

The Sassy Dietitian

Sassy Meal Plan

Created by The Sassy Dietitian



Sassy Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Peanut Butter & Jam Overnight Oats	Breakfast Cauliflower Casserole	Breakfast Cauliflower Casserole	Peanut Butter & Jam Overnight Oats	Breakfast Cauliflower Casserole	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
		Apple	Apple		Apple with Peanut Butter	Oatmeal with Blueberries	Oatmeal with Blueberries
Snack 1	Crunchy Chocolate Peanut Butter Protein Balls	Greek Yogurt	Greek Yogurt	PB & J Rice Cakes	Crunchy Chocolate Peanut Butter Protein Balls	Crunchy Chocolate Peanut Butter Protein Balls	Crunchy Chocolate Peanut Butter Protein Balls
	Apple	Blueberries	Blueberries	Greek Yogurt			
Lunch	Buffalo Hummus Chicken Salad	Buffalo Hummus Chicken Salad	Buffalo Hummus Chicken Salad	Buffalo Hummus Chicken Salad	Mango & Chickpea Kale Salad	Mango & Chickpea Kale Salad	Mango & Chickpea Kale Salad
	Whole Wheat Flatbread	Whole Wheat Flatbread	Whole Wheat Flatbread	Whole Wheat Flatbread	Shredded Chicken	Shredded Chicken	Shredded Chicken
Snack 2	Carrots & Guacamole	Apple with Peanut Butter	Apple with Peanut Butter	Carrots & Guacamole	PB & J Rice Cakes	PB & J Rice Cakes	Greek Yogurt
							Blueberries
Dinner	Citrus Spiced Turkey Bowls	Easy Green Chicken Enchiladas	Easy Green Chicken Enchiladas	Citrus Spiced Turkey Bowls	Easy Green Chicken Enchiladas	One Pan Hawaiian Salmon	One Pan Hawaiian Salmon
		White Rice	White Rice		White Rice		White Rice
Snack 3	Dark Chocolate & Walnuts	Dark Chocolate & Walnuts	Dark Chocolate & Walnuts	Dark Chocolate & Walnuts	Wine	2 Wine	PB & J Rice Cakes

Sassy Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div>Calories2028</div>	<div>Calories2015</div>	<div>Calories2015</div>	<div>Calories1952</div>	<div>Calories2101</div>	<div>Calories1939</div>	<div>Calories2024</div>
<div>Fat110g</div>	<div>Fat82g</div>	<div>Fat82g</div>	<div>Fat105g</div>	<div>Fat70g</div>	<div>Fat68g</div>	<div>Fat70g</div>
<div>Carbs203g</div>	<div>Carbs220g</div>	<div>Carbs220g</div>	<div>Carbs180g</div>	<div>Carbs220g</div>	<div>Carbs184g</div>	<div>Carbs237g</div>
<div>Fiber40g</div>	<div>Fiber31g</div>	<div>Fiber31g</div>	<div>Fiber39g</div>	<div>Fiber29g</div>	<div>Fiber35g</div>	<div>Fiber40g</div>
<div>Sugar91g</div>	<div>Sugar77g</div>	<div>Sugar77g</div>	<div>Sugar65g</div>	<div>Sugar77g</div>	<div>Sugar77g</div>	<div>Sugar83g</div>
<div>Protein83g</div>	<div>Protein115g</div>	<div>Protein115g</div>	<div>Protein95g</div>	<div>Protein134g</div>	<div>Protein110g</div>	<div>Protein123g</div>
<div>Cholesterol154mg</div>	<div>Cholesterol658mg</div>	<div>Cholesterol658mg</div>	<div>Cholesterol171mg</div>	<div>Cholesterol688mg</div>	<div>Cholesterol552mg</div>	<div>Cholesterol569mg</div>
<div>Sodium2213mg</div>	<div>Sodium3620mg</div>	<div>Sodium3620mg</div>	<div>Sodium2278mg</div>	<div>Sodium3514mg</div>	<div>Sodium1565mg</div>	<div>Sodium1619mg</div>
<div>Vitamin A22958IU</div>	<div>Vitamin A4383IU</div>	<div>Vitamin A4383IU</div>	<div>Vitamin A23485IU</div>	<div>Vitamin A7287IU</div>	<div>Vitamin A17987IU</div>	<div>Vitamin A18692IU</div>
<div>Vitamin C234mg</div>	<div>Vitamin C189mg</div>	<div>Vitamin C189mg</div>	<div>Vitamin C243mg</div>	<div>Vitamin C154mg</div>	<div>Vitamin C258mg</div>	<div>Vitamin C279mg</div>
<div>Calcium686mg</div>	<div>Calcium914mg</div>	<div>Calcium914mg</div>	<div>Calcium918mg</div>	<div>Calcium763mg</div>	<div>Calcium389mg</div>	<div>Calcium630mg</div>
<div>Iron12mg</div>	<div>Iron9mg</div>	<div>Iron9mg</div>	<div>Iron13mg</div>	<div>Iron11mg</div>	<div>Iron13mg</div>	<div>Iron13mg</div>

Sassy Meal Plan

68 items

Fruits

- ☐ 11 Apple
- ☐ 2 Avocado
- ☐ 4 cups Blueberries
- ☐ 1 Lime
- ☐ 1 Mango
- ☐ 1 Navel Orange
- ☐ 2 cups Pineapple
- ☐ 1/2 cup Pomegranate Seeds
- ☐ 2 cups Strawberries

Breakfast

- ☐ 1 1/3 cups All Natural Peanut Butter
- ☐ 1/4 cup Maple Syrup
- ☐ 4 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds
- ☐ 2 tsp Garlic Powder
- ☐ 1/2 tsp Onion Powder
- ☐ 1/2 cup Powdered Peanut Butter
- ☐ 1 tsp Salt & Pepper,
- ☐ 1 1/4 lbs Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 cup Walnuts

Frozen

- ☐ 1 cup Frozen Berries

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1 cup Bell Pepper
- ☐ 4 Carrot
- ☐ 1 head Cauliflower
- ☐ 2 Garlic
- ☐ 1 tbsp Ginger
- ☐ 4 cups Green Beans
- ☐ 1 Green Bell Pepper
- ☐ 4 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 4 Red Bell Pepper
- ☐ 1 Red Hot Chili Pepper
- ☐ 1 cup Red Onion
- ☐ 1 cup Small Red Onion
- ☐ 1 Sweet Potato

Boxed & Canned

- ☐ 2 cups Chickpeas
- ☐ 1 cup Jasmine Rice
- ☐ 1/2 cup Quinoa
- ☐ 2 lbs Salsa Verde

Baking

- ☐ 1/4 cup Chocolate Chips
- ☐ 1 tsp Cocoa Powder
- ☐ 3 1/2 ozs Dark Organic Chocolate
- ☐ 1/4 cup Honey
- ☐ 2 tbsps Nutritional Yeast
- ☐ 2 cups Oats
- ☐ 1 cup Rolled Oats

Bread, Fish, Meat & Cheese

- ☐ 1 cup Cheddar Cheese
- ☐ 2 1/4 lbs Chicken Breast
- ☐ 12 Corn Tortillas
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1/2 cup Hummus
- ☐ 1 lb Salmon Fillet
- ☐ 7 1/3 ozs Whole Wheat Flatbread

Condiments & Oils

- ☐ 2 tbsps Balsamic Vinegar
- ☐ 1/4 cup Coconut Aminos
- ☐ 2/3 cup Crunchy Peanut Butter
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 3 tbsps Hot Sauce
- ☐ 1 tbsp Sesame Oil

Cold

- ☐ 18 Egg
- ☐ 1/4 cup Orange Juice
- ☐ 2 cups Plain Greek Yogurt
- ☐ 2 1/4 cups Unsweetened Almond Milk

Other

- ☐ 1 lb Cooked Chicken Breast
- ☐ 1/2 cup Protein Powder
- ☐ 5 1/2 cups Water
- ☐ 15 ozs Wine

Peanut Butter & Jam Overnight Oats

6 ingredients · 8 hours · 2 servings



Directions

1. Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
2. Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
3. To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
4. To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Storage

Store covered in the fridge up to 4 days.

No Peanut Butter

Use almond butter, cashew butter or sunflower seed butter instead.

Ingredients

1/3 cup All Natural Peanut Butter (divided)

3 tbsps Maple Syrup (divided)

1 1/4 cups Unsweetened Almond Milk

1 cup Oats (quick)

1 tbsp Chia Seeds

2 cups Strawberries (finely chopped)

Nutrition

Amount per serving

Calories	570	Cholesterol	0mg
Fat	27g	Sodium	115mg
Carbs	71g	Vitamin A	330IU
Fiber	11g	Vitamin C	89mg
Sugar	30g	Calcium	410mg
Protein	17g	Iron	4mg

Breakfast Cauliflower Casserole

7 ingredients • 1 hour • 6 servings



Directions

1. Preheat oven to 375°F (191°C).
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

Notes

More Greens

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower

Use steamed broccoli instead.

Storage

Store in an airtight container up to three days. Reheat before serving.

Ingredients

1 head Cauliflower (chopped into florets)

14 Egg

1 cup Unsweetened Almond Milk

2 tsps Garlic Powder

2 tsps Nutritional Yeast

2 tsps Sea Salt

2 cups Baby Spinach

Nutrition

Amount per serving

Calories	210	Cholesterol	434mg
Fat	12g	Sodium	1021mg
Carbs	8g	Vitamin A	1651IU
Fiber	3g	Vitamin C	50mg
Sugar	2g	Calcium	173mg
Protein	18g	Iron	3mg

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Nutrition

Amount per serving

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Apple with Peanut Butter

2 ingredients · 3 minutes · 4 servings



Directions

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

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.

Ingredients

4 Apple

1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving

Calories	288	Cholesterol	0mg
Fat	17g	Sodium	8mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	361	Cholesterol	372mg
Fat	24g	Sodium	185mg
Carbs	22g	Vitamin A	9908IU
Fiber	9g	Vitamin C	12mg
Sugar	4g	Calcium	88mg
Protein	16g	Iron	3mg

Oatmeal with Blueberries

3 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

Notes

Extra Toppings

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries

Top with raspberries, strawberries, peaches or bananas.

No Stove Top

Cook oats in the microwave instead.

Ingredients

1 cup Water

1/2 cup Oats (quick or rolled)

1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving

Calories	196	Cholesterol	0mg
Fat	3g	Sodium	8mg
Carbs	38g	Vitamin A	40IU
Fiber	6g	Vitamin C	7mg
Sugar	8g	Calcium	50mg
Protein	6g	Iron	2mg

Crunchy Chocolate Peanut Butter Protein Balls

6 ingredients · 5 minutes · 18 servings



Directions

1. Mix rolled oats, protein powder & cocoa powder together in a large bowl.
2. Add peanut butter & honey, stir to combine.
3. Add in chocolate chips.
4. Form into golf-ball size balls and refrigerate.

Ingredients

1 cup Rolled Oats
1 tsp Cocoa Powder
2/3 cup Crunchy Peanut Butter
1/2 cup Protein Powder
1/4 cup Honey
1/4 cup Chocolate Chips (more if desired, optional)

Nutrition

Amount per serving

Calories	197	Cholesterol	0mg
Fat	11g	Sodium	11mg
Carbs	19g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	14g	Calcium	38mg
Protein	7g	Iron	0mg

Greek Yogurt

1 ingredient · 5 minutes · 1 serving



Directions

1. Scoop into a bowl and enjoy!

Notes

Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free

Use coconut, almond or cashew yogurt instead.

Ingredients

1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving

Calories	91	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

Blueberries

1 ingredient · 2 minutes · 1 serving



Directions

1. Wash the berries and enjoy!

Ingredients

1 cup Blueberries

Nutrition

Amount per serving

Calories	84	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	21g	Vitamin A	80IU
Fiber	4g	Vitamin C	14mg
Sugar	15g	Calcium	9mg
Protein	1g	Iron	0mg

PB & J Rice Cakes

4 ingredients · 2 minutes · 1 serving

Directions

1. Mix peanut powder with water, spread on top of rice cake & top with berries of choice (frozen or fresh)

Ingredients

1 Plain Rice Cake
2 tbsps Powdered Peanut Butter
2 tbsps Water
1/4 cup Frozen Berries

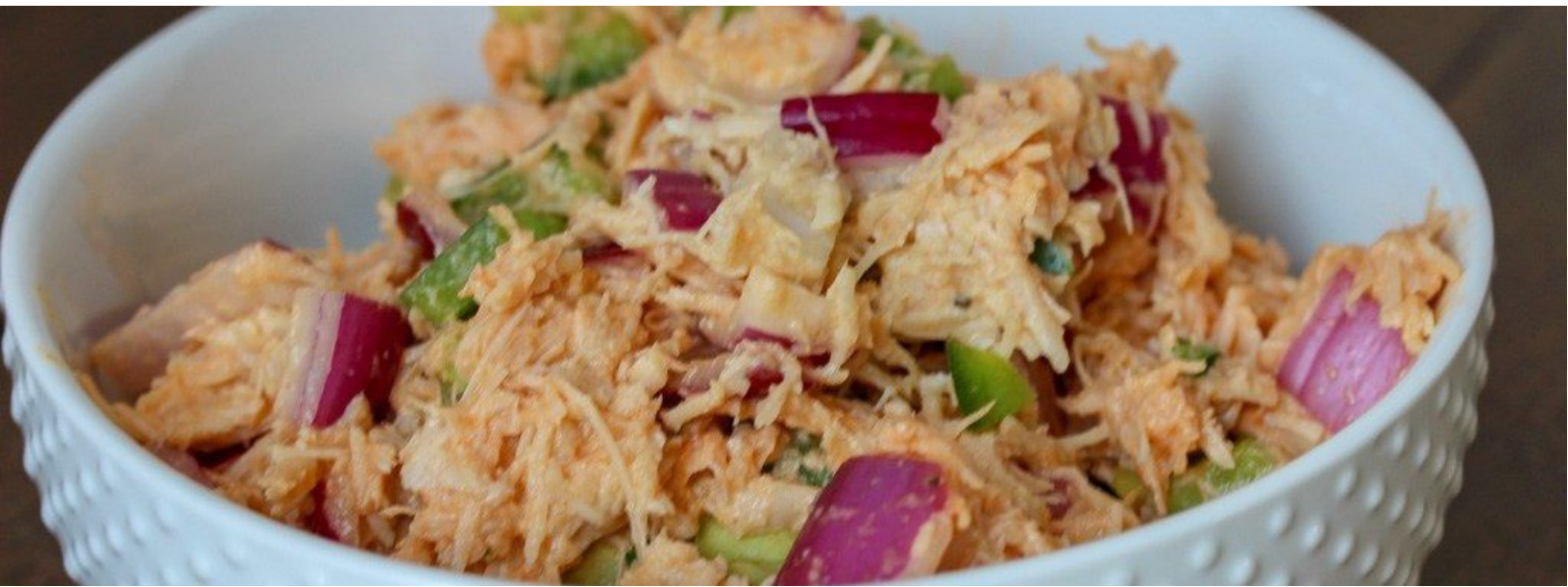
Nutrition

Amount per serving

Calories	125	Cholesterol	0mg
Fat	4g	Sodium	8mg
Carbs	15g	Vitamin A	0IU
Fiber	4g	Vitamin C	10mg
Sugar	4g	Calcium	31mg
Protein	8g	Iron	1mg

Buffalo Hummus Chicken Salad

7 ingredients · 10 minutes · 4 servings



Directions

1. Mix all ingredients together until combined. That's it

Ingredients

- 1 lb** Cooked Chicken Breast (chopped or shredded)
- 1/2 cup** Hummus (I used this brand, flavor of choice)
- 1 cup** Bell Pepper (chopped)
- 1 cup** Small Red Onion (chopped)
- 3 tbsps** Hot Sauce
- 1/2 tsp** Onion Powder
- 1 tsp** Salt & Pepper, (to taste)

Nutrition

Amount per serving

Calories	174	Cholesterol	70mg
Fat	9g	Sodium	1087mg
Carbs	9g	Vitamin A	507IU
Fiber	2g	Vitamin C	54mg
Sugar	1g	Calcium	16mg
Protein	21g	Iron	1mg

Whole Wheat Flatbread

1 ingredient · 5 minutes · 1 serving



Directions

1. Slice and enjoy at room temperature or warmed up.

Notes

Serving Size

One serving is equal to approximately 52 grams or one medium-size piece of flatbread.

Warm it Up

Warm it up in the toaster, oven or microwave.

Serve it With

Stew or soup, or as a wrap or pizza crust.

Ingredients

1 3/4 ozs Whole Wheat Flatbread

Nutrition

Amount per serving

Calories	130	Cholesterol	0mg
Fat	2g	Sodium	240mg
Carbs	24g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	1g	Calcium	40mg
Protein	5g	Iron	1mg

Mango & Chickpea Kale Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
2. Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt and pepper.
3. Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

No Mango

Use peach, nectarine, orange or clementine slices instead.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

1/2 cup Quinoa (uncooked)
1 cup Water
2 tbsps Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)
2 cups Chickpeas (cooked, drained and rinsed)
2 cups Kale Leaves (finely chopped)
1/2 cup Pomegranate Seeds
1 Mango (peeled and thinly sliced)

Nutrition

Amount per serving

Calories	376	Cholesterol	0mg
Fat	11g	Sodium	39mg
Carbs	60g	Vitamin A	4184IU
Fiber	11g	Vitamin C	38mg
Sugar	22g	Calcium	115mg
Protein	12g	Iron	4mg

Shredded Chicken

2 ingredients · 20 minutes · 3 servings



Directions

1. Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
2. Remove chicken and shred into pieces using two forks.

Notes

Serve it With

Any of our sides, salads or vegetarian pastas.

Leftovers

Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Ingredients

1 1/2 tsps Sea Salt

12 ozs Chicken Breast (skinless, boneless)

Nutrition

Amount per serving

Calories	171	Cholesterol	117mg
Fat	4g	Sodium	1239mg
Carbs	0g	Vitamin A	36IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	5mg
Protein	35g	Iron	1mg

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	217	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20540IU
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

Citrus Spiced Turkey Bowls

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat your oven to 375°F (191°C).
2. Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
4. To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Vegetarian

Use scrambled eggs instead of turkey.

Ingredients

4 cups Green Beans (trimmed)
1 Navel Orange
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Oil
1 lb Extra Lean Ground Turkey
1 tbsp Ginger (peeled and grated)
1/4 cup Orange Juice
1 Red Hot Chili Pepper (minced)
2 Garlic (cloves, minced)
1/4 cup Coconut Aminos (or tamari)
4 stalks Green Onion (sliced)

Nutrition

Amount per serving

Calories	311	Cholesterol	84mg
Fat	17g	Sodium	358mg
Carbs	18g	Vitamin A	1477IU
Fiber	4g	Vitamin C	59mg
Sugar	12g	Calcium	87mg
Protein	24g	Iron	3mg

Easy Green Chicken Enchiladas

6 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 400°F
2. Spray a large (13"x9") baking dish with non-stick spray, set aside
3. In a large bowl, mix together chicken with salsa verde, reserving ~ 1-1/4 cup of salsa verde for topping/bottom. Add in peppers & onions and stir to combine.
4. Spread ~1/4 cup of salsa verde (from reserved) on the bottom of baking dish
5. Wrap tortillas in a damp paper towel and microwave for :30 to soften (can alternatively use extra salsa/salsa verde and dip tortillas in it before wrapping)
6. Add about 1/4 cup of chicken mixture to center of tortilla, wrap and place seam side down in baking dish, continue until all tortillas are filled.
7. Top tortillas with remaining salsa verde, sprinkle with cheese and cover with foil.
8. Bake in oven for 20 minutes, enjoy with toppings of choice

Ingredients

- 1 1/2 lbs Chicken Breast
- 2 lbs Salsa Verde
- 1 cup Red Onion (chopped)
- 1 Green Bell Pepper (chopped)
- 12 Corn Tortillas
- 1 cup Cheddar Cheese

Nutrition

Amount per serving

Calories	449	Cholesterol	137mg
Fat	11g	Sodium	1175mg
Carbs	42g	Vitamin A	1318IU
Fiber	3g	Vitamin C	48mg
Sugar	7g	Calcium	347mg
Protein	42g	Iron	1mg

White Rice

2 ingredients · 30 minutes · 4 servings



Directions

1. In a medium saucepan, bring water to a boil. Add rice and stir. Cover and reduce heat to medium-low. You will know that your temperature is correct if a little steam is visible leaking from the lid. Cook for 20 minutes. DO NOT LIFT LID! Remove from heat and fluff with a fork. Serve!

Ingredients

1 cup Jasmine Rice

2 cups Water

Nutrition

Amount per serving

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	38g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	12mg
Protein	3g	Iron	0mg

One Pan Hawaiian Salmon

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
3. Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
4. After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

No Salmon

Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.

Ingredients

- 4 Red Bell Pepper (sliced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Pineapple (cored and sliced into rounds)

Nutrition

Amount per serving

Calories	263	Cholesterol	63mg
Fat	11g	Sodium	55mg
Carbs	18g	Vitamin A	3819IU
Fiber	4g	Vitamin C	191mg
Sugar	13g	Calcium	32mg
Protein	24g	Iron	2mg

Dark Chocolate & Walnuts

2 ingredients · 5 minutes · 4 servings



Directions

1. Divide dark chocolate and walnuts between bowls. Enjoy!

Ingredients

1 cup Walnuts

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)

Nutrition

Amount per serving

Calories	334	Cholesterol	0mg
Fat	29g	Sodium	13mg
Carbs	15g	Vitamin A	6IU
Fiber	4g	Vitamin C	0mg
Sugar	7g	Calcium	29mg
Protein	6g	Iron	2mg

Wine

1 ingredient · 1 minute · 1 serving



Directions

1. Pour yourself a glass and enjoy ;-)

Ingredients

5 ozs Wine

Nutrition

Amount per serving

Calories	125	Cholesterol	0mg
Fat	0g	Sodium	10mg
Carbs	6g	Vitamin A	0IU
Fiber	0g	Vitamin C	0mg
Sugar	6g	Calcium	15mg
Protein	1g	Iron	0mg