

Day 4

Meal 1



Plain Omelette with Cucumbers



Raspberries

Meal 2



Air Fryer Salmon, Quinoa & Broccoli

Meal 4



15 Minute Grilled Steak with Mint Pesto



Steamed White Rice

Day 4

Fat 35%

Carbs 33%

Protein 32%

Calories	1505
Fat	60g
Carbs	126g
Fiber	20g
Sugar	31g
Protein	120g
Cholesterol	520mg
Sodium	2130mg
Vitamin A	3329IU
Vitamin C	146mg
Calcium	345mg
Iron	12mg



Plain Omelette with Cucumbers

1 serving
10 minutes

Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1 Cucumber (medium, sliced)
- 1 cup Egg Whites

Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	41g
Cholesterol	372mg
Sodium	551mg
Vitamin A	856IU
Vitamin C	8mg
Calcium	121mg
Iron	3mg

Directions

- 1 Whisk the eggs in a small bowl and season with salt and pepper to taste.
- 2 Heat the oil in a pan over medium heat. Add the eggs and cook until almost set. Fold in half and transfer the omelette to a plate.
- 3 Serve with cucumbers and enjoy!

Notes

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



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.



Air Fryer Salmon, Quinoa & Broccoli

2 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 2 tbsps Dijon Mustard
- 2 tbsps Maple Syrup
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 340 grams Salmon Fillet
- 2 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	537
Fat	18g
Carbs	47g
Fiber	5g
Sugar	14g
Protein	46g
Cholesterol	87mg
Sodium	332mg
Vitamin A	848IU
Vitamin C	81mg
Calcium	99mg
Iron	3mg

Directions

- 1 Cook the quinoa according to the package directions.
- 2 Preheat the air fryer to 400°F (205°C).
- 3 In a small bowl, whisk together the mustard, maple syrup, and oil. Season with salt and pepper.
- 4 Rub the salmon with 1/4 of the mustard maple mixture and place in the air fryer. Cook for seven to nine minutes or until flaky and cooked through to your liking. The timing will depend on the thickness of your fillet(s).
- 5 Meanwhile, place the broccoli in a steamer basket over boiling water and cover. Steam for three to five minutes or until soft.
- 6 Divide the salmon, quinoa, and broccoli evenly between plates. Drizzle the remaining mustard maple dressing over everything. Enjoy!

Notes

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

Serving Size: One serving is approximately one piece of salmon, one cup of broccoli, and 3/4 cup of cooked quinoa.

Additional Toppings: Green onion.

More Flavor: Add minced garlic to the sauce.



15 Minute Grilled Steak with Mint Pesto

4 servings

15 minutes

Ingredients

- 1/4 cup Slivered Almonds
- 1 Garlic (clove)
- 1/2 cup Mint Leaves (fresh)
- 1/2 cup Parsley
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 454 grams Ny Striploin Steak
- 2 tsps Sea Salt
- 3 cups Asparagus (washed and trimmed)
- 1 cup Red Onion (sliced into 1/8's)
- 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	390
Fat	26g
Carbs	13g
Fiber	4g
Sugar	5g
Protein	29g
Cholesterol	61mg
Sodium	1244mg
Vitamin A	1584IU
Vitamin C	25mg
Calcium	82mg
Iron	5mg

Directions

- 1 In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
- 2 Preheat grill to medium heat.
- 3 Rub steaks generously with sea salt. Place asparagus, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 4 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

Leftovers: Store in an airtight container in the fridge for up to three days.



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.