

Day 9

Meal 1



Sausage & Cauliflower Skillet with Eggs



Apple

Meal 2



Jerk Shrimp Salad



0.5 Steamed White Rice

Meal 3



Thai Red Curry Chicken & Broccoli



0.5 Steamed White Rice

Meal 4



Cauliflower Shepherd's Pie



0.5 Raspberries

Day 9

Fat  38%

Carbs  30%

Protein  32%

Calories	1537
Fat	66g
Carbs	120g
Fiber	27g
Sugar	40g
Protein	125g
Cholesterol	866mg
Sodium	1656mg
Vitamin A	18350IU
Vitamin C	320mg
Calcium	457mg
Iron	13mg



Sausage & Cauliflower Skillet with Eggs

4 servings

25 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 cup Shallot (finely chopped)
- 340 grams Turkey Sausage (extra lean, casings removed)
- 4 cups Cauliflower Rice
- 3 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 1 tbsp Chives (optional, chopped)

Nutrition

Amount per serving	
Calories	379
Fat	23g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	31g
Cholesterol	436mg
Sodium	674mg
Vitamin A	637IU
Vitamin C	46mg
Calcium	102mg
Iron	3mg

Directions

- 1 Heat the oil in a large non-stick pan over medium heat. Add the shallot, then the sausage. Cook for four to six minutes or until cooked through, breaking the meat up as it cooks. Remove from the pan and set aside.
- 2 Increase the heat to medium-high. Add the cauliflower rice in an even layer, and cook without stirring. Leave for two to three minutes or until starting to turn golden on one side. Stir, add the water and season with salt and pepper. Cover and cook for two more minutes or until tender.
- 3 Stir in the sausage mixture, cook until heated through. Keep warm.
- 4 Meanwhile, heat the remaining oil to a separate pan over medium heat. Cook the eggs, in batches if needed, until the whites are set and the yolks are cooked to your preference.
- 5 Divide the sausage and cauliflower rice between plates and top with the eggs. Garnish with chives, if desired. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days. To meal prep in advance, hard-boil the eggs and refrigerate items separately.

Serving Size: One serving is approximately one cup of sausage mixture with two eggs.

No Pork: Use turkey or chicken sausages instead of pork.

Additional Toppings: Chopped parsley, cilantro, green onions, and/or hot sauce.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Jerk Shrimp Salad

2 servings

15 minutes

Ingredients

254 grams Shrimp (large, peeled, deveined)
 2 tsps Jerk Seasoning
 1/2 Lime (juiced, zested)
 2 tbsps Extra Virgin Olive Oil (divided)
 Sea Salt & Black Pepper (to taste)
 8 leaves Romaine (roughly chopped)
 1/4 Avocado (sliced)
 1/4 cup Red Onion (thinly sliced)
 1/4 cup Cilantro (roughly chopped, optional)

Nutrition

Amount per serving	
Calories	308
Fat	18g
Carbs	11g
Fiber	4g
Sugar	3g
Protein	28g
Cholesterol	204mg
Sodium	324mg
Vitamin A	10133IU
Vitamin C	12mg
Calcium	129mg
Iron	2mg

Directions

- 1 Add the shrimp to a medium-sized bowl along with the jerk seasoning. Toss to combine and let it marinate for about 10 minutes, while you prepare the rest of the salad.
- 2 In a small jar add the lime juice and zest, 2/3 of the oil, salt and pepper. Shake to combine.
- 3 Heat a cast-iron skillet over medium-high heat. Once hot, add the remaining oil and then add the shrimp. Cook for 3 minutes each side, or until cooked through. Remove and set aside.
- 4 Divide the romaine onto plates, and top with avocado, red onion and cilantro, if using. Add the shrimp on top and drizzle with the lime dressing. Enjoy!

Notes

Leftovers: Refrigerate salad and shrimp in separate sealed containers for up to two days. The dressing can be refrigerated for up to five days.

Serving Size: One serving is equal to approximately 2 cups of salad and 4 to 5 shrimp.

Likes it Sweeter: Add a drizzle of honey to the dressing.



Steamed White Rice

4 servings
20 minutes

Ingredients

- 2 cups Water
- 1 cup Jasmine Rice (dry, rinsed)

Nutrition

Amount per serving	
Calories	160
Fat	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	12mg
Iron	0mg

Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to six days, or freeze for up to three months.

Serving Size: Each serving equals approximately one cup of cooked rice.

More Flavor: Add your choice of herbs or spices, or use broth instead of water.



Thai Red Curry Chicken & Broccoli

3 servings

35 minutes

Ingredients

- 454 grams Chicken Thighs (boneless, skinless)
- 1 tbsp Thai Red Curry Paste
- 1/4 cup Water
- 6 cups Broccoli (florets)
- 1 tbsp Cilantro (chopped)

Nutrition

Amount per serving	
Calories	252
Fat	7g
Carbs	13g
Fiber	5g
Sugar	3g
Protein	35g
Cholesterol	142mg
Sodium	341mg
Vitamin A	2193IU
Vitamin C	163mg
Calcium	98mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Place the chicken thighs in the baking dish. Mix the red curry paste and water together and pour over the chicken to coat it well. Place in the oven and cook for 25 minutes or until the chicken is cooked through.
- 3 Meanwhile, steam the broccoli for three to five minutes or until it is bright green and tender-crisp.
- 4 Serve the chicken with the broccoli and garnish with cilantro. Enjoy!

Notes

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

Serving Size: One serving is one chicken thigh and two cups of broccoli.

Serve it With: As is or with rice or quinoa.



Cauliflower Shepherd's Pie

4 servings

50 minutes

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 454 grams Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	311
Fat	17g
Carbs	16g
Fiber	6g
Sugar	8g
Protein	27g
Cholesterol	84mg
Sodium	312mg
Vitamin A	5268IU
Vitamin C	75mg
Calcium	89mg
Iron	4mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian: Use cooked lentils instead of ground meat.



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Nutrition

Amount per serving	
Calories	64
Fat	1g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg

Directions

- 1 Wash berries and enjoy!

Notes

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