

Day 8

Meal 1



1.5 Hashbrown Egg Cups
with Veggies



Raspberries

Meal 2



Thai Basil Bison Salad



0.5 Steamed White Rice

Meal 3



Shredded Chicken



Brussels Sprouts Salad with
Grainy Mustard Dressing

Meal 4



Honey Mustard Chicken &
Brussels Sprouts



Crispy Smashed Potatoes

Day 8

Fat  36%

Carbs  32%

Protein  32%

Calories	1612
Fat	64g
Carbs	127g
Fiber	26g
Sugar	28g
Protein	131g
Cholesterol	903mg
Sodium	2390mg
Vitamin A	8164IU
Vitamin C	262mg
Calcium	344mg
Iron	18mg



Hashbrown Egg Cups with Veggies

6 servings

45 minutes

Ingredients

- 3 Red Potato (large, shredded)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 Egg
- 6 cups Cucumber (sliced)

Nutrition

Amount per serving	
Calories	252
Fat	12g
Carbs	20g
Fiber	3g
Sugar	3g
Protein	15g
Cholesterol	372mg
Sodium	164mg
Vitamin A	547IU
Vitamin C	13mg
Calcium	83mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Wrap the shredded potato in paper towel and squeeze out all of the excess liquid. Transfer it to a large mixing bowl. Add oil, salt, and pepper, and mix to combine.
- 3 Scoop the potato mixture into each muffin cup until it is all used up. Using your fingers, create a hole in the center of each one, then crack an egg into each of the holes. Season with more salt and pepper, if desired.
- 4 Bake in the oven for 30 minutes or until cooked through. Remove from the muffin tray and serve with the cucumbers. Enjoy!

Notes

Leftovers: Refrigerate the egg cups in an airtight container for up to five days. Freeze for up to three months. Serve the veggies fresh.

Serving Size: One serving is equal to two egg cups with veggies.

More Flavor: Add garlic and onion powder to the potato mixture. Use everything bagel seasoning on the cucumber and tomato slices.

Additional Toppings: Shredded cheese.



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.



Thai Basil Bison Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Avocado Oil
- 283 grams Bison Steak
- 1/8 tsp Sea Salt
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Lime Juice
- 2 tsps Maple Syrup
- 2/3 Cucumber (large, sliced into strips or julienned)
- 1 Carrot (medium, sliced into strips or grated)
- 1 stalk Green Onion (green part only, sliced)
- 1/4 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	15g
Carbs	12g
Fiber	2g
Sugar	8g
Protein	41g
Cholesterol	122mg
Sodium	601mg
Vitamin A	5723IU
Vitamin C	8mg
Calcium	55mg
Iron	6mg

Directions

- 1 Heat the oil in a skillet over high heat. Season the bison steak with salt and transfer it to the hot skillet. Cook for about four minutes on each side, or until well browned and your desired doneness is reached. Transfer to the cutting board and let rest for five to 10 minutes before slicing.
- 2 Meanwhile, whisk together the fish sauce, lime juice, and maple syrup in a jar. Adjust the flavors as needed.
- 3 Divide the cucumber, carrot, green onion, Thai basil, and sliced steak into bowls. Drizzle the dressing over top and enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of bison and two cups of salad.

More Flavor: Add sesame oil, tamari, garlic, ginger, and/or black pepper to the dressing.

Additional Toppings: Add bean sprouts and/or vermicelli to the salad.

No Bison Steak: Use any other steak, chicken, or turkey 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.



Brussels Sprouts Salad with Grainy Mustard Dressing

4 servings

10 minutes

Ingredients

5 cups Brussels Sprouts (trimmed, thinly sliced)
1 1/3 tbsps Whole Grain Mustard
2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	51
Fat	0g
Carbs	10g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	52mg
Vitamin A	829IU
Vitamin C	94mg
Calcium	47mg
Iron	2mg

Directions

- 1 Gently toss all ingredients in a mixing bowl until well combined. Divide onto plates and enjoy!

Notes

Storage: Refrigerate in an airtight container up to 5 days.

Warm It Up: Lightly steam all of the ingredients in a large pan with some water until tender then serve.



Honey Mustard Chicken & Brussels Sprouts

4 servings

50 minutes

Ingredients

600 grams Chicken Thighs (Boneless, Skinless)
Sea Salt & Black Pepper (to taste)
1/4 cup Extra Virgin Olive Oil (divided)
2 tbsps Dijon Mustard
1 tbsp Honey
1 tbsp Lemon Juice
4 cups Brussels Sprouts (trimmed and halved)
1/2 cup Red Onion (large, cut into wedges)

Nutrition

Amount per serving	
Calories	370
Fat	20g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	33g
Cholesterol	141mg
Sodium	248mg
Vitamin A	700IU
Vitamin C	78mg
Calcium	52mg
Iron	3mg

Directions

- 1 Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
- 2 In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 10 minutes.
- 3 Meanwhile, in a medium sized bowl, toss the Brussels sprouts and onion with the remaining oil and season with salt and pepper.
- 4 Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through to an internal temperature of 165°F. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is about two chicken thighs and one cup of Brussels sprouts and onion.



Crispy Smashed Potatoes

4 servings

20 minutes

Ingredients

4 cups Mini Potatoes (halved)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 tbsp Rosemary (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	178
Fat	7g
Carbs	27g
Fiber	3g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	10mg
Vitamin A	16IU
Vitamin C	30mg
Calcium	22mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Preheat oven to broil.
- 4 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 5 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

Notes

No Potatoes: Use sweet potatoes or cauliflower instead.

More Toppings: Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

Leftovers: Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.