



## Week 1 Mediterranean Diet Plan

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Balanced Roots, LLC

Balanced Roots

<http://www.balancedrootsnutrition.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter Mocha Chia Pudding	 Peanut Butter Mocha Chia Pudding	 Peanut Butter Mocha Chia Pudding	 Kale, Feta & Egg Scramble	 Kale, Feta & Egg Scramble	 One Pan Breakfast Hash	 One Pan Breakfast Hash
Snack 1	 Tzatziki & Baby Carrots	 Hummus Dippers	 Tzatziki & Baby Carrots	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Avocado Rice Cake	 Avocado Rice Cake
Lunch	 Chicken Caesar Salad Wraps	 Chicken Caesar Salad Wraps	 Chicken Caesar Salad Wraps	 Turkey & Apple Rice Cakes	 Turkey & Apple Rice Cakes	 Eggs & Avocado Snack Box	 Eggs & Avocado Snack Box
Snack 2	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake
Dinner	 Greek Burger	 Greek Burger	 Greek Burger	 Chicken Taco Pizza	 Chicken Taco Pizza	 Ginger Cilantro Salmon Burgers	 Ginger Cilantro Salmon Burgers
	 Air Fryer Sweet Potato Fries	 Air Fryer Sweet Potato Fries	 Air Fryer Sweet Potato Fries	 Chicken Taco Pizza	 Chicken Taco Pizza	 Air Fryer Sweet Potato Fries	 Air Fryer Sweet Potato Fries
Snack 3	 Peanut Butter & Blueberry Frozen Yogurt Bark	 Detox Chia Lemon Water	 Peanut Butter & Blueberry Frozen Yogurt Bark	 Nutty Dark Chocolate Sea Salt Squares	 Nutty Dark Chocolate Sea Salt Squares	 Detox Chia Lemon Water	 Detox Chia Lemon Water

**Fruits**

- 1/2 Apple
- 2 1/2 Avocado
- 1 cup Blueberries
- 1 1/4 Lemon
- 1/3 cup Lemon Juice
- 2 tsps Lime Juice

**Breakfast**

- 3/4 cup All Natural Peanut Butter
- 1 1/2 cups Coffee
- 6 Plain Rice Cake

**Seeds, Nuts & Spices**

- 2 cups Almonds
- 1 1/3 cups Chia Seeds
- 2 cups Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning
- 2 cups Walnuts

**Frozen**

- 12 Brown Rice Tortilla
- 42 Ice Cubes

**Vegetables**

- 3/4 cup Arugula
- 1 cup Baby Carrots
- 3 heads Boston Lettuce
- 8 cups Brussels Sprouts
- 1 Carrot
- 4 stalks Celery
- 3/4 cup Cilantro
- 2 1/8 Cucumber
- 2 tbsps Ginger
- 1 cup Kale Leaves
- 1 Red Bell Pepper
- 2 1/4 cups Red Onion
- 5 Sweet Potato
- 3 Tomato
- 1 Yellow Bell Pepper

**Boxed & Canned**

- 5 1/4 cups Canned Coconut Milk
- 1 1/2 cups Marinara Sauce

**Baking**

- 1 2/3 tbsps Arrowroot Powder
- 1/3 cup Cacao Powder
- 10 1/2 ozs Dark Chocolate
- 2 2/3 tbsps Honey
- 2 tbsps Nutritional Yeast
- 1 cup Raw Honey
- 3/4 tsp Stevia Powder

**Bread, Fish, Meat & Cheese**

- 10 slices Bacon
- 4 ozs Cheddar Cheese
- 3 1/2 lbs Chicken Breast, Cooked
- 1 cup Feta Cheese
- 1 cup Hummus
- 3 3/4 lbs Lean Beef Patty
- 6 ozs Mozzarella Cheese
- 4 pieces Naan
- 1 lb Salmon Fillet
- 8 ozs Sliced Turkey Breast
- 3 ozs Swiss Cheese
- 1 1/2 lbs Whole Wheat Bun

**Condiments & Oils**

- 2 2/3 tbsps Avocado Oil
- 1 1/3 tbsps Coconut Aminos
- 1/4 cup Coconut Oil
- 1 2/3 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Sesame Oil
- 1/3 cup Tahini

**Cold**

- 18 Egg
- 3 1/4 cups Plain Greek Yogurt
- 1 1/4 cups Tzatziki
- 4 2/3 cups Unsweetened Almond Milk

**Other**

- 2 ozs Collagen Powder
- 1 3/4 cups Vanilla Protein Powder
- 10 1/3 cups Water





## Peanut Butter Mocha Chia Pudding

4 servings

3 hours 10 minutes

### Ingredients

1 3/4 cups Canned Coconut Milk  
1/2 cup Coffee (brewed drip or espresso)  
2 tbsps Cacao Powder  
1/3 cup Chia Seeds  
2 tbsps All Natural Peanut Butter  
2/3 oz Collagen Powder  
1/4 tsp Stevia Powder (to taste)

### Directions

- 1 Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into bowls or jars and refrigerate overnight or for a minimum of three hours. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 3/4 cup.

**More Flavor:** Add cinnamon and/or banana.

**Additional Toppings:** Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

**Make it Vegan:** Omit the collagen powder.

**No Stevia:** Use maple syrup, raw honey, dates, or coconut sugar to taste.





## Kale, Feta & Egg Scramble

1 serving

15 minutes

### Ingredients

2 tsps Extra Virgin Olive Oil (divided)  
1/2 cup Kale Leaves (tough stems removed, chopped)  
3 Egg (whisked)  
1 tbsp Feta Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat half of the oil in a pan or skillet over medium heat. Cook the kale until tender, about three minutes. Set aside.
- 2 Heat the remaining oil. Add the eggs and move them around with a spatula continuously, until fluffy and barely set, about two minutes. Stir in the kale.
- 3 Transfer the eggs and kale to a plate. Top with feta and season with salt and pepper. Enjoy!

### Notes

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

**Dairy-Free:** Use nutritional yeast instead of feta cheese.

**More Flavor:** Add red pepper flakes.

**Additional Toppings:** Add fresh herbs, sliced red onions, smoked salmon, salsa, or guacamole.



## One Pan Breakfast Hash

2 servings

40 minutes

### Ingredients

4 cups Brussels Sprouts (halved)  
1/2 cup Red Onion (chopped)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
5 slices Bacon (chopped)  
4 Egg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

### Notes

**No Bacon:** Use prosciutto, ham or turkey bacon.

**More Vegetables:** Use additional vegetables such as peppers, potatoes or mushrooms.

**More Flavor:** Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

**Leftovers:** Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



## Tzatziki & Baby Carrots

1 serving

2 minutes

### Ingredients

- 1/4 cup Tzatziki
- 1/2 cup Baby Carrots

### Directions

- 1 Add the tzatziki to a bowl and the baby carrots to a plate. Enjoy!

### Notes

**Leftovers:** Refrigerate the tzatziki according to the package directions. Store the baby carrots separately.

**Make it Vegan:** Use dairy-free tzatziki instead.

**No Baby Carrots:** Use celery sticks, snap peas, cucumber slices, or sliced bell pepper instead.





## Hummus Dippers

4 servings  
15 minutes

### Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.



## Detox Chia Lemon Water

1 serving  
5 minutes

### Ingredients

2 cups Water  
1 tbsp Chia Seeds  
1/4 Lemon (juiced)

### Directions

- 1 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

### Notes

**Make it Sweet:** Add maple syrup.

**Make it Spicy:** Add a pinch of cayenne pepper.



## Avocado Rice Cake

1 serving  
5 minutes

### Ingredients

1/2 Avocado  
1 Plain Rice Cake

### Directions

- 1 Mash the avocado with a fork and spread over the rice cake. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

**No Plain Rice Cake:** Use brown rice cakes or crackers instead.





## Chicken Caesar Salad Wraps

4 servings

15 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Tahini
- 2 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 2 tps Nutritional Yeast
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Water
- 1 head Boston Lettuce
- 4 Brown Rice Tortilla
- 1 Tomato (chopped, seeds removed)
- 1 lb Chicken Breast, Cooked (chopped into cubes or slices)

### Directions

- 1 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 2 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

### Notes

**Leftovers:** All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

**Serving Size:** One serving is equal to one wrap.

**Additional Toppings:** Add sliced or cubed avocado.

**More Flavor:** Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



## Turkey & Apple Rice Cakes

1 serving

5 minutes

### Ingredients

- 1 1/2 ozs Swiss Cheese (sliced)
- 4 ozs Sliced Turkey Breast
- 1/4 Apple (sliced)
- 2 Plain Rice Cake
- 1 tsp Dijon Mustard
- 1 tsp Honey

### Directions

- 1 Layer on the cheese, turkey breast, and sliced apples onto each rice cake. Drizzle with dijon mustard and honey. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is equal to two rice cakes.



## Eggs & Avocado Snack Box

1 serving

15 minutes

### Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 2 ozs Cheddar Cheese (cubed)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

### Notes

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

**Additional Toppings:** Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.





## Simple Vanilla Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use frozen fruit instead of ice cubes.

**No Vanilla Protein Powder:** Use chocolate or another flavor instead.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.



## Greek Burger

4 servings

20 minutes

### Ingredients

- 1 1/4 lbs Lean Beef Patty
- 8 ozs Whole Wheat Bun
- 1/4 cup Tzatziki
- 1/4 cup Red Onion (medium, thinly sliced)
- 1/2 Cucumber (medium, thinly sliced)
- 1/4 cup Feta Cheese
- 1/4 cup Arugula

### Directions

- 1 Cook burger patties according to package directions.
- 2 On the bottom bun, spread on the tzatziki. Top with the beef patty, red onion, cucumber, feta, arugula, and top bun. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate the cooked burger patties in an airtight container for up to three days. Assemble when ready to serve.

**Serving Size:** One serving is equal to one assembled burger.

**Beef Patty:** Each beef patty is equal to approximately 5 ounces or 142 grams.

**Whole Wheat Bun:** One bun is equal to approximately 57 grams or two ounces.

**More Flavor:** Swap the red onion for pickled onions for extra flavor.

**Additional Toppings:** Try it with sliced tomatoes, fresh lettuce, or bruschetta.



## Air Fryer Sweet Potato Fries

2 servings

30 minutes

### Ingredients

- 1 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 tsp Arrowroot Powder
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat the air fryer for 5 minutes at 375°F (191°C).
- 2 In a large bowl, toss the sweet potato with the arrowroot powder first, ensuring all fries are coated. Then add the olive oil and sea salt and toss to combine.
- 3 Place in the air fryer, ensuring there is adequate space between fries so that none are touching. Bake at 375°F (191°C) for 12 minutes or until crispy, flipping halfway through. Remove and set aside and repeat with the second batch.
- 4 Once all fries are cooked, you can add them back to the air fryer to heat up for one minute, so all are warm. Enjoy!

### Notes

**Leftovers:** These are best enjoyed immediately. Refrigerate in an airtight container for up to three days. Reheat in the air fryer or oven.

**No Arrowroot:** Use cornstarch instead.

**More Flavor:** Toss with additional spices such as cayenne, smoked paprika or garlic powder.

**Additional Toppings:** Serve with dip of your choice.



## Chicken Taco Pizza

2 servings

30 minutes

### Ingredients

- 2 pieces Naan
- 3/4 cup Marinara Sauce
- 1 1/2 tsps Taco Seasoning
- 3 ozs Mozzarella Cheese (shredded)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/4 cup Red Onion (sliced)
- 4 ozs Chicken Breast, Cooked (shredded)
- 1/4 Avocado (diced)
- 2 tbsps Plain Greek Yogurt
- 2 tbsps Cilantro (chopped, plus more for garnish)

### Directions

- 1 With the rack in the middle of the oven, preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the naan on the prepared baking sheet. Add the marinara sauce and top with the taco seasoning, cheese, bell pepper, onion, and cooked chicken.
- 3 Bake for about 10 to 12 minutes or until golden and crisp.
- 4 Garnish with avocado, yogurt, and the cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one naan.

**Naan:** One piece of naan is 3.2 oz or 90 grams.

**More Flavor:** Use cooked turkey or black beans instead of chicken.

**Additional Toppings:** Chives, black olives, corn, and/or jalapeño pepper.

**Gluten-Free:** Use a brown rice tortilla instead of naan and adjust the baking time accordingly.





## Ginger Cilantro Salmon Burgers

2 servings

30 minutes

### Ingredients

8 ozs Salmon Fillet (skinless, cut into 1/2-inch chunks)  
1/4 cup Cilantro (finely chopped)  
1 tbsp Ginger (peeled and finely grated)  
2 tsps Coconut Aminos  
1 tsp Sesame Oil  
1 tsp Lime Juice  
1 tbsp Avocado Oil

### Directions

- 1 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 2 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 3 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 4 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 5 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 2 days.

**Serving Size:** One serving is equal to one salmon burger.

**More Flavor:** Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

**Serve it With:** Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

**No Coconut Aminos:** Use tamari or soy sauce instead.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil instead.



## Peanut Butter & Blueberry Frozen Yogurt Bark

4 servings

4 hours 5 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 tbsp Honey
- 3 tbsps All Natural Peanut Butter
- 1/2 cup Blueberries

### Directions

- 1 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 2 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 3 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

### Notes

**Leftovers:** Keep frozen in an airtight container or freezer bag for up to one month.

**Serving Size:** One serving is equal to approximately 1/2 cup.

**Dairy-Free:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add chocolate chips or melted chocolate.

**No Honey:** Use maple syrup instead.

**No Blueberries:** Use other berries or banana instead.



## Nutty Dark Chocolate Sea Salt Squares

16 servings

1 hour 30 minutes

### Ingredients

- 1/2 cup Raw Honey
- 2 tbsps Coconut Oil
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

### Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!

### Notes

**Storage:** Refrigerate or freeze in an air-tight container.

**Make as Bars:** Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

**Mix it Up:** Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!



















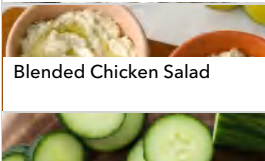
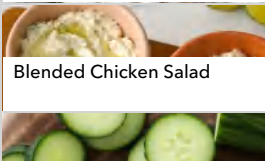







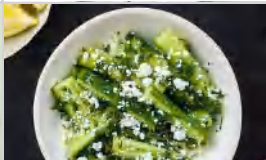
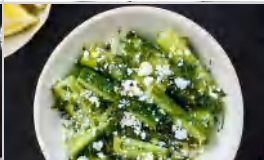














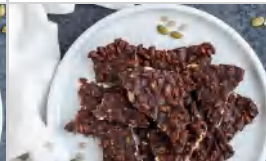


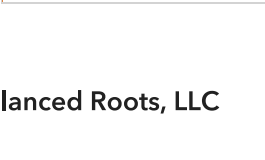




Balanced Roots, LLC

Week 2 Mediterranean Diet Plan

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Balanced Roots  
<http://www.balancedrootsnutrition.com>



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Blueberry Protein Oats	Blueberry Protein Oats	Blueberry Protein Oats	Yogurt & Berries	Yogurt & Berries	Breakfast Protein Bowl	Breakfast Protein Bowl
Snack 1							
	Tzatziki & Baby Carrots	Tzatziki & Baby Carrots	Mini Eggplant Pizzas	Mini Eggplant Pizzas	Mini Eggplant Pizzas	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake
Lunch							
	Blended Chicken Salad	Blended Chicken Salad	Turkey & Cabbage Stir Fry	Turkey & Cabbage Stir Fry	Turkey & Cabbage Stir Fry	Kale Caesar Salad	Kale Caesar Salad
Snack 2							
	Cucumber Slices	Cucumber Slices	Dill & Feta Cucumbers	Dill & Feta Cucumbers	Dill & Feta Cucumbers	Tzatziki & Baby Carrots	Tzatziki & Baby Carrots
Dinner							
	Detox Chia Lemon Water	Detox Chia Lemon Water	Brussels Sprouts Slaw with Chicken	Brussels Sprouts Slaw with Chicken	Brussels Sprouts Slaw with Chicken	Pesto Shrimp Pasta	Pesto Shrimp Pasta
Snack 3							
	Greek Burger	Greek Burger	Super Seed Chocolate Bark	Super Seed Chocolate Bark	Super Seed Chocolate Bark	Yogurt & Berries	Yogurt & Berries
Dinner							
	Air Fryer Sweet Potato Fries	Air Fryer Sweet Potato Fries	Yogurt & Berries	Yogurt & Berries	Yogurt & Berries		

### Fruits

- 1 Avocado
- 1 1/2 Lemon
- 1/3 cup Lemon Juice
- 4 Lime

### Seeds, Nuts & Spices

- 1 1/2 tsps Cardamom
- 2 tbsps Chia Seeds
- 1/3 tsp Garlic Powder
- 1/3 cup Hemp Seeds
- 2 1/4 tsps Oregano
- 1 1/4 cups Pumpkin Seeds
- 1 1/2 tsps Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 cup Sunflower Seeds

### Frozen

- 8 cups Frozen Berries
- 1 1/2 cups Frozen Blueberries
- 24 Ice Cubes

### Vegetables

- 1/2 cup Arugula
- 2 cups Baby Carrots
- 4 cups Baby Spinach
- 1/3 cup Basil Leaves
- 9 cups Brussels Sprouts
- 3 Carrot
- 1 2/3 cups Cherry Tomatoes
- 1 1/2 cups Cilantro
- 4 1/2 Cucumber
- 3 Eggplant
- 1/3 cup Fresh Dill
- 13 Garlic
- 3 tbsps Ginger
- 24 cups Green Cabbage
- 8 cups Kale Leaves
- 6 cups Purple Cabbage
- 1 cup Radishes
- 1/2 cup Red Onion
- 2 Sweet Potato

### Boxed & Canned

- 1 lb Brown Rice Fettuccine
- 3/4 cup Quick Oats
- 1/2 cup Quinoa

### Baking

- 2 tsps Arrowroot Powder
- 8 1/2 ozs Dark Chocolate
- 1 tbsp Raw Honey

### Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 1 1/2 lbs Chicken Breast, Cooked
- 3 lbs Extra Lean Ground Turkey
- 2/3 cup Feta Cheese
- 2 1/2 lbs Lean Beef Patty
- 13 1/4 ozs Mozzarella Ball
- 2 lbs Shrimp
- 1 lb Whole Wheat Bun

### Condiments & Oils

- 3/4 cup Coconut Aminos
- 1/3 cup Coconut Oil
- 1/4 cup Dijon Mustard
- 1 3/4 cups Extra Virgin Olive Oil
- 2/3 cup Pesto
- 3 tbsps Sunflower Seed Butter
- 2 1/4 cups Tomato Sauce

### Cold

- 8 Egg
- 3 cups Oat Milk
- 8 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Tzatziki
- 2 2/3 cups Unsweetened Almond Milk

### Other

- 1 3/4 cups Vanilla Protein Powder
- 6 1/4 cups Water



## Blueberry Protein Oats

1 serving  
10 minutes

### Ingredients

- 1/4 cup Quick Oats
- 1 cup Oat Milk (plain, unsweetened)
- 1/2 tsp Cardamom (ground)
- 1 tbsp Sunflower Seed Butter
- 1 tsp Raw Honey
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Frozen Blueberries (or fresh)

### Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to two days.

**More Flavor:** Add vanilla extract, cinnamon, or nutmeg.

**Additional Toppings:** Top with crushed nuts, shredded coconut, or hemp seeds.

**No Oat Milk:** Use plain coconut milk instead.





## Yogurt & Berries

2 servings

5 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

### Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.



## Hard Boiled Eggs

1 serving  
15 minutes

### Ingredients

2 Egg

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

### Notes

**Leftovers:** Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel:** Add salt to the water while boiling.



## Breakfast Protein Bowl

1 serving  
25 minutes

### Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

### Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

### Notes

**Prep Ahead:** Make the quinoa in advance and used hard boiled eggs to save time.

**Extra Nutrients:** Top with sprouts or microgreens.



## Tzatziki & Baby Carrots

1 serving

2 minutes

### Ingredients

- 1/4 cup Tzatziki
- 1/2 cup Baby Carrots

### Directions

- 1 Add the tzatziki to a bowl and the baby carrots to a plate. Enjoy!

### Notes

**Leftovers:** Refrigerate the tzatziki according to the package directions. Store the baby carrots separately.

**Make it Vegan:** Use dairy-free tzatziki instead.

**No Baby Carrots:** Use celery sticks, snap peas, cucumber slices, or sliced bell pepper instead.





## Mini Eggplant Pizzas

4 servings

30 minutes

### Ingredients

- 1 Eggplant (medium)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Tomato Sauce
- 1/2 tsp Oregano
- 4 1/3 ozs Mozzarella Ball (grated)
- 1/2 tsp Red Pepper Flakes (Optional)
- 2 tbsps Basil Leaves (finely chopped)

### Directions

- 1 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3 Meanwhile, turn the broiler on high.
- 4 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5 Top with red pepper flakes and fresh basil. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

**Serving Size:** One serving is approximately three eggplant pizzas.

**Dairy-Free:** Use a dairy-free shredded cheese instead.

**More Flavor:** Add minced garlic and Italian seasoning to the tomato sauce.

**Additional Toppings:** Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.



## Simple Vanilla Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use frozen fruit instead of ice cubes.

**No Vanilla Protein Powder:** Use chocolate or another flavor instead.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.



## Blended Chicken Salad

1 serving

5 minutes

### Ingredients

3 1/2 ozs Chicken Breast, Cooked  
1/4 cup Plain Greek Yogurt  
1 Garlic (clove, minced)  
1/2 Lime (juiced)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Fresh Dill (chopped)  
1 1/2 tsps Extra Virgin Olive Oil (plus extra for garnish)

### Directions

- 1 In a food processor, process the chicken for about 30 seconds or until it reaches a fine consistency.
- 2 In a bowl, combine the chicken with the remaining ingredients. Stir to combine and adjust the seasoning to your taste.
- 3 Garnish with extra oil, if using, and enjoy!

### Notes

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

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

**More Flavor:** Add onion powder, mint, and/or chili flakes.

**Serve it With:** Crackers or vegetables for dipping. Spread on crostini, tortilla chips, or pita chips. Use as a spread on sandwiches and wraps.



## Cucumber Slices

2 servings  
5 minutes

### Ingredients

1 Cucumber

### Directions

- 1 Slice the cucumber and enjoy!

### Notes

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





## Turkey & Cabbage Stir Fry

3 servings

20 minutes

### Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tbsp Coconut Oil
- 8 cups Green Cabbage (thinly sliced)
- 1 Carrot (large, julienned)
- 1/4 cup Water
- 1/4 cup Coconut Aminos
- 1 Lime (juiced, plus more for garnish)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/2 cup Cilantro (chopped)

### Directions

- 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 to 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 for 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 additional cilantro.

**No Turkey:** Use ground chicken or pork instead.



## Kale Caesar Salad

4 servings

1 hour

### Ingredients

- 1 Garlic (head)
- 1/3 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 cups Kale Leaves (thinly sliced into ribbons)
- 1/2 cup Radishes (thinly sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pumpkin Seeds
- 8 ozs Chicken Breast, Cooked (sliced)

### Directions

- 1 Preheat oven to 400°F (204°C). Take your head of garlic and peel away the skin so the cloves are showing. Chop off the top of garlic head, drizzle with olive oil and wrap in foil. Bake in the oven for 30 minutes.
- 2 After 30 minutes, remove the garlic from the oven and remove from foil. Let cool. When garlic is cool, squeeze the flesh out of the skin into a food processor or magic bullet. Add oil, lemon juice, mustard and salt. Blend until creamy.
- 3 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Drizzle with desired amount of dressing and toss well.
- 4 Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast. Enjoy!



## Detox Chia Lemon Water

1 serving  
5 minutes

### Ingredients

2 cups Water  
1 tbsp Chia Seeds  
1/4 Lemon (juiced)

### Directions

- 1 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

### Notes

**Make it Sweet:** Add maple syrup.

**Make it Spicy:** Add a pinch of cayenne pepper.



## Dill & Feta Cucumbers

1 serving

5 minutes

### Ingredients

- 1/2 Cucumber (cut into spears)
- 1/2 tsp Lemon Juice
- 1 tbsp Fresh Dill (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 tsp Extra Virgin Olive Oil

### Directions

- 1 Arrange the cucumber in a bowl and add the lemon juice, dill, and feta cheese. Drizzle with extra virgin olive oil and enjoy!

### Notes

**Dairy-Free:** Omit the feta or use dairy-free cheese.

**Leftovers:** Refrigerate in an airtight container up to 2 days.

**No Dill:** Use parsley or basil instead.





## Greek Burger

4 servings

20 minutes

### Ingredients

- 1 1/4 lbs Lean Beef Patty
- 8 ozs Whole Wheat Bun
- 1/4 cup Tzatziki
- 1/4 cup Red Onion (medium, thinly sliced)
- 1/2 Cucumber (medium, thinly sliced)
- 1/4 cup Feta Cheese
- 1/4 cup Arugula

### Directions

- 1 Cook burger patties according to package directions.
- 2 On the bottom bun, spread on the tzatziki. Top with the beef patty, red onion, cucumber, feta, arugula, and top bun. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate the cooked burger patties in an airtight container for up to three days. Assemble when ready to serve.

**Serving Size:** One serving is equal to one assembled burger.

**Beef Patty:** Each beef patty is equal to approximately 5 ounces or 142 grams.

**Whole Wheat Bun:** One bun is equal to approximately 57 grams or two ounces.

**More Flavor:** Swap the red onion for pickled onions for extra flavor.

**Additional Toppings:** Try it with sliced tomatoes, fresh lettuce, or bruschetta.



## Air Fryer Sweet Potato Fries

2 servings

30 minutes

### Ingredients

- 1 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 tsp Arrowroot Powder
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat the air fryer for 5 minutes at 375°F (191°C).
- 2 In a large bowl, toss the sweet potato with the arrowroot powder first, ensuring all fries are coated. Then add the olive oil and sea salt and toss to combine.
- 3 Place in the air fryer, ensuring there is adequate space between fries so that none are touching. Bake at 375°F (191°C) for 12 minutes or until crispy, flipping halfway through. Remove and set aside and repeat with the second batch.
- 4 Once all fries are cooked, you can add them back to the air fryer to heat up for one minute, so all are warm. Enjoy!

### Notes

**Leftovers:** These are best enjoyed immediately. Refrigerate in an airtight container for up to three days. Reheat in the air fryer or oven.

**No Arrowroot:** Use cornstarch instead.

**More Flavor:** Toss with additional spices such as cayenne, smoked paprika or garlic powder.

**Additional Toppings:** Serve with dip of your choice.



## Brussels Sprouts Slaw with Chicken

2 servings

20 minutes

### Ingredients

8 ozs Chicken Breast (cut into cubes)  
1/4 tsp Oregano (dried)  
1/8 tsp Garlic Powder  
1/4 tsp Sea Salt (divided)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
3 cups Brussels Sprouts (shredded)  
2 cups Purple Cabbage (sliced thin)  
1 1/2 tbsps Lemon Juice  
1 tsp Coconut Aminos

### Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

### Notes

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

**More Flavor:** Add additional spices and/or herbs to the dressing or chicken.

**Additional Toppings:** Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

**Make it Vegan:** Omit the chicken and use grilled tofu.

**No Coconut Aminos:** Use tamari instead.





## Pesto Shrimp Pasta

4 servings

20 minutes

### Ingredients

8 ozs Brown Rice Fettuccine  
1 lb Shrimp (peeled, deveined)  
1/4 tsp Sea Salt  
1/3 cup Pesto

### Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Cook the shrimp with butter or oil instead of pasta water.

**Additional Toppings:** Red pepper flakes, fresh herbs, lemon juice.





## Super Seed Chocolate Bark

8 servings

40 minutes

### Ingredients

- 2 3/4 ozs Dark Chocolate
- 2 tsps Coconut Oil
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 2 tsps Hemp Seeds

### Directions

- 1 Line a plate or baking sheet with parchment paper.
- 2 Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
- 3 Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
- 4 Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
- 5 Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
- 6 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

**Serving Size:** One serving is equal to approximately 1/4 cup of bark.

**More Flavor:** Add sea salt or vanilla extract.

**No Seeds:** Use chopped nuts instead.

















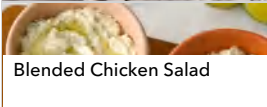
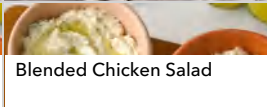





















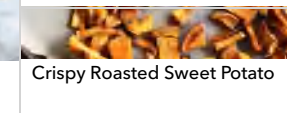
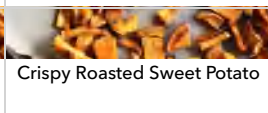






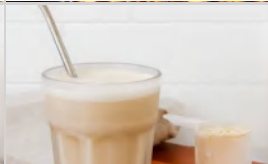
## Week 3 Mediterranean Meal Plan

Balanced Roots, LLC

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Balanced Roots  
<http://www.balancedrootsnutrition.com>



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry & Peanut Butter Smoothie	 Strawberry & Peanut Butter Smoothie	 Strawberry & Peanut Butter Smoothie	 Mediterranean Breakfast Bowl	 Mediterranean Breakfast Bowl	 Egg, Spinach & Mozzarella Quesadilla	 Egg, Spinach & Mozzarella Quesadilla
Snack 1	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Greek Yogurt & Strawberries	 Greek Yogurt & Strawberries	 Cucumber, Blackberries & Hummus Snack Box	 Cucumber, Blackberries & Hummus Snack Box
Lunch	 Blended Chicken Salad	 Blended Chicken Salad	 Sun Dried Tomato Pesto Pasta	 Mediterranean Tuna Salad	 Mediterranean Tuna Salad	 Spicy Tofu & Cauliflower Soup	 Spicy Tofu & Cauliflower Soup
	 Olives & Cucumber	 Olives & Cucumber					
Snack 2	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water
Dinner	 Sun Dried Tomato Pesto Pasta	 Sun Dried Tomato Pesto Pasta	 Deconstructed Falafel	 Deconstructed Falafel	 Spicy Tofu & Cauliflower Soup	 Curried Salmon Steak & Kale Salad	 Curried Salmon Steak & Kale Salad
						 Crispy Roasted Sweet Potato	 Crispy Roasted Sweet Potato
Snack 3	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake

### Fruits

- 1 1/2 Banana
- 1 cup Blackberries
- 1 3/4 Lemon
- 1/2 cup Lemon Juice
- 1 Lime
- 1 cup Strawberries

### Breakfast

- 1/3 cup All Natural Peanut Butter

### Seeds, Nuts & Spices

- 1/4 cup Cajun Seasoning
- 1/2 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 1 1/3 tbsps Cumin
- 1 tsp Curry Powder
- 1/2 tsp Ground Sumac
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

### Frozen

- 2 Brown Rice Tortilla
- 6 cups Frozen Berries
- 3 cups Frozen Strawberries
- 24 Ice Cubes

### Vegetables

- 1 1/2 cups Baby Carrots
- 8 1/2 cups Baby Spinach
- 3 tbsps Basil Leaves
- 2 Carrot
- 3 heads Cauliflower
- 4 1/2 cups Cherry Tomatoes
- 3/4 cup Cilantro
- 3 1/4 Cucumber
- 2 tbsps Fresh Dill
- 8 Garlic
- 16 cups Kale Leaves
- 3 Leeks
- 2 cups Mushrooms
- 1 cup Parsley
- 2/3 cup Radishes
- 1 cup Red Onion
- 8 leaves Romaine
- 6 Sweet Potato
- 1 Tomato

### Boxed & Canned

- 3 1/2 cups Cannellini Beans
- 15 ozs Chickpea Pasta
- 3 cups Chickpeas
- 6 cups Lima Beans
- 2 cans Tuna
- 12 cups Vegetable Broth, Low Sodium

### Baking

- 1/2 cup Dried Unsweetened Cranberries
- 1/4 cup Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 7 ozs Chicken Breast, Cooked
- 1 cup Hummus
- 3 ozs Mozzarella Cheese
- 1/3 cup Parmigiano Reggiano
- 2 lbs Salmon Steak
- 1 1/3 lbs Tofu

### Condiments & Oils

- 1 cup Extra Virgin Olive Oil
- 2 1/2 cups Pitted Kalamata Olives
- 1/3 cup Sun Dried Tomato Pesto
- 1/4 cup Tahini

### Cold

- 9 Egg
- 9 cups Plain Greek Yogurt
- 5 cups Unsweetened Almond Milk

### Other

- 1 cup Vanilla Protein Powder
- 15 1/4 cups Water





## Strawberry & Peanut Butter Smoothie

1 serving

5 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/2 cup Plain Greek Yogurt  
1 cup Frozen Strawberries  
1/2 Banana (frozen)  
2 tbsps All Natural Peanut Butter

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Dairy-Free:** Use dairy-free yogurt.

**Nut-Free:** Use sunflower seed butter.

**More Protein:** Add collagen or protein powder.

**More Fiber:** Add frozen cauliflower, ground flax, and/or chia seeds.



## Mediterranean Breakfast Bowl

1 serving

20 minutes

### Ingredients

- 1 Egg
- 2 tsps Extra Virgin Olive Oil (divided)
- 1 cup Mushrooms (sliced)
- 1/2 cup Cherry Tomatoes
- 2 cups Baby Spinach
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 1/4 tsp Ground Sumac
- 1/4 tsp Chili Flakes

### Directions

- 1 Bring a medium-sized pot of water to boil and add the egg. Boil for seven to eight minutes then immediately remove and place in icy water.
- 2 Meanwhile, heat half of the olive oil in a frying pan. Add the mushrooms and cook for five to six minutes or until browned.
- 3 Add the tomatoes, spinach, garlic, salt and pepper. Cook until the spinach has wilted, about two to three minutes.
- 4 Add the cooked vegetables, hummus, and olives to a bowl. Peel the egg, slice it in half and add it to the bowl. Drizzle the rest of the oil on top of the hummus. Sprinkle the sumac and chili flakes all over. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Cooked Egg:** If you don't like jammy eggs, boil them longer or make them the way you like them (scrambled, fried, poached).

**More Protein:** Add another egg.



## Egg, Spinach & Mozzarella Quesadilla

1 serving

10 minutes

### Ingredients

1/2 tsp Extra Virgin Olive Oil  
2 Egg (whisked)  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Baby Spinach  
1 Brown Rice Tortilla  
1/2 Tomato (chopped)  
1 1/2 ozs Mozzarella Cheese (shredded)

### Directions

- 1 Heat a medium-sized skillet over medium-low heat. Add the oil and once hot, add the eggs. Cook, stirring occasionally until fluffy and cooked through. Season with salt and pepper. Remove and set aside.
- 2 In the same skillet, over low heat, add the spinach and cook until wilted, about two minutes. Remove and set aside with the eggs. Squeeze out excess water from the spinach.
- 3 In the same skillet over medium heat, add the tortilla, and then add the spinach, eggs, tomato, and mozzarella to one side of the tortilla. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

### Notes

**Leftovers:** Best enjoyed when made fresh.

**Dairy-Free:** Use a dairy-free cheese.

**Additional Toppings:** Add pitted olives and/or chopped parsley.



## Cucumber, Carrot & Egg Snack Box

1 serving

15 minutes

### Ingredients

- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, sliced)
- 1/2 cup Baby Carrots

### Directions

- 1 In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
- 3 Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

**Leftovers:** Keep the egg(s) whole after peeling if saving for later.

**Additional Toppings:** Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

**Make it Vegan:** Replace the egg with nuts & seeds.





## Greek Yogurt & Strawberries

1 serving

5 minutes

### Ingredients

1/2 cup Plain Greek Yogurt

1/2 cup Strawberries

### Directions

- 1 Add the yogurt to a bowl and top with strawberries. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

**Make it Vegan:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add maple syrup or honey.

**Additional Toppings:** Top with coconut flakes, granola, nuts, and seeds.



## Cucumber, Blackberries & Hummus Snack Box

1 serving

5 minutes

### Ingredients

1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

### Directions

- 1 Arrange the cucumber, blackberries and hummus into a container. Enjoy!

### Notes

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

**No Blackberries:** Use other berries like strawberries, raspberries, or blueberries.



## Blended Chicken Salad

1 serving

5 minutes

### Ingredients

3 1/2 ozs Chicken Breast, Cooked  
1/4 cup Plain Greek Yogurt  
1 Garlic (clove, minced)  
1/2 Lime (juiced)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Fresh Dill (chopped)  
1 1/2 tsps Extra Virgin Olive Oil (plus extra for garnish)

### Directions

- 1 In a food processor, process the chicken for about 30 seconds or until it reaches a fine consistency.
- 2 In a bowl, combine the chicken with the remaining ingredients. Stir to combine and adjust the seasoning to your taste.
- 3 Garnish with extra oil, if using, and enjoy!

### Notes

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

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

**More Flavor:** Add onion powder, mint, and/or chili flakes.

**Serve it With:** Crackers or vegetables for dipping. Spread on crostini, tortilla chips, or pita chips. Use as a spread on sandwiches and wraps.



## Olives & Cucumber

2 servings

5 minutes

### Ingredients

1 Cucumber (medium, sliced)  
1/2 cup Pitted Kalamata Olives

### Directions

- 1 Divide between plates and enjoy!

### Notes

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

**No Cucumber:** Use celery, carrots, or bell pepper instead.

**No Kalamata Olives:** Use green olives instead.





## Sun Dried Tomato Pesto Pasta

2 servings

20 minutes

### Ingredients

5 ozs Chickpea Pasta (dry)  
1/3 cup Water (reserved pasta water)  
2 tbsps Sun Dried Tomato Pesto  
1/2 cup Cherry Tomatoes (cut in half)  
1/2 cup Baby Spinach  
Sea Salt & Black Pepper (to taste)  
1 tbsp Basil Leaves  
2 tbsps Parmigiano Reggiano (shaved)

### Directions

- 1 Cook the pasta according to the package instructions. Reserve the pasta water and drain.
- 2 In a pan over medium heat add the pesto, tomatoes, pasta, and some of the pasta water. Toss and cook for about five minutes, add more pasta water if necessary.
- 3 Add the spinach and cook for another minute. Add salt and pepper and adjust the seasoning to your taste.
- 4 Divide the pasta between serving plates. Top with basil and parmesan. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Make it Vegan:** Omit cheese or use a plant based cheese instead.

**More Flavor:** Add garlic and chili flakes.

**No Chickpea Pasta:** Use pasta of choice.



## Mediterranean Tuna Salad

2 servings

10 minutes

### Ingredients

- 1 can Tuna (drained)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (halved)
- 1/4 cup Red Onion (sliced)
- 1 3/4 cups Cannellini Beans (drained and rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 3 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
- 2 Divide onto plates, serve and enjoy!

### Notes

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

**Serving Size:** One serving is about two cups.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Spicy Tofu & Cauliflower Soup

2 servings

25 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Leeks (small, trimmed, sliced)
- 1 head Cauliflower (medium, roughly chopped)
- 1 1/2 tbsps Cajun Seasoning
- 4 cups Vegetable Broth, Low Sodium
- 7 1/16 ozs Tofu (soft, cut into chunks)
- 2 cups Lima Beans (cooked)
- 1/4 cup Cilantro (chopped)

### Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 2 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 3 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 4 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two cups.

**More Flavors:** Top with cheese and/or avocado slices and serve with tortilla chips.

**No Lima Beans:** Use any cooked white bean.





## Detox Chia Lemon Water

1 serving  
5 minutes

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### Ingredients

2 cups Water  
1 tbsp Chia Seeds  
1/4 Lemon (juiced)

### Directions

- 1 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

### Notes

**Make it Sweet:** Add maple syrup.

**Make it Spicy:** Add a pinch of cayenne pepper.



## Deconstructed Falafel

2 servings

15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tsps Cumin
- 1/4 tsp Sea Salt
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 3 tsps Lemon Juice (divided)
- 1/4 cup Parsley (finely chopped)
- 2 tsps Tahini
- 2 tsps Water
- 4 leaves Romaine (large, chopped)

### Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the onion and cook for three to five minutes until softened. Add the garlic, cumin, and salt and stir to combine.
- 2 Add the chickpeas, 1/3 of the lemon juice, and the parsley, and cook for three to four minutes or until the chickpeas are warmed through. Transfer to a bowl and roughly mash the chickpeas with a potato masher or fork. Season the chickpeas with additional salt if needed.
- 3 In a small bowl combine the tahini, water, and the remaining lemon juice. Stir until smooth. Season the dressing with salt or additional lemon juice if needed.
- 4 To serve, divide the lettuce between plates and top with the chickpeas. Drizzle with the tahini sauce and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

**Additional Toppings:** Serve with additional lemon wedges, chopped tomatoes, sliced onions, hot peppers, cucumbers, pickles, or hummus.

**No Romaine Lettuce:** Use baby spinach or mixed greens instead.

**No Red Onion:** Use yellow onion instead.



## Curried Salmon Steak & Kale Salad

4 servings

20 minutes

### Ingredients

1 1/3 tbsps Extra Virgin Olive Oil  
(divided)  
1/4 tsp Sea Salt  
1/2 tsp Curry Powder  
1 lb Salmon Steak  
8 cups Kale Leaves (chopped)  
2 tsps Lemon Juice  
1 Carrot (grated)  
1/3 cup Radishes (sliced)  
2 tbsps Nutritional Yeast  
1/4 cup Dried Unsweetened  
Cranberries

### Directions

- 1 Whisk together half of the oil, the salt, and the curry powder to make a marinade. Rub all over the salmon.
- 2 Heat a cast-iron pan over medium heat and sear the salmon, cooking it for about four to five minutes on each side. The time will depend on the thickness of the salmon steak.
- 3 Meanwhile, add the kale, lemon juice, and remaining oil to a large bowl. Massage the kale to soften it for about a minute. Add the carrot, radishes, nutritional yeast, and cranberries and toss.
- 4 Serve the salmon with the kale salad and enjoy!

### Notes

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

**Serving Size:** One serving is roughly two cups of salad.

**More Flavor:** Add chopped mint or cilantro to the salad. Add minced garlic and/or ginger to the salmon marinade.





## Crispy Roasted Sweet Potato

4 servings

35 minutes

### Ingredients

- 3 Sweet Potato (medium, diced into 1/2 inch pieces)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 3 Remove from oven and season with sea salt. Enjoy!

### Notes

Likes it Spicy: Toss in cajun spice, chili powder, or cayenne pepper after baking.



## Yogurt & Berries

2 servings

5 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

### Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.



## Simple Vanilla Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use frozen fruit instead of ice cubes.

**No Vanilla Protein Powder:** Use chocolate or another flavor instead.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.







## Week 4 - Mediterranean Diet Meal Plan

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Balanced Roots, LLC

Balanced Roots

<http://www.balancedrootsnutrition.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Vanilla Cauliflower Shake	 Vanilla Cauliflower Shake	 Turkey & Potato Breakfast Casserole	 Turkey & Potato Breakfast Casserole
Snack 1	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Lemon Water	 Lemon Water	 Cucumber, Blackberries & Hummus Snack Box	 Cucumber, Blackberries & Hummus Snack Box
Lunch	 Chickpea Pasta Salad	 Chickpea Pasta Salad	 Chickpea Pasta Salad	 Chicken Salad Wrap	 Chicken Salad Wrap	 Turkey & Apple Rice Cakes	 Turkey & Apple Rice Cakes
Snack 2	 Lemon Water	 Lemon Water	 Lemon Water	 Hummus Dippers	 Hummus Dippers	 Lemon Water	 Lemon Water
Dinner	 Glazed Salmon with Broccoli	 Glazed Salmon with Broccoli	 Glazed Salmon with Broccoli	 Coconut Turkey Curry	 Coconut Turkey Curry	 Air Fryer Chicken Fajitas	 Air Fryer Chicken Fajitas
	 Steamed White Rice	 Steamed White Rice	 Steamed White Rice			 Steamed White Rice	 Steamed White Rice
Snack 3	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 Yogurt & Berries	 Yogurt & Berries	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake

### Fruits

- 1/2 Apple
- 2 Banana
- 1 cup Blackberries
- 5 1/4 Lemon
- 1 Lime
- 3 Pear
- 3 cups Strawberries

### Breakfast

- 2 tbsps Almond Butter
- 4 Plain Rice Cake

### Seeds, Nuts & Spices

- 1/3 cup Almonds
- 1 cup Chia Seeds
- 1/2 tsp Oregano
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Taco Seasoning
- 1 tsp Turmeric

### Frozen

- 2 Brown Rice Tortilla
- 4 cups Frozen Berries
- 2 cups Frozen Cauliflower
- 30 Ice Cubes

### Vegetables

- 1/2 cup Arugula
- 8 cups Baby Spinach
- 6 bunches Broccolini
- 2 Carrot
- 10 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 2 Cucumber
- 1/3 cup Fresh Dill
- 3 Garlic
- 1 1/8 tbsps Ginger
- 2 Orange Bell Pepper
- 1/4 cup Parsley
- 1 1/4 cups Red Onion
- 4 Russet Potato
- 2 Yellow Bell Pepper
- 2 Yellow Onion

### Boxed & Canned

- 3 1/2 cups Canned Coconut Milk
- 1 1/2 lbs Chickpea Pasta
- 5 cups Jasmine Rice

### Baking

- 2 tsps Honey
- 1 tbsp Raw Honey

### Bread, Fish, Meat & Cheese

- 12 1/16 ozs Cheddar Cheese
- 8 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 12 Corn Tortilla
- 5 lbs Extra Lean Ground Turkey
- 1 1/2 cups Feta Cheese
- 2 1/2 cups Hummus
- 2 1/4 lbs Salmon Fillet
- 8 ozs Sliced Turkey Breast
- 3 ozs Swiss Cheese

### Condiments & Oils

- 1/4 cup Avocado Oil
- 1/8 oz Avocado Oil Spray
- 1/3 cup Coconut Aminos
- 2 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil

### Cold

- 8 Egg
- 3 cups Plain Coconut Milk
- 5 1/8 cups Plain Greek Yogurt
- 8 1/3 cups Unsweetened Almond Milk

### Other

- 3/4 cup Chocolate Protein Powder
- 1 3/4 cups Vanilla Protein Powder
- 24 cups Water





## Chocolate Strawberry Chia Pudding

2 servings

30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk  
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

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

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Vanilla Cauliflower Shake

**1 serving**

**5 minutes**

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Almond Butter
- 1 1/2 tbsps Chia Seeds

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is about 1 1/2 cups.

**More Flavor:** Add cinnamon.



## Turkey & Potato Breakfast Casserole

6 servings

1 hour

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 lbs Extra Lean Ground Turkey
- 1/4 tsp Sea Salt (divided)
- 2 Russet Potato (peeled, shredded, squeezed and drained of excess liquid)
- 1 1/2 cups Unsweetened Almond Milk
- 4 Egg
- 1/4 tsp Oregano
- 6 ozs Cheddar Cheese (shredded)

### Directions

- 1 Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
- 2 Heat the remaining oil in a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Drain any excess liquid, season with half of the salt, and transfer to the baking dish.
- 3 Sprinkle the shredded potato evenly over the cooked turkey.
- 4 In a bowl, whisk together the almond milk, eggs, oregano, and the remaining salt. Pour the mixture over all the ingredients in the baking dish. Sprinkle the cheese over top and bake for 40 to 45 minutes, or until golden brown and cooked through.
- 5 Let it cool slightly before cutting into squares. Enjoy!

### Notes

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

**Serving Size:** A 9- by 13-inch baking dish was used to make six servings.

**Dairy-Free:** Use vegan cheese instead of cheddar cheese.

**Nut-Free:** Use rice, coconut, or oat milk instead of almond milk.

**More Flavor:** Add garlic when cooking the turkey.

**Additional Toppings:** Serve with mixed greens or grilled vegetables.





## Simple Vanilla Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use frozen fruit instead of ice cubes.

**No Vanilla Protein Powder:** Use chocolate or another flavor instead.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.



## Lemon Water

**1 serving**  
**5 minutes**

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### Ingredients

2 cups Water (hot or cold)  
1/4 Lemon (juiced)

### Directions

1 Combine water and lemon juice in a glass. Enjoy!

### Notes

**Likes it Fizzy:** Make it with sparkling water.  
**More Flavour:** Garnish with extra lemon slices.



## Cucumber, Blackberries & Hummus Snack Box

1 serving

5 minutes

### Ingredients

1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

### Directions

- 1 Arrange the cucumber, blackberries and hummus into a container. Enjoy!

### Notes

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

**No Blackberries:** Use other berries like strawberries, raspberries, or blueberries.



## Chickpea Pasta Salad

3 servings

25 minutes

### Ingredients

8 ozs Chickpea Pasta (uncooked)  
1/2 Cucumber (small, chopped)  
1/2 cup Cherry Tomatoes (halved)  
1/4 cup Red Onion (sliced)  
1/2 cup Feta Cheese (crumbled)  
2 tbsps Fresh Dill (finely chopped)  
2 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the package directions. Once cooked, set aside to cool for about 10 minutes.
- 2 In a large bowl, add the cucumber, tomatoes, onion, feta cheese, and dill. Add in the cooled pasta and mix to combine. Drizzle the oil, lemon juice, salt, and pepper on top and mix again.
- 3 Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/3 cups.

**Make it Vegan:** Use dairy-free cheese.

**More Flavor:** Add kalamata olives.





## Chicken Salad Wrap

1 serving

10 minutes

### Ingredients

4 ozs Chicken Breast, Cooked (shredded)  
1 stalk Celery (finely chopped)  
1/4 cup Red Onion (finely chopped)  
2 tbsps Parsley (finely chopped)  
3 tbsps Plain Greek Yogurt  
1/4 Lemon (juiced, zested)  
Sea Salt & Black Pepper (to taste)  
1/4 cup Arugula  
1 Brown Rice Tortilla

### Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Add the arugula and chicken salad mixture to the tortilla. Roll up the wrap tightly and enjoy!

### Notes

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

**Serving Size:** One serving is one wrap.

**Dairy-Free:** Use dairy-free, unsweetened yogurt or replace the yogurt with mayonnaise.



## Turkey & Apple Rice Cakes

1 serving

5 minutes

### Ingredients

- 1 1/2 ozs Swiss Cheese (sliced)
- 4 ozs Sliced Turkey Breast
- 1/4 Apple (sliced)
- 2 Plain Rice Cake
- 1 tsp Dijon Mustard
- 1 tsp Honey

### Directions

- 1 Layer on the cheese, turkey breast, and sliced apples onto each rice cake. Drizzle with dijon mustard and honey. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is equal to two rice cakes.



## Hummus Dippers

4 servings

15 minutes

### Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.





## Glazed Salmon with Broccolini

2 servings

20 minutes

### Ingredients

12 ozs Salmon Fillet (skin on)  
1/8 tsp Sea Salt  
1 1/2 tbsps Coconut Aminos  
1 Garlic (clove, minced)  
1/2 tsp Ginger (minced)  
1 tsp Raw Honey  
1 tbsp Avocado Oil  
2 bunches Broccolini (trimmed)

### Directions

- 1 Pat the salmon dry with paper towel and season with salt.
- 2 In a small bowl, whisk together the coconut aminos, garlic, ginger, and honey.
- 3 Heat a large pan over medium heat. Once hot, add the oil. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Brush the salmon with 1/4 of the sauce and then flip and cook for one minute, until the flesh is opaque throughout. Remove and set aside.
- 4 Deglaze the pan with a splash of water if needed to remove any browned bits. Add the broccolini and cook, stirring occasionally, until tender and bright green, about four minutes. Lower the heat and add the remaining sauce. Cook for 30 seconds or until the sauce has thickened and then remove from the heat.
- 5 Divide the salmon and broccolini evenly between plates. Enjoy!

### Notes

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

**No Broccolini:** Use broccoli or bell peppers instead.

**More Flavor:** Add chili flakes or sriracha to the sauce.

**Additional Toppings:** Top with sesame seeds and/or green onion.



## Steamed White Rice

4 servings

20 minutes

### Ingredients

- 2 cups Water
- 1 cup Jasmine Rice (dry, rinsed)

### 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.



## Coconut Turkey Curry

4 servings

25 minutes

### Ingredients

2 tsps Avocado Oil  
1/2 Yellow Onion (chopped)  
1 tsp Ginger (minced)  
1 lb Extra Lean Ground Turkey  
1/2 tsp Turmeric (ground)  
1/2 tsp Sea Salt  
1 tbsp Coconut Aminos  
1 3/4 cups Canned Coconut Milk (full fat)  
4 cups Baby Spinach  
1/2 Lime (juiced)

### Directions

- 1 Heat the oil in a large skillet over medium heat. Once hot, add the onion and cook until softened, about five minutes. Add the ginger and cook for one minute, stirring often.
- 2 Add the turkey, turmeric, and salt. Cook, stirring often until the turkey is cooked through, about nine to ten minutes. Add the coconut aminos and coconut milk. Bring to a boil, then reduce the heat and simmer for five to eight minutes.
- 3 Turn off the heat and add the spinach. Stir until just wilted. Add the lime juice. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is about 3/4 cup.

**Make it Vegan:** Use cubed tofu instead of turkey.

**More Flavor:** Add garlic, fish sauce, and/or chopped chili pepper for heat.

**Serve it With:** Serve with rice, cauliflower rice, noodles, or flatbread.





## Air Fryer Chicken Fajitas

2 servings

20 minutes

### Ingredients

8 ozs Chicken Thighs (boneless, skinless, sliced)  
1 Orange Bell Pepper (medium, sliced)  
1/2 Yellow Onion (cut into wedges)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Taco Seasoning  
1/16 oz Avocado Oil Spray  
6 Corn Tortilla

### Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 In a large bowl, combine the chicken, peppers, onions, salt, pepper, and taco seasoning. Mix well to combine. Transfer to the air fryer in an even layer. If you cannot fit the ingredients in an even layer, be sure to cook in batches.
- 3 Spray the chicken and veggies with oil. Bake for 15 minutes, tossing halfway through.
- 4 Divide the fajita mixture evenly between tortillas. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three fajitas.

**More Flavor:** Squeeze some lime juice on top when serving.

**Additional Toppings:** Add black beans. Top with green onions, cilantro, sour cream, cheese, guacamole, and/or salsa.

**No Corn Tortillas:** Serve with lettuce to make into lettuce wraps. Serve over cauliflower or regular rice. Serve over tortilla chips and top with cheese for fajita nachos.

**Avocado Oil Spray:** One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.

**Air Fryer Tip:** Work in batches to ensure the food can get browned and not steam, make sure the chicken and veggies are in an even layer and not overlapping.



## Greek Yogurt with Almonds & Pear

1 serving

5 minutes

### Ingredients

- 1/4 cup Plain Greek Yogurt
- 2 tbsps Almonds
- 1 Pear (sliced)

### Directions

- 1 Add all ingredients to a bowl. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Make it Vegan:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add cinnamon and honey.



## Yogurt & Berries

2 servings

5 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

### Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.