



40-30-30 High Protein Meal  
Plan - 1300 Callories

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Macie Medical  
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Hi,

Welcome to your meal plan! Here you will find a customized plan, along with an itemized grocery list and delicious recipes.

This 40-30-30 meal plan is designed to fuel your weight loss journey with a balanced approach that prioritizes clean eating, high protein, and fiber-rich foods.

With 40% of your calories coming from protein, 30% from healthy fats, and 30% from complex carbohydrates, this plan supports muscle maintenance, keeps you feeling full, and stabilizes blood sugar levels. Each meal is crafted to include nutrient-dense, whole foods that promote optimal digestion, energy levels, and overall well-being, making it easier to achieve and sustain your weight loss goals.

## About this meal plan

1. This meal plan is for ONE PERSON. If you'd like to prepare for more people, scale to your needs.
2. Increase or decrease your calories as needed by eliminating higher calorie items for less calories or adding in protein rich foods for more calories.
3. If more protein is desired (recommended) try adding a plant-based protein shake to your day (aim for at least 15g protein).

## 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!

ENJOY!!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Smoked Salmon & Labneh Toast	 Smoked Salmon & Labneh Toast	 Smoked Salmon & Labneh Toast	 Turkey Apple Breakfast Hash	 Turkey Apple Breakfast Hash	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries
Snack 1	 2 Chocolate & Strawberry Yogurt Bark	 2 Chocolate & Strawberry Yogurt Bark	 2 Chocolate & Strawberry Yogurt Bark	 Frozen Yogurt Peach Bark	 Frozen Yogurt Peach Bark	 Frozen Yogurt Peach Bark	 Frozen Yogurt Peach Bark
	 2 Chocolate & Strawberry Yogurt Bark	 2 Chocolate & Strawberry Yogurt Bark	 2 Chocolate & Strawberry Yogurt Bark	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs
Lunch	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Chicken & Asparagus Stir Fry	 Chicken & Kimchi with Quinoa	 Honey Garlic Chicken Skewers	 Pressure Cooker Beef & Wild Rice Soup	 Cedar Planked Salmon with Grilled Asparagus	 Za'atar Chicken with Spinach & Peach Salad
Snack 2	 Greek Yogurt & Strawberries	 Greek Yogurt & Strawberries	 Greek Yogurt & Strawberries	 Grape & Prosciutto Skewers	 Grape & Prosciutto Skewers	 Grape & Prosciutto Skewers	 Grape & Prosciutto Skewers
Dinner	 Chicken & Asparagus Stir Fry	 Chicken & Kimchi with Quinoa	 Honey Garlic Chicken Skewers	 Pressure Cooker Beef & Wild Rice Soup	 Cedar Planked Salmon with Grilled Asparagus	 Za'atar Chicken with Spinach & Peach Salad	 Spicy Sweet Chicken & Veggies
Snack 3	 Lemon Dill Yogurt Dip & Peppers	 Lemon Dill Yogurt Dip & Peppers	 Lemon Dill Yogurt Dip & Peppers	 Edamame	 Edamame	 Edamame	 Edamame

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat 32%	Fat 30%	Fat 31%	Fat 37%	Fat 36%	Fat 34%	Fat 34%
Carbs 32%	Carbs 33%	Carbs 33%	Carbs 30%	Carbs 30%	Carbs 30%	Carbs 31%
Protein 36%	Protein 37%	Protein 36%	Protein 33%	Protein 34%	Protein 36%	Protein 35%
Calories 1395	Calories 1430	Calories 1354	Calories 1236	Calories 1258	Calories 1340	Calories 1308
Fat 50g	Fat 48g	Fat 48g	Fat 53g	Fat 52g	Fat 53g	Fat 51g
Saturated 18g	Saturated 15g	Saturated 16g	Saturated 13g	Saturated 12g	Saturated 14g	Saturated 18g
Carbs 112g	Carbs 119g	Carbs 112g	Carbs 94g	Carbs 99g	Carbs 102g	Carbs 103g
Fiber 15g	Fiber 16g	Fiber 12g	Fiber 17g	Fiber 20g	Fiber 20g	Fiber 21g
Sugar 31g	Sugar 31g	Sugar 42g	Sugar 48g	Sugar 51g	Sugar 65g	Sugar 63g
Protein 128g	Protein 135g	Protein 122g	Protein 106g	Protein 113g	Protein 126g	Protein 118g
Sodium 2740mg	Sodium 3091mg	Sodium 2155mg	Sodium 1965mg	Sodium 2535mg	Sodium 2658mg	Sodium 2193mg
Calcium 1038mg	Calcium 1066mg	Calcium 1028mg	Calcium 419mg	Calcium 438mg	Calcium 642mg	Calcium 639mg
Iron 16mg	Iron 14mg	Iron 10mg	Iron 13mg	Iron 16mg	Iron 16mg	Iron 12mg

## Fruits

- 1 Apple
- 1 1/2 cups Cherries
- 1 1/3 cups Grapes
- 3 1/16 Lemon
- 3/4 tsp Lime Juice
- 1 1/3 Peach
- 1 3/4 cups Strawberries

## Breakfast

- 2 2/3 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/4 tsp Garlic Powder
- 2 tps Italian Seasoning
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1 tbsp Poultry Seasoning
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tbsps Sesame Seeds
- 2 1/16 tps Za'atar Spice

## Frozen

- 2 cups Frozen Edamame

## Vegetables

- 6 cups Asparagus
- 4 1/16 cups Baby Spinach
- 1 cup Brussels Sprouts
- 1 cup Butternut Squash
- 2/3 Carrot
- 1 1/16 heads Cauliflower
- 2/3 stalk Celery
- 2 cups Coleslaw Mix
- 1/4 cup Fresh Dill
- 6 2/3 Garlic
- 1/4 stalk Green Onion
- 2 1/2 Heirloom Carrots
- 1 1/16 Leeks
- 1 cup Mushrooms
- 2 1/16 tps Parsley
- 3/4 cup Radishes
- 3 Red Bell Pepper
- 3/4 cup Red Onion
- 3/4 Sweet Potato
- 1/3 Yellow Onion

## Boxed & Canned

- 2 cups Beef Broth
- 1/2 cup Crushed Tomatoes
- 2/3 cup Quinoa
- 3 1/2 tbsps Wild Rice

## Baking

- 1/2 oz Dark Chocolate
- 2 tbsps Honey
- 2 1/16 tps Raw Honey
- 1/3 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- 2 lbs Chicken Breast
- 10 ozs Chicken Thighs
- 4 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tbsps Feta Cheese
- 3/4 cup Labneh
- 6 ozs Prosciutto
- 10 ozs Salmon Fillet
- 9 ozs Smoked Salmon
- 5 1/4 ozs Sourdough Bread
- 5 1/3 ozs Stewing Beef

## Condiments & Oils

- 2 1/4 tps Avocado Oil
- 1 1/3 tbsps Balsamic Glaze
- 1 tbsp Capers
- 3 1/16 tbsps Extra Virgin Olive Oil
- 1/2 cup Kimchi
- 1 1/2 tps Rice Vinegar
- 3 tbsps Sesame Oil
- 1/3 tsp Sriracha
- 3 tbsps Tamari

## Cold

- 2 1/4 tps Butter
- 2 cups Cottage Cheese
- 4 1/16 Egg
- 4 3/4 cups Plain Greek Yogurt

## Other

- 18 Barbecue Skewers
- 1 Cedar Plank
- 2/3 cup Water



## Smoked Salmon & Labneh Toast

3 servings  
10 minutes

### Ingredients

3/4 cup Labneh  
5 1/4 ozs Sourdough Bread (toasted)  
9 ozs Smoked Salmon  
1 tbsp Capers  
1 tbsp Fresh Dill  
3/4 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	317
Fat	10g
Saturated	5g
Carbs	29g
Fiber	1g
Sugar	2g
Protein	26g
Sodium	1038mg
Calcium	131mg
Iron	2mg

### Directions

- 1 Spread the labneh all over the toasted bread. Top with smoked salmon and capers.
- ⋮
- 2 Sprinkle the dill on top. Drizzle with lemon juice and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to one toast.

**More Flavor:** Add cucumber or avocado.

**Gluten-Free:** Use gluten-free bread instead.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Turkey Apple Breakfast Hash

2 servings

35 minutes

### Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tsps Avocado Oil
- 1/2 cup Red Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Brussels Sprouts (trimmed and halved)
- 1 cup Butternut Squash (peeled and cubed)
- 1 Apple (cored and diced)
- 1/8 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	325
Fat	14g
Saturated	3g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g
Sodium	243mg
Calcium	122mg
Iron	3mg

### Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

### Notes

**Vegan & Vegetarians:** Use lentils instead of ground turkey.

**Leftovers:** Store covered in the fridge up to 3 days.





## Cottage Cheese with Cherries

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 1/2 cups Cherries (pitted)

### Nutrition

Amount per serving	
Calories	279
Fat	9g
Saturated	4g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g
Sodium	662mg
Calcium	189mg
Iron	1mg

### Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use coconut yogurt or oatmeal instead.

**Additional Toppings:** Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



## Chocolate & Strawberry Yogurt Bark

6 servings

8 hours

### Ingredients

- 1 1/4 cups Plain Greek Yogurt
- 1 3/4 tps Maple Syrup
- 1/3 tsp Vanilla Extract
- 1/3 cup Strawberries (sliced)
- 1/2 oz Dark Chocolate (chopped)

### Nutrition

#### Amount per serving

Calories	57
Fat	2g
Saturated	1g
Carbs	5g
Fiber	0g
Sugar	3g
Protein	5g
Sodium	29mg
Calcium	105mg
Iron	0mg

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 Stir the yogurt, maple syrup, and vanilla extract together in a bowl. Pour the mixture onto the baking sheet and evenly spread it out.
- 3 Top with the sliced strawberries and dark chocolate. Set in the freezer overnight. Break apart and enjoy!

### Notes

**Leftovers:** Freeze in an airtight container for up to one month. Best served immediately from the freezer.

**Serving Size:** One serving is equal to approximately 1/4 cup.

**Dairy-Free:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add peanut butter to the yogurt.



## Frozen Yogurt Peach Bark

4 servings

2 hours

### Ingredients

- 2/3 cup Plain Greek Yogurt
- 2 tps Raw Honey
- 1/3 Peach (medium, sliced)

### Nutrition

#### Amount per serving

Calories	45
Fat	1g
Saturated	1g
Carbs	6g
Fiber	0g
Sugar	5g
Protein	4g
Sodium	23mg
Calcium	84mg
Iron	0mg

### Directions

- 1 Stir the yogurt and honey together in a bowl.  
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- 2 Line a baking sheet with parchment paper. Pour the mixture onto the baking sheet and evenly spread it out with the back of a spoon. Add the sliced peaches on top.  
⋮
- 3 Place in the freezer until very firm, about two hours. Slice or break apart into pieces. Enjoy!

### Notes

**Leftovers:** Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

**Serving Size:** One serving is approximately 1/2 cup.

**Additional Toppings:** Top with crushed nuts, hemp seeds and or chia seeds.

**Dairy-Free:** Use plant-based yogurt instead.



## Pressure Cooker Hard Boiled Eggs

4 servings

30 minutes

### Ingredients

2/3 cup Water

4 Egg

### Nutrition

Amount per serving	
Calories	72
Fat	5g
Saturated	2g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g
Sodium	72mg
Calcium	32mg
Iron	1mg

### Directions

- 1 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 3 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container in the shell for up to seven days.

**Serving Size:** One serving is one egg.

**How to Make an Ice Bath:** Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.



## Ground Beef, Asparagus & Mashed Sweet Potatoes

1 serving  
30 minutes

### Ingredients

- 3/4 Sweet Potato (medium, peeled and chopped)
- 1 cup Asparagus (woody ends trimmed, chopped in half)
- 1/8 tsp Sea Salt (divided)
- 3/4 tsp Avocado Oil
- 4 ozs Extra Lean Ground Beef

### Nutrition

Amount per serving	
Calories	341
Fat	15g
Saturated	5g
Carbs	25g
Fiber	6g
Sugar	7g
Protein	27g
Sodium	426mg
Calcium	75mg
Iron	6mg

### Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

### Notes

**No Sweet Potatoes:** Use regular potatoes, eddo, jicama or kohlrabi instead.

**No Avocado Oil:** Use coconut oil, olive oil, ghee or butter instead.

**Storage:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

**Vegan & Vegetarian:** Omit the ground beef and use cooked lentils instead.

**Extra Creamy Potatoes:** Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



## Greek Yogurt & Strawberries

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Strawberries

### Directions

- 1 Add the yogurt to a bowl and top with strawberries. Enjoy!

### Nutrition

Amount per serving	
Calories	113
Fat	3g
Saturated	2g
Carbs	12g
Fiber	1g
Sugar	7g
Protein	11g
Sodium	71mg
Calcium	261mg
Iron	1mg

### Notes

**Leftovers:** Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

**Make it Vegan:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add maple syrup or honey.

**Additional Toppings:** Top with coconut flakes, granola, nuts, and seeds.



## Grape & Prosciutto Skewers

4 servings

5 minutes

### Ingredients

- 1 1/3 cups Grapes
- 6 ozs Prosciutto
- 12 Barbecue Skewers (small or cut)
- 1 1/3 tbsps Balsamic Glaze

### Nutrition

Amount per serving	
Calories	122
Fat	5g
Saturated	2g
Carbs	8g
Fiber	0g
Sugar	7g
Protein	11g
Sodium	792mg
Calcium	4mg
Iron	1mg

### Directions

- 1 Thread the grapes and prosciutto onto the skewers until all ingredients are used. Drizzle the balsamic glaze over top and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

**Serving Size:** One serving is three 3.5-inch (9 cm) skewers.

**More Flavor:** Add fresh basil leaves.



## Chicken & Asparagus Stir Fry

2 servings  
25 minutes

### Ingredients

- 1/3 cup Quinoa (dry, rinsed)
- 1 tbsp Sesame Oil
- 10 ozs Chicken Breast (boneless, skinless, thinly sliced)
- 2 cups Asparagus (trimmed, cut into small pieces)
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 1/2 tps Rice Vinegar
- 1 tbsp Sesame Seeds (toasted)

### Nutrition

Amount per serving	
Calories	401
Fat	15g
Saturated	2g
Carbs	26g
Fiber	6g
Sugar	3g
Protein	42g
Sodium	1074mg
Calcium	105mg
Iron	6mg

### Directions

- 1 Cook the quinoa according to the package directions. Set aside.
- 2 Heat the sesame oil in a large pan over medium heat. Add the chicken to the pan and cook until browned and cooked through, about five to seven minutes.
- 3 Add the asparagus to the pan and cook for an additional three to four minutes, until tender-crisp. Add the garlic and cook for one more minute.
- 4 Add the tamari, rice vinegar, and quinoa. Sprinkle with sesame seeds and toss to combine. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Try with broccoli instead of asparagus. Add bell peppers and kale.





## Chicken & Kimchi with Quinoa

2 servings

25 minutes

### Ingredients

- 1/3 cup Quinoa (dry, rinsed)
- 1 tbsp Sesame Oil (divided)
- 8 ozs Chicken Breast (boneless, skinless, thinly sliced)
- 2 cups Coleslaw Mix
- 1 Red Bell Pepper (large, thinly sliced)
- 1 cup Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tbsp Tamari
- 1 1/2 tsps Sesame Seeds (toasted)
- 1/2 cup Kimchi

### Nutrition

#### Amount per serving

Calories	376
Fat	13g
Saturated	2g
Carbs	32g
Fiber	7g
Sugar	7g
Protein	34g
Sodium	777mg
Calcium	103mg
Iron	4mg

### Directions

- 1 Cook the quinoa according to the package directions. Set aside.
- 2 Meanwhile, heat half of the oil in a large pan over medium-high heat. Once the pan is hot, add the chicken and cook for five to seven minutes or until browned and cooked through. Remove the chicken from the pan and set aside.
- 3 In the same pan, add the remaining oil, then add the coleslaw mix, bell pepper, and mushrooms. Cook, stirring occasionally, until the vegetables are tender, about three minutes. Add the garlic and cook for another minute, until fragrant.
- 4 Add the tamari and sesame seeds and return the chicken to the pan. Stir until well-coated.
- 5 Serve the chicken and vegetable mixture over a bed of cooked quinoa and top with kimchi. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1/3 cup of cooked quinoa and 1 1/2 cups of vegetables with chicken.

**More Flavor:** Cook the quinoa in broth.

**Additional Toppings:** Top with chopped cilantro or green onion.



## Honey Garlic Chicken Skewers

2 servings  
40 minutes

### Ingredients

10 ozs Chicken Thighs (boneless, skinless, cut into 1-inch cubes)  
1 1/2 tbsps Honey  
1 tbsp Sesame Oil  
2 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
1/2 Red Bell Pepper (medium, chopped)  
1/3 cup Red Onion (cut into chunks)  
6 Barbecue Skewers (small)  
1 tbsp Sesame Seeds

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with aluminum foil.
- 2 In a shallow bowl, toss together the chicken cubes, honey, sesame oil, garlic, salt, and black pepper.
- 3 Thread the chicken, bell peppers, and onions onto the barbecue skewers. Place the skewers on the baking sheet. Bake for 18 to 20 minutes or until the chicken is cooked through.
- 4 Sprinkle the sesame seeds on top. Enjoy!

### Nutrition

Amount per serving	
Calories	325
Fat	15g
Saturated	3g
Carbs	19g
Fiber	2g
Sugar	14g
Protein	29g
Sodium	138mg
Calcium	67mg
Iron	2mg

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three six-inch skewers.

**Additional Toppings:** Chopped green onion.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before baking.

**Serve it With:** Salad, rice, cauliflower rice, and/or roasted vegetables.



## Pressure Cooker Beef & Wild Rice Soup

2 servings

1 hour 10 minutes

### Ingredients

- 2 tsps Extra Virgin Olive Oil
- 5 1/3 ozs Stewing Beef (cut into 1-inch pieces)
- 2 tsps Italian Seasoning (divided)
- 1/3 Yellow Onion (small, diced)
- 2/3 Carrot (medium, chopped)
- 2/3 stalk Celery (chopped)
- 2/3 Garlic (cloves, minced)
- 2 cups Beef Broth
- 1/2 cup Crushed Tomatoes (from the can)
- 3 1/2 tbsps Wild Rice (dry)

### Nutrition

Amount per serving	
Calories	253
Fat	9g
Saturated	2g
Carbs	23g
Fiber	4g
Sugar	6g
Protein	23g
Sodium	692mg
Calcium	61mg
Iron	4mg

### Directions

- 1 Turn the pressure cooker to "sauté" mode. Once hot, add the oil and beef. Season with half of the Italian seasoning. Cook the beef for three to four minutes or until browned. Remove the beef and place it on a plate. Set aside.
- 2 Add the onion, carrots, celery, and garlic, and sauté for four to five minutes or until the vegetables have softened. Add a splash of broth or water if needed.
- 3 Place the beef back into the pot and add the beef broth, crushed tomatoes, remaining Italian seasoning, and wild rice. Stir to combine. Turn the sauté mode off.
- 4 Close the lid of the pressure cooker and set to "sealing". Press manual/pressure cooker and cook for 30 minutes on high pressure. Once it is done, allow the pressure to release naturally for five minutes, and then release any remaining pressure manually. Remove the lid carefully.
- 5 Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Fresh parsley and/or hot sauce.



## Cedar Planked Salmon with Grilled Asparagus

2 servings  
30 minutes

### Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

### Nutrition

Amount per serving	
Calories	347
Fat	14g
Saturated	2g
Carbs	24g
Fiber	5g
Sugar	17g
Protein	36g
Sodium	708mg
Calcium	86mg
Iron	5mg

### Directions

- 1 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
- 2 Toss asparagus in olive oil, salt and pepper to taste and set aside.
- 3 In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
- 4 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
- 5 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
- 6 Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
- 7 Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

### Notes

**Safety First:** Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

**No Asparagus:** Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

**Likes it Spicy:** Add chili powder or red pepper flakes to the marinade.

**No BBQ:** Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and

bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

**Prep Ahead:** Soak the plank ahead of time and store in the freezer until ready to use.

**More Carbs:** Serve with quinoa, potatoes or brown rice.

**Keep it Simple:** Omit the marinade and season the salmon with olive oil, salt and pepper.



## Za'atar Chicken with Spinach & Peach Salad

2 servings  
45 minutes

### Ingredients

- 1 head Cauliflower (small, cut into florets)
- 1 Leeks (thinly sliced)
- 2 tsps Za'atar Spice
- 1 1/3 tbsps Extra Virgin Olive Oil
- 8 ozs Chicken Breast (boneless, skinless)
- 4 cups Baby Spinach
- 1 Peach (medium, sliced)
- 2 tsps Parsley (chopped)
- 1 1/2 tbsps Feta Cheese (crumbled)
- 1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	381
Fat	15g
Saturated	3g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	35g
Sodium	396mg
Calcium	198mg
Iron	6mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Toss the cauliflower, leeks, za'atar, oil, and chicken together in a bowl to coat well.
- 3 Put the veggies in the middle of the parchment paper and place the chicken on top. Fold the top of the parchment over and fold in the sides of the parchment paper to seal it well. Cook in the oven for 25 to 30 minutes or until the chicken is cooked through.
- 4 Add baby spinach to a large plate. Add the sliced peach and roasted vegetables on top of the spinach. Slice the chicken and place on top.
- 5 Garnish with parsley and feta cheese. Drizzle the lemon juice over top. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Ingredients are best kept separate.

**Serving Size:** One serving is about four cups of salad and vegetables with one cup of chicken.

**No Za'atar Spice:** Season the chicken with garlic, onion, and paprika or your spice of choice.



## Spicy Sweet Chicken & Veggies

1 serving  
25 minutes

### Ingredients

2 1/4 tps Butter (melted)  
1 1/8 tps Honey  
1/3 tsp Sriracha  
3/4 tsp Lime Juice  
4 ozs Chicken Breast (boneless, skinless)  
2 1/2 Heirloom Carrots (sliced into rounds)  
3/4 cup Radishes (trimmed, halved or quartered)  
Sea Salt & Black Pepper (to taste)  
1/4 stalk Green Onion (optional, garnish)

### Nutrition

Amount per serving	
Calories	315
Fat	12g
Saturated	6g
Carbs	25g
Fiber	6g
Sugar	15g
Protein	28g
Sodium	243mg
Calcium	83mg
Iron	1mg

### Directions

- 1 Preheat the oven to 425°F (215°C).  
;
- 2 In a small bowl, stir together the butter, honey, sriracha, and lime juice.  
;
- 3 Add the chicken to a large baking dish and scatter the carrots and radish around the chicken. Drizzle the butter mixture over everything and toss well to combine. Season with salt and pepper.  
;
- 4 Place in the oven and bake for 22 to 25 minutes, or until the chicken is cooked through and the veggies are tender. Top with green onion, divide evenly between plates, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use extra virgin olive oil instead of butter.

**Additional Toppings:** Top with chili flakes for more heat.



## Lemon Dill Yogurt Dip & Peppers

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3/4 Lemon (juiced)
- 3 tbsps Fresh Dill (finely chopped)
- 1 1/2 Red Bell Pepper (large, sliced)

### Nutrition

Amount per serving	
Calories	109
Fat	3g
Saturated	2g
Carbs	10g
Fiber	1g
Sugar	6g
Protein	12g
Sodium	73mg
Calcium	256mg
Iron	1mg

### Directions

- 1 Combine the yogurt, lemon juice, and dill in a bowl. Serve with the sliced bell peppers. Enjoy!

### Notes

**Leftovers:** Refrigerate the dip in an airtight container for up to three days. Store the bell peppers separately.

**Serving Size:** One serving is equal to approximately 1/2 cup of dip and half of a bell pepper.

**Dairy-Free:** Use plain coconut yogurt instead.

**More Flavor:** Add lemon juice, olive oil, salt and pepper to the dip.





# Edamame

4 servings  
5 minutes

## Ingredients

2 cups Frozen Edamame (shelled, thawed)

## Nutrition

Amount per serving	
Calories	94
Fat	4g
Saturated	0g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g
Sodium	5mg
Calcium	49mg
Iron	2mg

## Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

## Notes

**Storage:** Refrigerate in an airtight container up to 4 days.