

Cinnamon Berry Overnight Oats



Zero Cooking • Packs a Protein Punch



1 serving



5 minutes

INGREDIENTS

½ cup rolled oats
1 scoop vanilla protein
powder
1 tbsp ground
flaxseeds
¾ cup almond milk
½ cup frozen
blueberries
a shake of cinnamon

DIRECTIONS

1. Mix the oats, protein powder, flaxseeds, and cinnamon in a jar. Pour in the almond milk and stir. Throw the frozen berries on top, pop the lid on, and leave it in the fridge overnight.

Loaded Avocado Egg Toast



Healthy Fats for Stiff Joints



1 serving



10

minutes

INGREDIENTS

- 1 slice sprouted grain bread
- ½ ripe avocado
- 2 eggs (boiled or poached)
- a squeeze of lemon juice
- red pepper flakes

DIRECTIONS

1. Toast your bread. Mash the avocado with a splash of lemon juice and a pinch of salt, then spread it on the toast. Top with your eggs and a sprinkle of red pepper flakes.

"Cool Down" Smoothie Bowl



Thicker Than a Shake • Great for Hot



1 serving



5 minutes

INGREDIENTS

1 cup frozen
raspberries
1 cup fresh spinach
1.5 tbsp ground
flaxseeds
1 cup soy milk
1 scoop protein
powder
a tiny pinch of turmeric

DIRECTIONS

1. Dump everything into a blender and run it on high until it's thick like soft-serve ice cream. Pour into a bowl and top with a few walnuts.

5-Minute Mediterranean Scramble



Low-Carb • Quick & Filling



1 serving



5 minutes

INGREDIENTS

3 eggs

a handful of baby
spinach

½ cup cherry tomatoes
(halved)

1 tbsp crumbled feta
cheese

a drizzle of olive oil

DIRECTIONS

1. Toss the tomatoes into a skillet with a little olive oil for 2 minutes. Throw in the spinach until it wilts. Whisk your eggs, pour them in, stir gently, and toss the feta on top right before you serve.

Warm Vanilla Chia Pudding



High Omega-3s • Comfort in a Bowl



1 serving



10

minutes

INGREDIENTS

3 tbsp chia seeds
1 cup almond or soy
milk
1 tsp vanilla extract
½ tsp cinnamon
1 tbsp chopped
walnuts

DIRECTIONS

1. Whisk the chia seeds, milk, vanilla, and cinnamon in a small saucepan. Let it sit for 5 minutes to thicken up, then warm it over low heat for 3 minutes. Top with walnuts.

10-Minute Hummus Tuna Salad



No Mayo • High Protein • Super Filling



1 serving



10 minutes

INGREDIENTS

- 1 can drained tuna
- 2 tbsp hummus
- $\frac{1}{2}$ diced cucumber
- $\frac{1}{2}$ cup cherry tomatoes
- a couple cups of salad greens

DIRECTIONS

1. Mix the tuna and hummus together in a bowl until it's nice and creamy (it replaces the mayo!). Toss in the cucumber and tomatoes, and scoop it over your greens.

Crunchy Edamame Rainbow Salad



High Fiber • Natural Hormonal Support



1 serving



10 minutes

INGREDIENTS

- 1 cup thawed edamame
- 1 cup shredded purple cabbage
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ sliced red bell pepper
- 1 tbsp sesame oil & rice vinegar dressing

DIRECTIONS

1. Toss the edamame and all your colorful veggies into a bowl. Drizzle with the sesame oil and rice vinegar, give it a good mix, and let it sit for a few minutes so the crunch absorbs the flavor.

Turkey & Avocado Sprouts Wrap



Grab-and-Go Lean Lunch



1 serving



5 minutes

INGREDIENTS

- 1 high-fiber wrap
- 4 oz deli turkey breast
- $\frac{1}{4}$ sliced avocado
- a handful of alfalfa sprouts
- 1 tbsp Dijon mustard

DIRECTIONS

1. Lay your wrap flat, spread the mustard, and layer on the turkey, avocado, and sprouts. Roll it up tight and cut it down the middle.

Bright Lemon & Broccoli Lentils



Plant Protein • Great for Energy



1 serving



10 minutes

INGREDIENTS

1 cup cooked lentils
1 cup steamed broccoli
pieces
1 tbsp olive oil
juice and zest of $\frac{1}{2}$ lemon
fresh parsley

DIRECTIONS

1. Mix your warm lentils and broccoli together. Drizzle with the olive oil and fresh lemon juice, then stir in the lemon zest and parsley for a bright, fresh taste.

Quick Salmon & Arugula Bowl



Easy Joint Relief • Peppery & Fresh



1 serving



5 minutes

INGREDIENTS

4 oz canned or leftover
cooked salmon
2 cups baby arugula
1 tbsp pumpkin seeds
½ cup sliced radishes
1 tbsp apple cider
vinaigrette

DIRECTIONS

1. Put your arugula in a bowl, flake the salmon right over the top, and scatter the radishes and pumpkin seeds. Drizzle your dressing on top and you're good to go.

One-Pan Ginger Salmon & Asparagus



Anti-Inflammatory • Easiest Cleanup Ever



1 serving



15

minutes

INGREDIENTS

- 1 salmon fillet
- 1 bunch of asparagus
- 1 tsp fresh grated ginger
- 1 tbsp olive oil
- ½ cup pre-cooked quinoa

DIRECTIONS

1. Put the salmon and asparagus on a baking sheet. Drizzle with olive oil and rub the salmon with the fresh ginger. Bake at 400°F for 12 minutes. Eat with your warm quinoa.

Quick Ground Turkey & Veggie Stir-Fry



Boosts Metabolism • Uses Frozen Veggies



1 serving



15

minutes

INGREDIENTS

- 6 oz lean ground turkey
- 2 cups frozen stir-fry veggies
- 1 tbsp coconut aminos
- 1 chopped garlic clove
- $\frac{1}{2}$ tsp ginger powder
- a dash of sesame oil

DIRECTIONS

1. Cook the ground turkey and garlic in a skillet until browned. Throw in the frozen veggies. Drizzle the coconut aminos, sesame oil, and ginger over everything and cook until hot.

Cheat-Day Lemon Chicken & Greens



Uses Rotisserie Chicken for Speed



1 serving



10

minutes

INGREDIENTS

6 oz shredded
rotisserie chicken
breast

2 cups chopped kale or
Swiss chard

1 garlic clove

1 tsp olive oil

a squeeze of lemon
juice

DIRECTIONS

1. Cook the garlic in olive oil for 30 seconds, then toss in your greens until they soften up. Stir in your shredded chicken just to warm it through, and finish with a big squeeze of lemon juice.

Cozy White Bean & Spinach Skillet



High Fiber to Beat the Bloat



1 serving



10

minutes

INGREDIENTS

- 1 cup canned white beans (rinsed)
- 2 cups baby spinach
- ½ cup tomato puree
- 1 tsp Italian seasoning
- 1 tbsp nutritional yeast

DIRECTIONS

1. Warm the tomato puree and Italian seasoning in a small skillet. Stir in the white beans until hot, then fold in the spinach until it wilts. Top with nutritional yeast or cheese.

Crispy Baked Sesame Tofu & Broccoli



Calcium-Rich Plant Power



2 servings



25

minutes

INGREDIENTS

6 oz firm tofu (cubed)
2 cups broccoli florets
1 tbsp sesame oil
1 tbsp tamari or soy
sauce
1 tsp sesame seeds

DIRECTIONS

1. Toss your tofu cubes and broccoli with the sesame oil and tamari. Spread them out on a baking sheet and bake at 400°F for 20 minutes until the edges are nice and crisp. Shake sesame seeds on top.