



4 Week Meal Guide

WEEK 1

PREPARATION SCHEDULE

Day	Preparation	Notes
0 Sun	Grocery shop	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have
	Freeze the chicken breast, pork sausage, salmon and ½ of the extra lean ground turkey	This guide will remind you to thaw them later in the week
	Make Tropical Coconut Oatmeal	Divide between containers and store in the fridge. Reheat and add toppings just before serving
	Portion out peanut butter for the week	Divide between small containers and store in the fridge for snacks this week
	Make Lemon Turkey Quinoa Skillet	Divide between containers and store in the fridge
	Make Mini No Bake Lemon Coconut Tarts	Divide between containers and store in the fridge
1 Mon	Pack your meals if you are on-the-go	Tropical Coconut Oatmeal, Apple with Peanut Butter, Lemon Turkey Quinoa Skillet, and Mini No Bake Lemon Coconut Tarts
	Make One Pan Chicken, Grapes & Veggies for dinner	Enjoy and store leftovers in the fridge for lunch tomorrow
	Make the Coconut Chia Seed Yogurt	Divide between containers and store in the fridge for snacks this week

PREPARATION SCHEDULE

Day	Preparation	Notes
2 Tues	Pack your meals if you are on-the-go	Tropical Coconut Oatmeal, Coconut Chia Seed Yogurt, One Pan Chicken, Grapes & Veggies, and Banana with Peanut Butter
	Enjoy leftover Lemon Turkey Quinoa Skillet for dinner	Reheat in the oven or microwave
	Make Greek Yogurt & Cinnamon	Divide between containers and store in the fridge
3 Wed	Pack your meals if you are on-the-go	Breakfast Baked Potato with Sun Butter, Apple with Peanut Butter, Lemon Turkey Quinoa Skillet, and Mini No Bake Lemon Coconut Tarts.
	Make One Pan Lemon Chicken for dinner	Enjoy and store leftovers in the fridge for lunch tomorrow.
	Take the ground turkey out the freezer	Thaw on a plate in the fridge for dinner tomorrow
4 Thur	Pack your meals if you are on-the-go	Breakfast Baked Potato with Sun Butter, Coconut Chia Seed Yogurt, One Pan Lemon Chicken, and Banana with Peanut Butter.
	Make Turkey and Cabbage Stir Fry for dinner	Enjoy and store leftovers in the fridge for lunch tomorrow
	Take the salmon out of the freezer	Thaw on a plate in the fridge for dinner tomorrow.

PREPARATION SCHEDULE

SHOPPING LIST

Day	Preparation	Notes
5 Fri	Pack your meals if you are on-the-go	Breakfast Baked Potato with Sun Butter, Coconut Chia Seed Yogurt, Turkey & Cabbage Stir Fry, and No Bake Lemon Coconut Tarts
	Make One Pan Salmon with Rainbow Veggies for dinner	Enjoy and store leftovers in the fridge
	Make Fried Plantains with Hummus for snacks.	Divide between containers and store in the fridge. Reheat the plantains in a skillet or the oven just before serving.
	Take the sausage out of the freezer	Thaw on a plate in the fridge for dinner tomorrow
6 Sat	Make Warm Peas with Eggs for breakfast	Enjoy and store leftovers in the fridge for breakfast tomorrow.
	Pack your meals if you are on-the-go	Warm Peas with Eggs, Grapes & Pistachios, One Pan Salmon with Rainbow Veggies, and Fried Plantains with Hummus.
	Make Acorn Squash & Sausage Hash for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun	Make Warm Peas with Eggs for breakfast	
	Pack your meals if you are on-the-go	Warm Peas with Eggs, Grapes & Pistachios, One Pan Salmon with Rainbow Veggies, and Fried Plantains with Hummus.
	Shop and prep for next week	
	Enjoy leftover One Pan Salmon with Rainbow Veggies for dinner.	Reheat in the oven or microwave

Fruit

- 10 Apple
- 8 Banana
- 1.1kg Grapes
- 9 Lemon
- 2 ½ Lime
- 4 Mango
- 3 Navel Orange
- 4 Plantain
- 432g Strawberries

Breakfast

- 516g All Natural Peanut Butter

Seeds, Nuts & Spices

- 143g Almonds
- 720g Chia Seeds
- 47g Cinnamon
- 3g Oregano
- 448g Pistachios, in shell
- 30g Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1.9kg Frozen Peas

Vegetables

- 4 Acorn Squash
- 180g Baby Spinach
- 1.1kg Broccoli
- 704g Brussels Sprouts
- 2 ½ Carrot
- 1.8kg Cherry Tomatoes
- 21g Cilantro
- 14 Garlic
- 16g Ginger
- 1.6kg Green Beans
- 1.9kg Green Cabbage
- 84g Kale Leaves
- 1.2kg Mini Potatoes
- 384g Mushrooms
- 480g Red Onion
- 7g Rosemary
- 19g Thyme
- 2 White Onion
- 6 Yellow Bell Pepper
- 1 Yellow Onion

Boxed & Canned

- 383g Quinoa
- 1.1l Vegetable Broth

Baking

- 126g Honey
- 18g Nutritional Yeast
- 810g Oats
- 294g Pitted Dates
- 40g Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 907g Chicken Breast
- 1.8kg Chicken Drumsticks
- 2.6kg Extra Lean Ground Turkey
- 246g Hummus
- 567g Pork Sausage
- 1.7kg Salmon Fillet

Condiments & Oils

- 101g Black Olives
- 203ml Coconut Aminos
- 448g Coconut Butter
- 187ml Coconut Oil
- 451ml Extra Virgin Olive Oil

Cold

- 1.5kg Cow's Milk, Reduced Fat
- 16 Eggs
- 1.2l Plain Coconut Milk
- 904g Plain Greek Yogurt
- 2.7kg Unsweetened Coconut Yogurt

Other

- 334ml Water

TROPICAL COCONUT OATMEAL



8 servings



15 minutes

Ingredients

324g oats (rolled)
 1.2l plain coconut milk (from the box)
 72g chia seeds
 4 mangoes (cubed)
 64g coconut butter (melted)
 40g unsweetened coconut flakes



Method

1. In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
2. Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

More flavor: Add a pinch of cinnamon.

Likes it sweet: Add a drizzle of maple syrup or honey

Nutritional amount per serving



435 kcals



18g fat



64g carbs



9g protein



11g fiber

GREEK YOGURT & CINNAMON OVERNIGHT OATS



12 servings



3 hours 5 minutes

Ingredients

1.5kg cow's milk, reduced fat
 904g plain Greek yogurt
 126g honey
 16g cinnamon
 486g oats (rolled or quick)
 72g chia seeds



Notes

Leftovers: Refrigerate in an airtight container for up to five days. Can be enjoyed cold or warmed on the stovetop.

Serving Size: One serving is approximately equal to one cup.

Dairy free: Use a dairy-free milk alternative and unsweetened coconut yogurt instead.

More flavor: Add more honey to taste. Add vanilla extract.

Additional toppings: Top with fresh fruit, seeds, chopped nuts, or nut butter.

No honey: Use maple syrup or another liquid sweetener instead.

Method

1. Combine all the ingredients in a mixing bowl and mix well. Place in the refrigerator and let sit for at least three hours or overnight.
2. Divide into bowls and enjoy!

Nutritional amount per serving



338 kcals



9g fat



49g carbs



18g protein



6g fiber

WARM PEAS WITH EGGS


4 servings


15 minutes

Ingredients

1 white onion, diced
89ml water
960g frozen peas
3g sea salt
8 eggs



Notes

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

Serving Size: One serving equals approximately two eggs with 1 ½ cups of the pea and onion mixture.

More Flavor: Use broth or oil instead of water.

Additional Toppings: Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Method

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from the heat and serve immediately. Enjoy!

APPLE WITH PEANUT BUTTER


4 servings


3 minutes

Ingredients

4 apples
129g all natural peanut butter



Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Method

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Nutritional amount per serving



341 kcals



10g fat



38g carbs



25g protein



11g fiber

Nutritional amount per serving



287 kcals



17g fat



32g carbs



8g protein



6g fiber

COCONUT CHIA SEED YOGURT


12 servings


30 minutes

Ingredients

2.7kg unsweetened coconut yogurt
576g chia seeds
31g cinnamon
432g strawberries, chopped



Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Method

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

GRAPES & PISTACHIOS


8 servings


5minutes

Ingredients

736g grapes
448g pistachios, in shell



Method

1. Divide into bowls and enjoy!

Nutritional amount per serving



368 kcals



23g fat



37g carbs



9g protein



17g fiber

Nutritional amount per serving



380 kcals



26g fat



32g carbs



13g protein



7g fiber

LEMON TURKEY QUINOA SKILLET


12 servings


30 minutes

Ingredients

67ml extra virgin olive oil
6 garlic cloves, minced
1.4kg extra lean ground turkey
3g oregano
5g sea salt
101g black olives, chopped
180g baby spinach, chopped
383g quinoa, dry, uncooked
1.1l vegetable broth
3 lemons, zested and juiced



Method

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
2. Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5-7 minutes or until the turkey is cooked through, breaking up as it cooks.
3. Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
4. Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
5. Stir in the lemon zest and juice. Season with additional salt if needed. Serve immediately and enjoy!

Notes

More Flavor: Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

Leftovers: Keep in an airtight container in the fridge for up to 3 days.

No Quinoa: Use long-grain white rice.

No Spinach: Use chopped kale or swiss chard.

No Ground Turkey: Use ground chicken or ground beef.

No Vegetable Broth: Use any type of broth or water.

Vegan & Vegetarian: Use cooked lentils instead of ground turkey.

Nutritional amount per serving



355 kcals



18g fat



24g carbs



27g protein



3g fiber

MINI NO BAKE LEMON COCONUT TARTS


24 servings


50 minutes

Ingredients

294g pitted dates, divided
143g almonds
2g sea salt, divided
2 large lemons, zested & juiced
384g coconut butter
30ml coconut oil



Method

1. Line a muffin pan with paper or silicone baking cups. Soak ¼ of the dates in warm water.
2. Add the remaining ¾ of the dates, almonds, half of the salt and half of the lemon zest to a food processor and blend until the date mixture forms a sticky ball. Divide the dough between baking cups and press into an even layer in the bottom of each baking cup (use damp fingers if the dough is too sticky).
3. Add the coconut butter, soaked dates, lemon juice, coconut oil and the remaining salt and zest to the food processor and blend until smooth (the mixture will form a soft wet dough). Spoon the coconut lemon mixture on top of the date layer and use a spoon or damp fingers to spread the coconut lemon mixture into an even layer.
4. Transfer the muffin pan to the freezer and allow the tarts to set for 20-30 minutes before removing the paper and transferring to an airtight container in the fridge. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to a week.

Serving Size: One serving is equal to one tart.

Nut-Free: Use sunflower seeds or shredded coconut instead.

More Flavor: Add vanilla extract or lemon extract.

More Color: Add some dried turmeric for a yellow tart.

Lemon: One large lemon yields ¼ cup of juice and two teaspoons of zest.

Nutritional amount per serving



185 kcals



15g fat



15g carbs



3g protein



4g fiber

BANANA WITH PEANUT BUTTER


4 servings


5 minutes

Ingredients

4 bananas, peeled & sliced
129g all natural peanut butter

Notes

No Peanut Butter: Use any nut or seed butter.

More Protein: Sprinkle with hemp seeds.



Method

1. Spread peanut butter across banana slices. Happy snacking!

FRIED PLANTAINS WITH HUMMUS


8 servings


15 minutes

Ingredients

119ml coconut oil
4 plantains, peeled & sliced
246g hummus

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat the plantains in a skillet or the oven.

Serving Size: One serving equals approximately half a plantain and two tablespoons of hummus.



Method

1. Heat the coconut oil in a large skillet and add the plantains. Cook for 2 to 3 minutes per side or until browned.
2. Serve with hummus. Enjoy!

Nutritional amount per serving



298 kcals



17g fat



34g carbs



8g protein



5g fiber

Nutritional amount per serving



359 kcals



19g fat



48g carbs



4g protein



4g fiber

ONE PAN CHICKEN, GRAPES & VEGGIES



4 servings



5 minutes

Ingredients

1.8kg chicken drumsticks
2 acorn squash, seeds removed & chopped
1.6kg green beans, trimmed
368g grapes, seedless with stems removed
59ml extra virgin olive oil
19g fresh thyme
6g sea salt



Method

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

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

Serving Size: One serving equals approximately two chicken drumsticks, ¼ acorn squash, ½ cup grapes and 2 cups green beans.

More Flavor: Add your choice of herbs and spices, or balsamic vinegar.

Nutritional amount per serving



563 kcals



28g fat



34g carbs



46g protein



8g fiber

ONE PAN LEMON CHICKEN



8 servings



35 minutes

Ingredients

907g chicken breast, skinless & boneless
1.2kg mini potatoes, halved
704g brussels sprouts, halved
118ml extra virgin olive oil
4 lemons, juiced & zested
7g fresh rosemary, chopped
Sea salt & black pepper (to taste)



Method

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
2. In a small bowl, mix together the extra virgin olive oil, lemon juice and zest, rosemary, sea salt and pepper. Mix well then drizzle over the top of the chicken, potatoes and brussel sprouts.
3. Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts: Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts: Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor: Add additional spices such as oregano, thyme or chili flakes.

No Mini Potatoes: Use diced regular potatoes.

Nutritional amount per serving



415 kcals



17g fat



36g carbs



32g protein



7g fiber

TURKEY & CABBAGE STIR FRY

 **8 servings**  **20 minutes**

Ingredients

1.2kg extra lean ground turkey
40ml coconut oil
1.9kg green cabbage, thinly sliced
2 ½ carrots, large & julienned
158ml water
160ml coconut aminos
2 ½ lime, juiced plus more for garnish
8 garlic cloves, minced



Method

1. Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
2. To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4-5 minutes or until the cabbage wilts down and carrot is just tender.
3. Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
4. Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
5. Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings: Top with cilantro.

No Turkey: Use ground chicken or pork instead.

Nutritional amount per serving



365 kcals



17g fat



22g carbs



32g protein



7g fiber

ONE PAN SALMON WITH RAINBOW VEGGIES

 **12 servings**  **40 minutes**

Ingredients

1.8kg cherry tomatoes
1.7kg salmon fillet
6 yellow bell peppers, sliced
1.1kg broccoli, chopped into small florets
480g red onion, sliced into chunks
177ml extra virgin olive oil
45ml coconut aminos
3 navel orange, zested & juiced
Sea salt & black pepper, to taste



Method

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Vegan: Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers: Keeps well in the fridge for 2 to 3 days.

Nutritional amount per serving



440 kcals



23g fat



27g carbs



34g protein



6g fiber

ACORN SQUASH & SAUSAGE HASH



8 servings



30 minutes

Ingredients

567g pork sausage, casings removed

30ml extra virgin olive oil

2 acorn squash, peeled & chopped into cubes

1 yellow onion, chopped

384g mushrooms, sliced

84g kale leaves, chopped

18g nutritional yeast

12g sea salt

2 apples, cored & cubed



Method

1. In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
2. In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
3. Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
4. Remove from the heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of hash mixture.

More Fiber: Stir in cooked quinoa or rice.

Make it Vegan: Use black beans or lentils instead of sausage.

Meal Prep: Cook the acorn squash in advance to save time.

Nutritional amount per serving



352 kcals



24g fat



23g carbs



13g protein



4g fiber