

### Day 3

Meal 1



Blueberry Turkey Breakfast Sausages



Blueberries

Meal 2



Chicken Shawarma Salad Bowls



Steamed White Rice

Meal 3



Shredded Chicken



Celery Root Soup

Meal 4



One Pan Balsamic Chicken, Carrots & Cauliflower



Quinoa

### Day 3

Fat 29%

Carbs 36%

Protein 35%

Calories	1576
Fat	51g
Carbs	145g
Fiber	21g
Sugar	36g
Protein	139g
Cholesterol	393mg
Sodium	3384mg
Vitamin A	19108IU
Vitamin C	121mg
Calcium	363mg
Iron	10mg



## Blueberry Turkey Breakfast Sausages

4 servings

25 minutes

### Ingredients

- 454 grams Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	212
Fat	13g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	21g
Cholesterol	84mg
Sodium	521mg
Vitamin A	93IU
Vitamin C	2mg
Calcium	26mg
Iron	1mg

### Directions

- 1 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 2 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

### Notes

**Leftovers:** Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

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

**More Flavor:** Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

**Pairings:** Pair with a side of fruit and vegetables.



## Blueberries

1 serving  
2 minutes

### Ingredients

1 cup Blueberries

### Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg

### Directions

- 1 Wash the berries and enjoy!



## Chicken Shawarma Salad Bowls

4 servings

30 minutes

### Ingredients

567 grams Chicken Breast (diced into cubes)  
 1/2 tsp Sea Salt  
 1/2 tsp Black Pepper  
 1/2 tsp Cinnamon  
 1/2 tsp Turmeric  
 1 tbsp Cumin  
 2 tbsps Extra Virgin Olive Oil  
 1/4 cup Tahini  
 2 tbsps Water  
 1/2 Lemon (juiced)  
 8 leaves Romaine (chopped)  
 2 Cucumber (diced)  
 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	363
Fat	19g
Carbs	13g
Fiber	4g
Sugar	3g
Protein	37g
Cholesterol	103mg
Sodium	389mg
Vitamin A	5432IU
Vitamin C	14mg
Calcium	140mg
Iron	4mg

### Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

### Notes

**Garlic Lover:** Serve with hummus or add minced garlic to the tahini dressing.

**Leftovers:** Store in the fridge for up to three days.

**Vegan & Vegetarian:** Omit the chicken and used cooked chickpeas instead.



## 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.



## Shredded Chicken

2 servings

20 minutes

### Ingredients

1 tsp Sea Salt  
227 grams Chicken Breast (skinless, boneless)

### Nutrition

Amount per serving	
Calories	136
Fat	3g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	25g
Cholesterol	82mg
Sodium	1231mg
Vitamin A	34IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg

### Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

### Notes

**Leftovers:** Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

**Serve it With:** Any of our sides, salads or vegetarian pastas.

**Serving Size:** One serving is approximately 4 ounces (113 grams) of chicken.



## Celery Root Soup

4 servings

30 minutes

### Ingredients

- 3 cups Celery Root (peeled, cut into cubes)
- 2 stalks Green Onion (chopped)
- 1 Carrot (small, peeled and chopped)
- 1 Russet Potato (medium, peeled and cut into cubes)
- 3 cups Vegetable Broth
- 1 tsp Dried Parsley
- 1 tsp Dried Chives
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	773mg
Vitamin A	3200IU
Vitamin C	16mg
Calcium	73mg
Iron	1mg

### Directions

- 1 Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
- 2 Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of soup.

**More Flavor:** Add garlic, yellow onion, or other dried herb and spices to taste.

**Additional Toppings:** Fresh herbs, like parsley, or a drizzle of extra virgin olive oil.

**Celery Root:** Three cups of celery root cubes is approximately half of a large celery root.



## One Pan Balsamic Chicken, Carrots & Cauliflower

2 servings

40 minutes

### Ingredients

- 3 tbsps Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 tsp Raw Honey
- 1 tbsp Avocado Oil
- 2 Carrot (large, cut on a bias)
- 1/2 head Cauliflower (cut into florets)
- 340 grams Chicken Breast (boneless, skinless)
- 1 tbsp Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	358
Fat	12g
Carbs	20g
Fiber	5g
Sugar	12g
Protein	42g
Cholesterol	124mg
Sodium	463mg
Vitamin A	10263IU
Vitamin C	75mg
Calcium	68mg
Iron	2mg

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Mix the balsamic vinegar, Italian seasoning, sea salt, honey and oil together.
- 3 Add the carrots, cauliflower, and chicken to a large bowl and toss with the balsamic marinade. Add everything to a cast-iron pan or parchment-covered sheet pan. Cook in the oven for 35 minutes or until the chicken is cooked through.
- 4 Garnish with dill and serve. Enjoy!

### Notes

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

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

**More Flavor:** Add minced shallot and garlic.



## 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.