



7- Day Healthy Family Meal Plan

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<http://nutrition-in-mind.co.uk/>

Craving support e-book: <https://nutritioninmind.click/5-strategies>

7- Day Healthy Family Meal Plan – shopping list included

Welcome to my delicious **7- Day Healthy Family Meal Plan!** I know there are some fussy kids out there, but try and make the recipes see what happens. Lot of times we assume things like, oh my kids won't eat that...but we don't know unless we try...also kids taste buds change fast. 😊

My suggestion: choose recipes that you like, print it, make shopping list for them, make and enjoy them knowing that you're eating healthy.

On the next pages, you will find the customised meals I have created for you, along with an itemised shopping list and delicious recipes. Enjoy x

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Most of the recipes will be for one person, make sure you scale up ingredients while shopping if cooking for more people.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as are a great way to save you money and time in the kitchen!

Food Exchange

Food is so versatile. PLEASE 'O' PLEASE don't ever get stuck on the recipe you are making! You don't like broccoli in your recipe – absolutely fine - just change it for a courgette or any other green veg. Same with meat, you don't like fish change it for chicken, beef or tofu, all of those contain proteins. So yes, do exchange foods you may not like for foods that you love. Make sure you exchange like for like – protein for another protein, carb for another carb etc. Also, stay in the correct recipe portions size (gram for gram). Note: lunches and dinners are interchangeable and some breakfasts.

Experiment With Your Herbs & Spices

Herbs & spices give flavour to your food and make you eat less. They have been used for centuries and a lot of them even have medicinal properties like; cumin and mint great for curing bloating, black pepper helps to absorb nutrients (vitamins and minerals) from our foods, etc.

Shopping list TIPS

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips



The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.







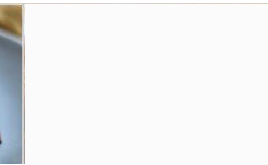
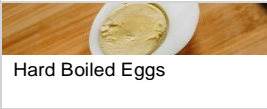
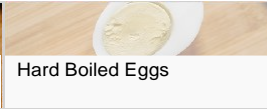
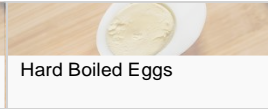





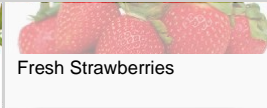
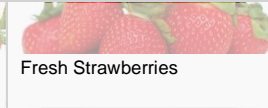
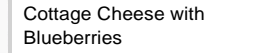
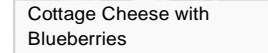
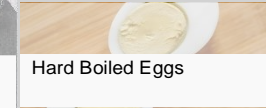
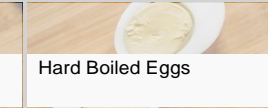






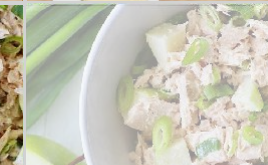




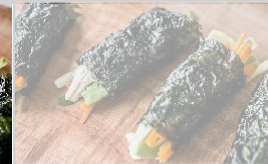

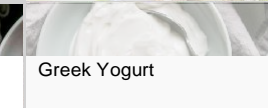

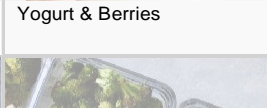
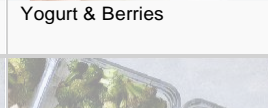
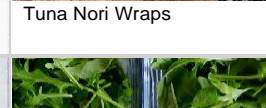
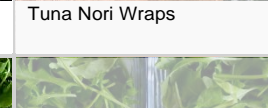
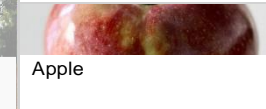
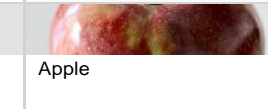







Food Measurements

If you don't have it already buying measuring spoons and kitchen cups set is a great idea. This will help you with the meal prep. If you don't have the set simply use good ol' Google to convert. As a simple reference, I use a standard coffee cup (not a coffee mug) as 1 cup measure (250 ml).

Have fun, explore & enjoy your food.

Angelika x



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Veggie Goat Cheese Omelette	 Hummus Toast with Avocado	 Brownie Protein Pancakes	 Brownie Protein Pancakes
Snack 1	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries	 Banana	 Banana
	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries	 Hard Boiled Eggs	 Hard Boiled Eggs
Lunch	 Slow Cooker Lamb & White Bean Stew	 Slow Cooker Lamb & White Bean Stew	 Slow Cooker Lamb & White Bean Stew	 Unstuffed Cabbage Rolls	 Unstuffed Cabbage Rolls	 Simple Tuna Salad	 Simple Tuna Salad
Snack 2	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Tuna Nori Wraps	 Tuna Nori Wraps	 Greek Yogurt	 Greek Yogurt
	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Tuna Nori Wraps	 Tuna Nori Wraps	 Apple	 Apple
Dinner	 Ground Turkey, Rice & Broccoli	 Ground Turkey, Rice & Broccoli	 Ground Turkey, Rice & Broccoli	 Salmon, Rice & Rocket	 Salmon, Rice & Arugula	 Hummus-Crusted Chicken with Turmeric Rice	 Hummus-Crusted Chicken with Turmeric Rice



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat <div><div></div></div> 30% Carbs <div><div></div></div> 40% Protein <div><div></div></div> 30%	Fat <div><div></div></div> 30% Carbs <div><div></div></div> 40% Protein <div><div></div></div> 30%	Fat <div><div></div></div> 30% Carbs <div><div></div></div> 40% Protein <div><div></div></div> 30%	Fat <div><div></div></div> 41% Carbs <div><div></div></div> 29% Protein <div><div></div></div> 30%	Fat <div><div></div></div> 41% Carbs <div><div></div></div> 34% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 30% Carbs <div><div></div></div> 40% Protein <div><div></div></div> 30%	Fat <div><div></div></div> 30% Carbs <div><div></div></div> 40% Protein <div><div></div></div> 30%
Calories 1557	Calories 1557	Calories 1557	Calories 1430	Calories 1482	Calories 1534	Calories 1534
Fat 54g	Fat 54g	Fat 54g	Fat 66g	Fat 69g	Fat 52g	Fat 52g
Carbs 162g	Carbs 162g	Carbs 162g	Carbs 106g	Carbs 128g	Carbs 155g	Carbs 155g
Fiber 39g	Fiber 39g	Fiber 39g	Fiber 20g	Fiber 29g	Fiber 22g	Fiber 22g
Sugar 46g	Sugar 46g	Sugar 46g	Sugar 26g	Sugar 25g	Sugar 62g	Sugar 62g
Protein 119g	Protein 119g	Protein 119g	Protein 109g	Protein 96g	Protein 115g	Protein 115g
Cholesterol 561mg	Cholesterol 561mg	Cholesterol 561mg	Cholesterol 657mg	Cholesterol 185mg	Cholesterol 565mg	Cholesterol 565mg
Sodium 1979mg	Sodium 1979mg	Sodium 1979mg	Sodium 2155mg	Sodium 1621mg	Sodium 1780mg	Sodium 1780mg
Vitamin A 4224IU	Vitamin A 4224IU	Vitamin A 4224IU	Vitamin A 12244IU	Vitamin A 8277IU	Vitamin A 5515IU	Vitamin A 5515IU
Vitamin C 345mg	Vitamin C 345mg	Vitamin C 345mg	Vitamin C 135mg	Vitamin C 123mg	Vitamin C 41mg	Vitamin C 41mg
Calcium 1720mg	Calcium 1720mg	Calcium 1720mg	Calcium 478mg	Calcium 395mg	Calcium 1212mg	Calcium 1212mg
Iron 16mg	Iron 16mg	Iron 16mg	Iron 12mg	Iron 10mg	Iron 12mg	Iron 12mg
Vitamin B12 5.4µg	Vitamin B12 5.4µg	Vitamin B12 5.4µg	Vitamin B12 9.8µg	Vitamin B12 8.7µg	Vitamin B12 6.4µg	Vitamin B12 6.4µg
Magnesium 321mg	Magnesium 321mg	Magnesium 321mg	Magnesium 227mg	Magnesium 249mg	Magnesium 233mg	Magnesium 233mg





Fruits

- ☐ 2 Apple
- ☐ 1 Avocado
- ☐ 2 Banana
- ☐ 1/2 cup Blueberries
- ☐ 1 Green Apple
- ☐ 3 1/4 Lemon
- ☐ 3 cups Strawberries

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 2 tbsps Ground Flax Seed
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sunflower Seeds
- ☐ 2 tsps Turmeric

Frozen

- ☐ 3 cups Frozen Berries
- ☐ 3 cups Frozen Cauliflower
- ☐ 3 cups Frozen Raspberries

Vegetables

- ☐ 2 cups Arugula
- ☐ 4 cups Baby Spinach
- ☐ 3 cups Broccoli
- ☐ 1 Carrot
- ☐ 1/2 Cucumber
- ☐ 2 Garlic
- ☐ 4 cups Green Cabbage
- ☐ 2 stalks Green Onion
- ☐ 1 cup Mushrooms
- ☐ 1/4 cup Parsley
- ☐ 1/4 cup Red Onion
- ☐ 2 Tomato
- ☐ 1 1/4 Yellow Onion
- ☐ 3/4 Yellow Potato

Boxed & Canned

- ☐ 1/4 cup Brown Rice
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 1 3/4 cups Jasmine Rice
- ☐ 2 1/4 tsps Tomato Paste
- ☐ 3 cans Tuna
- ☐ 1 1/2 cups White Navy Beans

Baking

- ☐ 1 tbsp Baking Powder
- ☐ 1/2 cup Chickpea Flour
- ☐ 1 tbsp Cocoa Powder
- ☐ 1/4 cup Organic Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- ☐ 227 grams Chicken Thighs
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 340 grams Extra Lean Ground Turkey
- ☐ 1/3 cup Goat Cheese
- ☐ 3 tbsps Hummus
- ☐ 298 grams Lamb Shank
- ☐ 1 slice Rye Bread
- ☐ 227 grams Salmon Fillet

Condiments & Oils

- ☐ 1 1/2 tbsps Apple Cider Vinegar
- ☐ 1 1/3 tbsps Coconut Oil
- ☐ 2 3/4 tbsps Extra Virgin Olive Oil
- ☐ 2 tbsps Mayonnaise
- ☐ 1 tbsp Tamari

Cold

- ☐ 1 cup Cottage Cheese
- ☐ 15 Egg
- ☐ 4 cups Plain Greek Yogurt
- ☐ 5 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup
- ☐ 6
- ☐ 3/4 cup
- ☐ 4 1/2 cups



Raspberry Zinger Smoothie

¹ serving
10 minutes

Ingredients

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	312
Fat	10g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	317mg
Vitamin A	874IU
Vitamin C	100mg
Calcium	925mg
Iron	4mg
Vitamin B12	0.6µg
Magnesium	158mg



Veggie Goat Cheese Omelette

2 servings

15 minutes

Ingredients

- 1 tbsp Tamari
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1/4 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Baby Spinach
- 5 Egg
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Parsley (chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	321
Fat	23g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	22g
Cholesterol	472mg
Sodium	799mg
Vitamin A	4120IU
Vitamin C	22mg
Calcium	136mg
Iron	4mg
Vitamin B12	1.1µg
Magnesium	52mg

Directions

- 1 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
- 2 Whisk eggs together in a mixing bowl.
- 3 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 4 Repeat with remaining ingredients to create another omelette. Enjoy!



Hummus Toast with Avocado

1 serving
4 minutes

Ingredients

- 1 slice Rye Bread (toasted)
- 1 tbsp Hummus
- 1/2 Avocado (sliced or mashed)
- 2 tbsps Sunflower Seeds
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	373
Fat	26g
Carbs	30g
Fiber	11g
Sugar	2g
Protein	9g
Cholesterol	0mg
Sodium	265mg
Vitamin A	153IU
Vitamin C	10mg
Calcium	53mg
Iron	2mg
Vitamin B12	0µg
Magnesium	74mg

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds, Use hemp seeds, sesame seeds or pumpkin seeds instead.
Make Your Own Bread, See our Grain-Free Flax Bread recipe.



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tbsp Baking Powder
1 cup Unsweetened Almond Milk (or water)

1/4 cup Organic Dark Chocolate Chips
1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	464
Fat	20g
Carbs	41g
Fiber	9g
Sugar	17g
Protein	29g
Cholesterol	4mg
Sodium	857mg
Vitamin A	250IU
Vitamin C	1mg
Calcium	802mg
Iron	4mg
Vitamin B12	0.6µg
Magnesium	71mg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder, This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time, Make the pancake batter in a blender.

Toppings, Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers, Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour, Try oat flour instead. Results may vary.



Hard Boiled Eggs

5 servings

15 minutes

Ingredients

10 Egg

Nutrition

Amount per serving	
Calories	144
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin B12	0.9µg
Magnesium	12mg

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.



Fresh Strawberries or any other berries

3 servings

5 minutes

Ingredients

3 cups Strawberries

Nutrition

Amount per serving	
Calories	49
Fat	0g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	18IU
Vitamin C	89mg
Calcium	24mg
Iron	1mg
Vitamin B12	0µg
Magnesium	20mg

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last, Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Cottage Cheese with Blueberries

2 servings

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Blueberries (fresh or frozen)

Directions

1

- Divide the cottage cheese and blueberries into bowls or storage containers.
Enjoy!

Nutrition

Amount per serving	
Calories	124
Fat	5g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	12g
Cholesterol	18mg
Sodium	331mg
Vitamin A	167IU
Vitamin C	4mg
Calcium	89mg
Iron	0mg
Vitamin B12	0.5µg
Magnesium	11mg

Notes

- Make It Sweet, Drizzle honey or maple syrup overtop.
- Storage, Refrigerate in an airtight container up to 3 to 5 days.



Banana or handful of nuts (30g)

1 serving
1 minute

Ingredients

1 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin B12	0µg
Magnesium	32mg

Directions

- 1 Peel and enjoy!

Notes

More protein, Dip in almond butter.



Slow Cooker Lamb & White Bean Stew

3 servings

5 hours

Ingredients

3 3/4 cups Water
298 grams Lamb Shank
1 1/2 cups White Navy Beans (cooked)
3/4 Yellow Onion (medium, diced)
1 1/2 Tomato (diced)
3/4 Yellow Potato (medium, diced)
1 1/2 tps Turmeric
1 1/2 tbsps Apple Cider Vinegar
2 1/4 tps Tomato Paste
1 1/2 tps Sea Salt

Nutrition

Amount per serving	
Calories	385
Fat	14g
Carbs	37g
Fiber	12g
Sugar	4g
Protein	28g
Cholesterol	67mg
Sodium	1270mg
Vitamin A	892IU
Vitamin C	20mg
Calcium	122mg
Iron	5mg
Vitamin B12	2.5µg
Magnesium	88mg

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Serve it With, Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.
More Veggies, Add watercress, kale or spinach before serving.

No Potato, Use cauliflower instead.

Serve as Iranian Abgoosht, Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Leftovers, Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

Vegan & Vegetarians, Replace the lamb with chickpeas.



Unstuffed Cabbage Rolls

2 servings

45 minutes

Ingredients

1/4 cup Brown Rice (uncooked)
1/3 cup Water
1 1/2 tps Coconut Oil
227 grams Extra Lean Ground Beef
1/2 Yellow Onion (small, finely diced)
4 cups Green Cabbage (finely sliced)
1 1/2 cups Diced Tomatoes
1/4 tsp Sea Salt
1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	408
Fat	16g
Carbs	37g
Fiber	8g
Sugar	13g
Protein	28g
Cholesterol	74mg
Sodium	436mg
Vitamin A	942IU
Vitamin C	86mg
Calcium	135mg
Iron	5mg
Vitamin B12	2.5µg
Magnesium	73mg

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef, Any type of ground meat will work.

Vegetarian & Vegan, Use lentils instead of ground meat.

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



Simple Tuna Salad

2 servings

10 minutes

Ingredients

2 cans Tuna (drained)
1 Green Apple (chopped)
2 stalks Green Onion (finely sliced)
2 tbsps Mayonnaise
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	288
Fat	12g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	33g
Cholesterol	65mg
Sodium	499mg
Vitamin A	667IU
Vitamin C	2mg
Calcium	39mg
Iron	3mg
Vitamin B12	4.2µg
Magnesium	44mg

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve, Enjoy alone, on crackers, on a sandwich, or over greens.
Leftovers, Keeps well in the fridge for 2 to 3 days.



Yogurt & Berries

3 servings

5 minutes

Ingredients

3 cups Plain Greek Yogurt
3 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg
Vitamin B12	0µg
Magnesium	0mg

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.



Tuna Nori Wraps or tortilla wraps

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 1 Carrot (small, julienned)
- 1/2 Cucumber (julienned)
- 1/2 Avocado (peeled and sliced)
- 6 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g
Cholesterol	30mg
Sodium	239mg
Vitamin A	6495IU
Vitamin C	18mg
Calcium	72mg
Iron	2mg
Vitamin B12	2.1µg
Magnesium	47mg

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Serving Size, Each serving size will yield approximately 3 small rolls.

Storage, Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.



Greek Yogurt + few berries and walnuts

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	91
Fat	2g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Sodium	70mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	250mg
Iron	0mg
Vitamin B12	0µg
Magnesium	0mg

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.



Apple

¹ serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg
Vitamin B12	0µg
Magnesium	9mg

Directions

1

Slice into wedges, or enjoy whole.



Ground Turkey, Rice & Broccoli

3 servings

25 minutes

Ingredients

3 cups Broccoli (chopped into florets)
2 1/4 tsps Extra Virgin Olive Oil
1 1/8 tsps Coconut Oil
340 grams Extra Lean Ground Turkey
3/4 cup Jasmine Rice (dry)

Nutrition

Amount per serving	
Calories	406
Fat	15g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	84mg
Sodium	108mg
Vitamin A	650IU
Vitamin C	81mg
Calcium	67mg
Iron	2mg
Vitamin B12	1.4µg
Magnesium	43mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 4 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 5 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

Notes

Leftovers, Refrigerate up to 3 days. Freeze for longer.

No Ground Turkey, Use ground chicken, beef, lamb or pork instead.

Vegan & Vegetarian, Use roasted chickpeas instead of ground meat.

No Rice, Use quinoa or cauliflower rice instead.



Salmon, Rice & Rocket

2 servings
25 minutes

Ingredients

227 grams Salmon Fillet
1/4 tsp Sea Salt
1/2 cup Jasmine Rice (dry, uncooked)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced) rocket
2 cups salad or broccoli

Nutrition

Amount per serving	
Calories	387
Fat	14g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g
Cholesterol	63mg
Sodium	350mg
Vitamin A	520IU
Vitamin C	5mg
Calcium	46mg
Iron	1mg
Vitamin B12	3.6µg
Magnesium	44mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and rocket between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon, Use any type of fish fillet instead, or use canned fish.
No Arugula, Use baby spinach, kale or mixed greens instead.
No Rice, Use quinoa instead.
Leftovers, Refrigerate in an air-tight container up to 3 days.



Hummus-Crusted Chicken with Turmeric Rice

2 servings

30 minutes

Ingredients

227 grams Chicken Thighs (skinless, boneless)

2 tbsps Hummus

1/2 cup Jasmine Rice (dry, uncooked)

1/2 tsp Turmeric

1/2 Tomato (large, diced)

2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	347
Fat	8g
Carbs	43g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	107mg
Sodium	209mg
Vitamin A	3259IU
Vitamin C	13mg
Calcium	48mg
Iron	3mg
Vitamin B12	0.7µg
Magnesium	65mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 3 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 4 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker, Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers, Refrigerate in an airtight container up to 3 days.