add the kiwi and mint and toss to mix.

Serve 3/4 cup (66g) of the oat mixture topped with about 6 tablespoons of the fruit.



## Lunch:

### High-Protein Chicken Salad

#### INGREDIENTS:

- 1 pound (454 grams) cooked chicken breast or rotisserie chicken, shredded (about 4 cups shredded)
- 1/2 cup diced red onion (about 1/2 medium red onion or 60 grams)
- 1/2 cup diced apple (about 1/2 small apple or 75 grams)
- 2/3 cup (100 grams) quartered or halved grapes
- 2/3 cup (165 grams) plain 2% fat Greek yogurt (certified gluten-free if necessary)
- 2 tablespoon freshly squeezed lemon juice, or more, to taste
- 1/2 teaspoon garlic powder. Salt and pepper, to taste
- 12 slices of 100% whole grain bread (about 100 calories each)
- 6 medium lettuce leaves

#### INSTRUCTIONS:

In a large bowl, combine shredded chicken, red onion, apple, grapes, Greek yogurt, lemon juice, garlic powder, salt and pepper. Mix until well combined.

Using a 3/4 cup measuring scoop, portion out the chicken salad. Serve with a lettuce leaf and 2 slices of 100% whole grain bread.

**Serves: 6 | Serving Size: 3/4 cup (about 5 ounces or 142 grams) + 2 slices whole grain bread + 1 medium lettuce leaf**

#### NUTRITION (PER SERVING):

Calories: 364;  
Total Fat: 6g;  
Saturated Fat: 1g;  
Monounsaturated Fat: 1g;  
Cholesterol: 65mg;  
Sodium: 412mg;  
Carbohydrate: 44g;  
Dietary Fiber: 7g;  
Sugar: 10g;  
Protein: 34g



## INSTRUCTIONS:

For the salad:

Mix together all of the salad ingredients in a large bowl.

For the dressing:

In a separate bowl, mix together all of the dressing ingredients. Pour over the quinoa mixture and mix until thoroughly coated

# Dinner:

## Black Bean and Lime Quinoa Salad

### NUTRITIONAL FACTS:

Calories Per Serving: 469

Protein: 15g

Carbohydrates: 72g

Fat: 15 g

Sugar: 9g

Sodium: 499 mg

### INGREDIENTS:

For the salad:

- 4 cups cooked quinoa
- 10.6 ounces jackfruit, such as Upton's Naturals Chili Lime Carnitas Jackfruit
- 15 ounces can black beans
- 1/2 red onion, diced
- 1 medium tomato, diced
- 1 cup corn kernels
- 1 poblano pepper, diced
- 1/2 jalapeño pepper, diced
- 2 cloves garlic, minced
- 1 avocado, cut into 1-inch pieces

For the dressing:

- Juice of 2 limes
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 tablespoon agave nectar
- 1/4 teaspoon salt
- Chili sauce to taste (optional)



Day 4

Breakfast:

Chai Baked Oatmeal



## NUTRITIONAL FACTS:

273 cal,  
13 g fat,  
34 g carbs,  
5 g protein,  
5 g fiber

## INGREDIENTS:

- 2 cups rolled oats
- 1 can coconut milk (light) (about 1 and  $\frac{3}{4}$  cups)
- $\frac{1}{4}$  cup pure maple syrup, plus more for serving
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon sea salt
- 1 Tablespoon ground flaxseed
- $\frac{1}{2}$  cup applesauce
- 1 Tablespoon coconut oil
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon cardamom
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon allspice
- $\frac{1}{8}$  teaspoon cloves
- 1 teaspoon vanilla extract
- 2 Tablespoons shredded coconut
- 2 Tablespoons pecans

## INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Spray an 8×8 square baking dish with cooking spray.
3. In a large bowl, mix together the oats, coconut milk, maple syrup, baking powder, sea salt, flaxseed, applesauce, coconut oil, cinnamon, cardamom, ginger, allspice, cloves and vanilla.
4. Carefully pour oatmeal mixture into the prepared baking dish.
5. Scatter pecans and coconut on top.
6. Bake for 25-30 minutes, or until the oatmeal bake has set. Remove from the oven and let cool for a few minutes. Portion and serve with a drizzle of almond milk or maple syrup.
7. For leftovers, let the baked oatmeal cool completely before covering or transferring to storage containers. The baked oatmeal should keep for 4-5 days in the fridge

4 servings



# Lunch:

## Broccoli Cauliflower Casserole

### NUTRITIONAL FACTS:

Calories Per Serving: 178

Fat: 12g

Sugar: 4g

Protein: 7g

Carbohydrates: 13g

Sodium: 197mg

### INGREDIENTS:

- 1 can tuna
- ½ cup grated mozzarella cheese,
- 1 1/2 teaspoon Italian seasoning, divided
- 20 ounces frozen broccoli florets, thawed
- 20 ounces frozen cauliflower florets, thawed
- 1 onion, chopped
- 1 teaspoon garlic salt
- 1/4 teaspoon black pepper
- 3 tbsp light cream cheese

### INSTRUCTIONS:

Preheat oven to 350 degrees.

Steam the broccoli and cauliflower for 5 mins.

Mix the tuna, ½ cup of the mozzarella cheese, and 1/2 teaspoon of the Italian seasoning in a small bowl and set aside. Sauté the diced onion in 1 tbsp of olive oil and add tuna and cream cheese. Stir in the remaining 1 teaspoon Italian seasoning, garlic salt, and pepper. Cook until the cream cheese has melted. Add the vegetables and toss gently to coat. Spoon into a 2-quart baking dish. Sprinkle the mozzarella cheese on top evenly

Bake for 20 minutes or until heated through and the top is lightly browned.

2-4 servings



# Dinner:

## Slow Cooker Ratatouille Chicken

### INGREDIENTS:

- 1 tablespoon olive oil
- 2 cups (500g) eggplant, cubed
- 1 cup (150g) zucchini, cubed
- 1 cup (175g) red bell pepper, cubed
- 1 large tomato, chopped
- 1 large garlic clove, chopped
- 1 tablespoon fresh rosemary, chopped
- 2 3.5 ounce (98g) chicken breast fillets
- 1/2 teaspoon paprika
- 1 teaspoon balsamic vinegar

### NUTRITIONAL FACTS:

Calories: 236; Total Fat: 10g; Saturated Fat: 2g;  
Monounsaturated Fat: 6g; Cholesterol: 73mg;  
Sodium: 63mg; Carbohydrate: 13g; Dietary Fiber:  
6g; Sugar: 10g; Protein: 25g

### INSTRUCTIONS:

Drizzle the olive oil in a 4 quart (4L) slow cooker insert, then add the eggplant, zucchini, bell pepper, tomato, garlic and rosemary. Cover the pot and set to high; cook for 3 hours.

Sprinkle the chicken breast with paprika. Uncover the eggplant mixture and stir, then top with the chicken and replace the cover. Cook for 30 minutes.

Uncover and test the chicken with an instant-read thermometer, it is done when it has reached 160°F. Remove the chicken breasts and place each on a plate. Stir the balsamic vinegar into the eggplant mixture, then serve each chicken breast with about 1 cup of eggplant mixture over the top.

# Day 5



## Breakfast:

### Easy Hemp Granola

#### PER SERVING:

Per serving: 235 cal, 17 g fat, 16 g carbs,  
5 g protein, 4 g fiber

#### INGREDIENTS:

- 2 tbsp cup raw almond slices/ walnuts/ pecans
- 2 tbsp raw pumpkin seeds (pepitas)
- 2 tbsp unsweetened coconut (desiccated, shredded or flakes)
- 1 tsp maple syrup
- 1 cup plain yoghurt

#### INSTRUCTIONS:

Mix all the ingredients into a large bowl and add the yoghurt. Enjoy!





## INSTRUCTIONS:

First things first. If you are not using a pre-grilled chicken file, then first season your chicken and put it in a hot pan to grill on both sides for a couple of minutes. Remove from heat and set aside to cool, then cut into smaller bites.

Cut the stale bread slice into cubes and put into the pan to toast for a couple of minutes. When toasted, set aside to cool.

Wash and drain the mixed greens. Use any kind of lettuce you like, or a mixture of it.

Peel and slice the cucumber. Wash and slice your bell pepper (I had a light-green variety in my garden). Peel the carrot and cut into thin slices (or grate it). Cut cherry tomatoes in half.

For the dressing, pour in a bowl or small jar olive oil and balsamic vinegar (1:3 ratio), add a squeeze of lemon juice or water, a small pinch of salt and some pepper. Mix well with a whisk or shake in a jar until well combined.

Assemble your salad. In a bowl, place your washed salad greens, cucumber and bell pepper slices, halved cherry tomatoes, carrot sticks and a tablespoon of canned corn. Add chicken bites and bread crutons.

Top the salad with some shaved parmesan cheese and the balsamic dressing.

## Lunch:

### Grilled Chicken and Mixed Greens Salad with Balsamic Dressing

#### NUTRITIONAL FACTS:

Cal 392  
Carbs 9g  
Fat 19g  
Protein 38

#### INGREDIENTS:

- 2 cups fresh mixed greens (various types of lettuce)
- 1 cucumber
- 1 bell pepper
- 3 cherry tomatoes
- 1 carrot
- 1 tbs canned corn
- 50 g grilled chicken (breasts / file)
- parmesan
- 1 slice stale bread
- balsamic vinegar
- olive oil
- lemon
- salt, pepper to taste



# Dinner:

## Sesame Chicken

### NUTRITIONAL FACTS:

Calories Per Serving: 588

Fat: 10g

Sugar:

Protein: 50g

Carbohydrates: 76g

Sodium: 814mg

### INSTRUCTIONS:

In a 5- to 6-quart slow cooker, combine the apricot jam, ketchup, soy sauce, ginger, and crushed red pepper. Add the chicken, onion, and garlic and toss to coat.

Scatter the red pepper over the top and cook, covered, until the chicken is cooked through, 5 1/2 to 6 1/2 hours on low, or 3 1/2 to 4 1/2 hours on high.

Twenty minutes before serving, cook the rice according to package directions. Serve the chicken and sauce on top of the rice and sprinkle with scallions and sesame seeds, if desired.

### INGREDIENTS:

- 2 tbsp apricot jam
- 1/4 c. Ketchup
- 2 tbsp. Soy Sauce
- 1 tbsp. grated ginger
- 1/4 tsp. crushed red pepper flakes
- 2 lb. boneless, skinless chicken thighs, trimmed
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 red pepper, sliced into 1/4-in. pieces
- 1 c. cooked brown rice



## Breakfast:

### Butternut Squash Protein Pancakes

#### PER SERVING:

236 cal, 32 g fat, 22 g carbs, 5 g protein, 3 g fiber

#### INSTRUCTIONS:

In a small bowl mix together the egg whites, protein powder, squash, flaxseed, pumpkin pie spice, cinnamon and stevia until all the powder is dissolved. If your butternut squash is chunky you might want to blend it with an immersion blender to make it smooth. Spray a medium sized pan with cooking spray and set heat to medium-low. The lower heat is the key to making sure the pancakes don't burn.

Pour pancake batter into the pan, making 3-4 pancakes. You might need to cook these in batches, depending on the size of your pan. Cook until little bubbles form (about 3-4 minutes). Carefully flip each pancake over to the other side.

Cook until pancake is done in the middle. It typically takes about about 2-3 minutes.

Place pancakes on a plate, top with a drizzle with peanut butter, yogurt, granola and/or maple syrup.

#### INGREDIENTS:

- 1 cup egg whites
- 1 scoop vanilla protein powder
- 1/4 cup mashed butternut squash (canned works too)
- 1 teaspoon ground flaxseed or chia seeds
- 1/4 teaspoon pumpkin pie spice
- pinch of ground cinnamon

#### Toppings:

- drippy natural almond butter\*, granola, yogurt and/or maple syrup



## Lunch:

### Beef and Spinach Meatballs

#### NUTRITIONAL FACTS:

Calories Per Serving: 458, Fat: 26g, Sugar: 2g, Protein: 46g, Carbohydrates: 11g, Sodium: 582mg

#### INGREDIENTS:

- 1 tablespoon olive oil
- 1/4 cup red peppers, diced
- 1/4 cup onion, diced
- 1/2 cup panko breadcrumbs
- 1/4 cup freshly grated Grana Padano cheese
- 1 cup chicken broth divided
- 1 egg
- 1 tablespoon minced garlic
- 1/2 teaspoon kosher salt
- 1 teaspoon pepper
- 1 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds ground beef

#### INSTRUCTIONS:

Heat the olive oil in a nonstick skillet over medium high heat. Add the peppers and onions and sauté for 3-5 minutes or until softened.

Mix the peppers and onions with the spinach, cheese, 1/2 cup chicken broth, egg, garlic, salt, pepper, oregano and crushed red pepper flakes.

Add the meat and just combine. Do not over mix, but be sure seasonings are well dispersed. Coat a baking sheet with rimmed edges with non-stick spray and roll meatballs into 1 inch circles.

Pour reserved chicken broth around meatballs and bake at 450 for 25 minutes.

To serve these meatballs, heat 2 cups of homemade tomato sauce or your favorite jarred sauce over medium heat in a large skillet and add in the cooked meatballs. Gently toss the meatballs in the sauce and remove from heat. Serve with additional freshly grated cheddar cheese.



## Dinner:

### Grilled Skirt Steak with Charred Zucchini and Pineapple Salad

#### NUTRITIONAL FACTS:

Calories Per Serving: 454

Fat: 26g

Sugar:

Protein: 39g

Carbohydrates: 17g

Sodium: 452mg

#### INGREDIENTS:

- 2 scallions, thinly sliced
- 1 large jalapeño (seeded for less heat, if desired), thinly sliced
- 2 tbsp. olive oil
- kosher salt
- Pepper
- 4 small zucchini (about 1 pound), trimmed and halved lengthwise
- 1 (1/2 pound) pineapple, skin removed, cut into 1/4-inch thick rounds
- 1 (1 1/2 pound) skirt steak, cut crosswise into 6-inch pieces
- 1 lemon, halved
- 1/2 c. fresh cilantro
- Grilled flour tortillas for serving

#### INSTRUCTIONS:

Heat grill to medium-high. In a large bowl, toss together the scallions, jalapeño, 1 tablespoon oil, and 1/4 teaspoon each salt and pepper.

Brush the cut sides of the zucchini and the pineapple rounds with the remaining tablespoon of oil. Season the zucchini with 1/4 teaspoon each salt and pepper. Season the steak with 1/4 teaspoon each salt and pepper.

Grill the steak to desired doneness, 3 to 5 minutes per side for medium-rare.

Transfer to a cutting board and let rest for at least 5 minutes before slicing. Grill the zucchini and pineapple until just tender, 2 to 5 minutes per side; transfer to a cutting board. Grill the lemon halves cut-side down until charred, about 2 minutes.

Slice the zucchini into 3/4-inch thick pieces and cut the pineapple into 3/4-inch pieces. Add to the bowl with the scallion jalapeño mixture. Squeeze the juice from the lemon halves over the top, add the cilantro and toss to combine. Serve with the steak and tortillas, if desired.



## Breakfast:

### Avocado, Kale and Spinach Smoothie

#### INGREDIENTS:

- 1 cup (240 ml) kombucha
- 1 cup (240 ml) non-fat plain yogurt
- 1/2 medium avocado
- 1 medium banana, frozen
- 1 medium kiwi fruit, peeled
- 2 cups (480 ml) spinach
- 1 cup (240 ml) kale, packed

#### INSTRUCTIONS:

In a powerful blender, place the kombucha and yogurt, then add the avocado, banana and kiwi; top with spinach and kale.

Secure the lid, insert the tamper and turn on the blender. Blend on high speed until smooth and creamy. Serve immediately.

#### NUTRITION (PER SERVING):

Calories: 210; Total Fat: 6g; Saturated Fat: 1g;  
Monounsaturated Fat: 4g; Polyunsaturated Fat: 1g;  
Cholesterol: 3mg; Sodium: 43mg; Carbohydrate:  
35mg; Dietary Fiber: 7g; Sugar: 18g; Protein: 7g



## Lunch:

### Chicken Parm Pizza

#### NUTRITIONAL FACTS:

Calories Per Serving: 295

Fat: 12g

Sugar: 0.7g

Protein: 22g

Carbohydrates: 23g

Sodium: 459

#### INGREDIENTS:

- 1 cup tomato and basil sauce, such as Prego Farmers' Market Tomato and Basil Sauce
- 1 12-inch fully baked pizza crust
- 2 cups cooked chicken, thinly sliced
- 4 ounces mozzarella, thinly sliced
- 1/2 cup Italian seasoned panko bread crumbs
- 2 tablespoons grated Parmesan
- 1 tablespoon olive oil
- 1 tablespoon fresh basil leaves, chopped

#### INSTRUCTIONS:

Heat the oven to 400 degrees F. Spread 1/2 cup of sauce over the crust, leaving a 1/4-inch rim round the edge. Arrange the chicken over the sauce. Drizzle with the remaining sauce. Arrange the mozzarella over the chicken.

Stir the breadcrumbs, Parmesan, and olive oil together in a small bowl. Sprinkle the mixture over the pizza.

Bake the pizza for 12 minutes, until the cheese has melted. Garnish with basil leaves. Serve immediately.



## Dinner:

Honey Balsamic Glazed  
Chicken with Arugula Salad





## NUTRITIONAL FACTS:

Calories Per Serving: 570

Fat: 28.5g

Sugar:

Protein: 33g

Carbohydrates: 44g

Sodium: 690mg

## INGREDIENTS:

### CHICKEN:

- 1 tbsp. olive oil
- 4 bone-in chicken thighs (about 1 3/4 lbs)
- Kosher salt
- Pepper
- 1/2 c. balsamic vinegar
- 1/4 c. honey
- 1 tbsp. low-sodium soy sauce
- 2 cloves garlic, minced

### SALAD:

- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- Kosher salt
- Pepper
- 1 15-oz can chickpeas, rinsed
- 1 c. grape or cherry tomatoes, halved
- 1/2 seedless cucumber, cut into 1/4-in. pieces
- 5 oz. arugula (about 8 cups)

## INSTRUCTIONS:

### MAKE CHICKEN

Heat oven to 425°F. Heat oil in a large skillet on medium. Season chicken with 1/4 teaspoon each salt and pepper, place in the skillet skin side down, and cook until deep golden brown and crisp, 7 to 8 minutes. Turn chicken over, cook 1 minute more, then transfer skillet to oven and roast until cooked through, 8 to 10 minutes. Transfer to a serving platter. Pour off all but 1 tablespoon fat in skillet. While chicken is cooking, in a small bowl, combine balsamic vinegar, honey, and soy sauce. When chicken is done, add garlic to skillet and cook on medium, stirring, 1 minute. Add vinegar mixture and simmer, stirring often, until reduced by nearly half and the consistency of maple syrup, 6 to 8 minutes. Drizzle over chicken.

### MAKE SALAD

In a large bowl, whisk together oil, red wine vinegar, honey, Dijon, and 1/4 teaspoon each salt and pepper. Add chickpeas, tomatoes, and cucumber and toss to combine.

Fold in arugula and serve with chicken.