

Day 7

Meal 1



Butternut Squash & Apple Hash with an Egg



Cucumber Slices

Meal 2



Cajun Turkey Meatballs



2 Carrot Sticks

Meal 3



Cumin Lamb Skewers



Asparagus & Rice

Meal 4



Pressure Cooker Chicken Breast & Mashed Sweet...



1.5 Steamed Broccoli

Day 7

Fat  38%

Carbs  31%

Protein  31%

Calories	1534
Fat	66g
Carbs	123g
Fiber	21g
Sugar	30g
Protein	122g
Cholesterol	874mg
Sodium	2629mg
Vitamin A	53184IU
Vitamin C	186mg
Calcium	515mg
Iron	16mg



Butternut Squash & Apple Hash with an Egg

3 servings

25 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
- 1/2 cup Red Onion (chopped)
- 1/4 tsp Sea Salt
- 1 Apple (small, finely chopped)
- 2 cups Kale Leaves (chopped)
- 1/4 tsp Cinnamon
- 9 Egg

Nutrition

Amount per serving	
Calories	423
Fat	28g
Carbs	24g
Fiber	4g
Sugar	10g
Protein	21g
Cholesterol	558mg
Sodium	423mg
Vitamin A	11439IU
Vitamin C	37mg
Calcium	176mg
Iron	4mg

Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 2 Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 3 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 4 Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers: Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size: One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein: Add in cooked sausage, chicken or bacon.

Apple: This recipe was created and tested using Spartan apples.

Consistency: Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion: Use a yellow or sweet onion instead.



Cucumber Slices

2 servings

5 minutes

Ingredients

1 Cucumber

Nutrition

Amount per serving	
Calories	23
Fat	0g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	24mg
Iron	0mg

Directions

- 1 Slice the cucumber and enjoy!

Notes

Storage: Cucumber can keep up to one week in the fridge if stored in water.



Cajun Turkey Meatballs

4 servings

15 minutes

Ingredients

454 grams Extra Lean Ground Turkey
1 Egg
1/4 White Onion (shredded)
3 tbsps Parsley (chopped)
2 tpsps Cajun Seasoning
1 tbsp Hot Sauce
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	192
Fat	11g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	23g
Cholesterol	130mg
Sodium	888mg
Vitamin A	390IU
Vitamin C	4mg
Calcium	36mg
Iron	2mg

Directions

- 1 Set your oven to broil and line a baking sheet with parchment paper.
- 2 In a large bowl, add all of the ingredients and mix well to combine. Form into balls approximately two inches wide and place on the baking sheet.
- 3 Transfer the baking sheet to the oven and bake for 10 to 12 minutes, flipping halfway through, or until cooked through. Be sure to keep a close eye as all broilers vary. Enjoy!

Notes

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

Serving Size: One serving is approximately three meatballs.

Serve it With: Enjoy as-is, with your favorite dipping sauce, with roasted vegetables, on top of pasta or rice, or on top of a salad.



Carrot Sticks

2 servings

5 minutes

Ingredients

2 Carrot (medium)

Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	42mg
Vitamin A	10191IU
Vitamin C	4mg
Calcium	20mg
Iron	0mg

Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor: Season with salt.

Serve it With: Hummus, guacamole or your favorite dip.



Cumin Lamb Skewers

4 servings

20 minutes

Ingredients

- 2 tbsps Cumin Seed
- 2 tsps Fennel Seed
- 1 tsp Sea Salt
- 2 tsps Chili Powder
- 567 grams Lamb Shoulder Chop (cut into 1-inch cubes, bones discarded)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	310
Fat	21g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	30g
Cholesterol	83mg
Sodium	750mg
Vitamin A	466IU
Vitamin C	0mg
Calcium	84mg
Iron	4mg

Directions

- 1 Coarsely grind the cumin seeds and fennel seeds in a spice grinder or with a mortar and pestle. Combine with salt and chili powder. Set aside.
- 2 In a large bowl, toss the lamb in olive oil. Add the spices and mix until well coated. Pierce the lamb onto the barbecue skewers.
- 3 Grill over medium heat for about four minutes per side, or until browned and cooked through. Sprinkle additional cumin and chili powder just before serving (optional). Enjoy!

Notes

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

Serving Size: One serving equals one skewer with approximately 6 to 8 pieces.

More Flavor: Use a charcoal grill.

Additional Toppings: Serve with lime or lemon juice, lettuce wraps, pickled veggies, brown rice or flatbread.

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



Asparagus & Rice

4 servings

25 minutes

Ingredients

1 cup Jasmine Rice (dry, rinsed)
4 cups Asparagus (woody ends trimmed, chopped in half)

Nutrition

Amount per serving	
Calories	187
Fat	0g
Carbs	43g
Fiber	4g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1013IU
Vitamin C	8mg
Calcium	32mg
Iron	3mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 3 Divide rice and asparagus into bowls or containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Serving Size: One serving is equal to approximately 1 cup of asparagus, and 1.25 cups of cooked rice.

Leftovers: Refrigerate in an airtight container up to 4 days.



Pressure Cooker Chicken Breast & Mashed Sweet Potato

2 servings
25 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	302
Fat	6g
Carbs	26g
Fiber	4g
Sugar	5g
Protein	34g
Cholesterol	103mg
Sodium	433mg
Vitamin A	18485IU
Vitamin C	3mg
Calcium	58mg
Iron	1mg

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.