

Day 1

Meal 1



Greek Seasoned Turkey Burgers & Parsnip Fries



Fresh Strawberries

Meal 2



4 Smoked Salmon Wrapped Cucumber



Orange

Meal 3



Orange Chicken Salad



0.5 Quinoa

Meal 4



Pressure Cooker Chicken Breast & Mashed Sweet...



Steamed Broccoli

## Day 1

Fat 30%  
Carbs 37%  
Protein 33%

Calories	1545
Fat	53g
Carbs	147g
Fiber	24g
Sugar	55g
Protein	129g
Cholesterol	334mg
Sodium	4143mg
Vitamin A	2494IU
Vitamin C	385mg
Calcium	485mg
Iron	9mg



## Greek Seasoned Turkey Burgers & Parsnip Fries

4 servings

45 minutes

### Ingredients

4 Parsnip (large, peeled, cut into fries)  
 1/4 cup Avocado Oil (divided)  
 1/2 Lemon (juiced)  
 3 tbsps Greek Seasoning (divided)  
 454 grams Extra Lean Ground Turkey  
 1/4 Yellow Onion (grated)  
 1/4 cup Parsley (finely chopped)  
 2 Garlic (cloves, minced)  
 4 cups Mixed Greens

### Nutrition

Amount per serving	
Calories	422
Fat	24g
Carbs	30g
Fiber	6g
Sugar	8g
Protein	24g
Cholesterol	84mg
Sodium	1554mg
Vitamin A	403IU
Vitamin C	32mg
Calcium	114mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the parsnips to a large bowl. Add half of the oil, lemon juice, and half of the Greek seasoning. Toss to combine.
- 3 Spread them out onto the baking sheet and bake for 30 to 35 minutes, turning them halfway through.
- 4 While the fries are in the oven, preheat the grill to medium heat.
- 5 Add the ground turkey, the remaining oil, remaining Greek seasoning, onion, parsley, and garlic to a large bowl. Mix well to combine. Form the mixture into even patties.
- 6 Add the burgers to the grill and cook for six to seven minutes per side or until cooked through.
- 7 Divide the mixed greens, burgers, and parsnip fries onto plates. Enjoy!

### Notes

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

**Additional Toppings:** Lettuce, tomatoes, onions, pickles, or any of your favorite burger toppings. Serve with a bun or a lettuce bun. Add feta and fresh herbs to the parsnip fries.



## Fresh Strawberries

4 servings

5 minutes

### Ingredients

4 cups Strawberries

### Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg

### Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

### Notes

**Make Them Last:** Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



## Smoked Salmon Wrapped Cucumber

12 servings

5 minutes

### Ingredients

340 grams Smoked Salmon (cut into spears)  
3 Cucumber (quartered)  
1/4 cup Lemon Juice

### Nutrition

Amount per serving	
Calories	46
Fat	1g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	6g
Cholesterol	7mg
Sodium	192mg
Vitamin A	104IU
Vitamin C	4mg
Calcium	15mg
Iron	0mg

### Directions

- 1 Wrap the smoked salmon around the cucumber spears. Top with lemon juice. Enjoy!

### Notes

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

**Serving Size:** One serving is four cucumber spears.

**More Flavor:** Add fresh dill and pickled onions to the wrapped cucumber.



## Orange

2 servings

2 minutes

### Ingredients

2 Navel Orange

### Nutrition

Amount per serving	
Calories	69
Fat	0g
Carbs	18g
Fiber	3g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	346IU
Vitamin C	83mg
Calcium	60mg
Iron	0mg

### Directions

- 1 Slice into wedges or peel and section. Enjoy!



## Orange Chicken Salad

2 servings

10 minutes

### Ingredients

- 1 Navel Orange (large)
- 1/2 Lime (juiced)
- 1 tsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 cups Arugula
- 1 1/2 cups Radicchio (thinly sliced)
- 198 grams Chicken Breast, Cooked (chopped)

### Nutrition

Amount per serving	
Calories	268
Fat	10g
Carbs	15g
Fiber	2g
Sugar	9g
Protein	32g
Cholesterol	103mg
Sodium	655mg
Vitamin A	693IU
Vitamin C	50mg
Calcium	74mg
Iron	1mg

### Directions

- 1 Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
- 2 Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
- 3 Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate the salad and the dressing in separate containers for up to three days. Mix together before serving.

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

**More Flavor:** Add shallot and dill to the dressing.

**Additional Toppings:** Fresh cilantro and mint.

**Make it Vegan:** Omit the chicken and add tofu or chickpeas instead.



## Quinoa

4 servings

15 minutes

### Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

### Nutrition

Amount per serving	
Calories	156
Fat	3g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	4mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg

### Directions

- 1 Combine quinoa 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 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 3/4 cup.



## Pressure Cooker Chicken Breast & Mashed Sweet Potato

2 servings  
25 minutes

### Ingredients

- 1 cup Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 325 grams Chicken Breast (bone-in, skin removed)
- 1/2 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt (divided)
- 2 cups Sweet Potato (small, quartered)

### Nutrition

Amount per serving	
Calories	447
Fat	13g
Carbs	41g
Fiber	6g
Sugar	13g
Protein	41g
Cholesterol	119mg
Sodium	1132mg
Vitamin A	49IU
Vitamin C	38mg
Calcium	96mg
Iron	2mg

### Directions

- 1 Add the water to the pressure cooker and place the trivet in the bottom of the pot.
- 2 Drizzle the oil over the chicken and season with the Italian Seasoning, garlic powder, and half of the salt. Place the seasoned chicken in the center of the trivet. Arrange the quartered sweet potatoes skin side down around the chicken. Close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate and the sweet potatoes to a bowl. Allow the chicken to rest for at least 10 minutes before slicing.
- 4 Meanwhile, peel away the skins of the sweet potato and discard. Add the remaining salt and mash the sweet potato with a fork. Season with additional salt if necessary. Divide evenly between plates and enjoy!

### Notes

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

**More Flavor:** Season the chicken with your favorite spices.

**Additional Toppings:** Serve sweet potatoes with butter or ghee and a pinch of cinnamon.

**Cooking Time:** If the chicken or sweet potatoes are not cooked through after the initial cooking time, return the lid, seal and cook for 0 to 3 minutes until the desired doneness is reached.



## Steamed Broccoli

2 servings

10 minutes

### Ingredients

2 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	31
Fat	0g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	30mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg

### Directions

- 1 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

### Notes

**More Flavour:** Toss in olive oil and season with your favourite spices.