



Gout Program

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Gout Program

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Gout Program - A low purine plan with targeted nutrition to lower the risk of recurrent gout attacks. This program focuses on low purine protein options, plenty of vegetables, and high fiber foods. Citrus fruits provide adequate daily vitamin C and cherries are included for their powerful antioxidant and anti-inflammatory properties. Low-fat dairy products and soy products are added to prevent gout attacks by reducing blood uric acid levels.

This program was created by a Registered Dietician with the following key considerations:

LOW PURINE

Eating purine-rich foods frequently can increase uric acid levels, which results in gout. Red meats and certain seafood items are higher in purines than white meats and should be eaten only a few times a week. This plan uses protein options such as chicken breast and low purine non-meat proteins like tofu and chickpeas as they don't raise uric acid levels and may even protect you from gout attacks.

FIBER

Diets high in fiber trigger microorganisms in the gut to produce short-chain fatty acids which resolve gout-associated inflammation. This plan provides over 30 grams of daily fiber from vegetables, whole grains, nuts, and legumes.

VITAMIN C

Low levels of vitamin C are found to increase the risk of arthritis development. Getting enough vitamin C in your diet provides antioxidants, helps the kidneys remove uric acid in the urine, and reduces the risk of gout. Grapefruit, oranges, lemons, and lime are included in this plan as they are high in vitamin C and lower in fructose.

NO ADDED SUGARS

Fructose and sugar-sweetened beverages can increase the risk of gout and gout attacks, even though



they're not purine-rich. This plan is sugar-free and uses low fructose fruits.

CHERRIES

Cherries are included in this program as they help prevent attacks by lowering uric acid levels and reducing inflammation. Cherries also contain anthocyanins which have powerful antioxidant and anti-inflammatory properties and are thought to provide protection against gout.

DAIRY & SOY PRODUCTS

This program includes cottage cheese and tofu as research shows that low-fat dairy products and soy products may help prevent gout attacks by reducing blood uric acid levels.

GROCERY LIST TIPS

Included is 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.

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.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Cherries, Banana & Cottage Cheese



SNACK 1
Trail Mix With Banana



LUNCH
Baked Tofu & Cabbage with Peanut
Ginger Sauce



SNACK 2
Blood Orange & Pistachio Chia Pudding



DINNER
Southwest Chicken Meal Prep Bowls

TUE



BREAKFAST
Cherries, Banana & Cottage Cheese



SNACK 1
Blood Orange & Pistachio Chia Pudding



LUNCH
Southwest Chicken Meal Prep Bowls



SNACK 2
Trail Mix With Banana



DINNER
Baked Tofu & Cabbage with Peanut
Ginger Sauce

WED



BREAKFAST
Cherries, Banana & Cottage Cheese



SNACK 1
Trail Mix With Banana



LUNCH
Baked Tofu & Cabbage with Peanut
Ginger Sauce



SNACK 2
Chocolate Cherry Chia Pudding



DINNER
Mediterranean Buddha Bowl

THU



BREAKFAST
Eggs & Grapefruit Breakfast Box



SNACK 1
Chocolate Cherry Chia Pudding



LUNCH
Mediterranean Buddha Bowl



SNACK 2
Banana



DINNER
Citrus, Fennel & Chicken Rice Bowl

FRI



BREAKFAST
Eggs & Grapefruit Breakfast Box



SNACK 1
Banana with Peanut Butter



LUNCH
Citrus, Fennel & Chicken Rice Bowl



SNACK 2
Chocolate Cherry Chia Pudding



DINNER
Roasted Broccoli Quinoa Salad

SAT



BREAKFAST
Blood Orange Tahini Overnight Oats



SNACK 1
Grapefruit with Cottage Cheese



LUNCH
Roasted Broccoli Quinoa Salad



SNACK 2
Clean Trail Mix



DINNER
Sweet Potato Noodles with Crispy
Chickpeas

SUN



BREAKFAST
Blood Orange Tahini Overnight Oats



SNACK 1
Clean Trail Mix



LUNCH
Sweet Potato Noodles with Crispy
Chickpeas



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Roasted Broccoli Quinoa Salad

MON**FAT 32%** **CARBS 46%** **PROTEIN 22%**

Calories 1641 Cholesterol 118mg
 Fat 61g Sodium 2160mg
 Carbs 201g Vitamin A 4166IU
 Fiber 33g Vitamin C 277mg
 Sugar 71g Calcium 1128mg
 Protein 95g Iron 13mg

TUE**FAT 32%** **CARBS 46%** **PROTEIN 22%**

Calories 1641 Cholesterol 118mg
 Fat 61g Sodium 2160mg
 Carbs 201g Vitamin A 4166IU
 Fiber 33g Vitamin C 277mg
 Sugar 71g Calcium 1128mg
 Protein 95g Iron 13mg

WED**FAT 37%** **CARBS 44%** **PROTEIN 19%**

Calories 1709 Cholesterol 38mg
 Fat 75g Sodium 2229mg
 Carbs 196g Vitamin A 4710IU
 Fiber 36g Vitamin C 181mg
 Sugar 72g Calcium 1144mg
 Protein 85g Iron 18mg

THU**FAT 38%** **CARBS 43%** **PROTEIN 19%**

Calories 1671 Cholesterol 647mg
 Fat 73g Sodium 713mg
 Carbs 182g Vitamin A 9035IU
 Fiber 37g Vitamin C 212mg
 Sugar 59g Calcium 749mg
 Protein 81g Iron 14mg

FRI**FAT 39%** **CARBS 40%** **PROTEIN 21%**

Calories 1760 Cholesterol 655mg
 Fat 79g Sodium 1181mg
 Carbs 181g Vitamin A 8233IU
 Fiber 37g Vitamin C 303mg
 Sugar 62g Calcium 1097mg
 Protein 97g Iron 14mg

SAT**FAT 39%** **CARBS 46%** **PROTEIN 15%**

Calories 1644 Cholesterol 26mg
 Fat 75g Sodium 1820mg
 Carbs 197g Vitamin A 16928IU
 Fiber 31g Vitamin C 315mg
 Sugar 51g Calcium 1199mg
 Protein 67g Iron 15mg

SUN**FAT 39%** **CARBS 46%** **PROTEIN 15%**

Calories 1644 Cholesterol 26mg
 Fat 75g Sodium 1820mg
 Carbs 197g Vitamin A 16928IU
 Fiber 31g Vitamin C 315mg
 Sugar 51g Calcium 1199mg
 Protein 67g Iron 15mg



FRUITS

- 1 Avocado
- 8 Banana
- 4 Blood Orange
- 2 2/3 cups Cherries
- 4 Grapefruit
- 1/3 cup Lemon Juice
- 1 3/4 tbsps Lime Juice
- 1 Navel Orange

BREAKFAST

- 3 1/2 tbsps All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 2/3 cup Chia Seeds
- 2 cups Clean Trail Mix
- 1/8 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 1/4 tsp Italian Seasoning
- 1 tbsp Pistachios
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Smoked Paprika
- 1 1/2 tps Taco Seasoning

FROZEN

- 1 1/2 cups Frozen Edamame

VEGETABLES

- 1 1/3 cups Arugula
- 2 cups Baby Spinach
- 4 1/2 cups Broccoli
- 1 1/2 cups Cauliflower Rice
- 1 tbsp Cilantro
- 1/2 Cucumber
- 1/2 bulb Fennel
- 1/2 Garlic
- 1 1/2 tps Ginger
- 1/2 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 6 cups Purple Cabbage
- 1/2 Red Bell Pepper
- 1 cup Red Onion
- 1/2 head Romaine Hearts
- 1 1/3 Sweet Potato
- 1 Tomato

BOXED & CANNED

- 1 cup Brown Rice
- 1 1/3 cups Chickpeas
- 1 1/4 cups Quinoa

BAKING

- 2 tps Nutritional Yeast
- 1 cup Oats
- 1 1/2 tps Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 3 tps Feta Cheese
- 1/4 cup Hummus
- 1 1/8 lbs Tofu

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 2 tps Avocado Oil
- 1/4 tsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 3 2/3 tps Tahini
- 3 tps Tamari

COLD

- 1 tsp Butter
- 4 cups Cottage Cheese
- 6 Egg
- 2 3/4 cups Plain Coconut Milk
- 1 cup Unsweetened Coconut Yogurt

OTHER

- 1/3 cup Chocolate Protein Powder
- 3 1/2 tps Water



Cherries, Banana & Cottage Cheese

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Cottage Cheese
3 Banana (medium, sliced)
1 1/2 cups Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	46g	Vitamin A	419IU
Fiber	5g	Vitamin C	16mg
Sugar	30g	Calcium	190mg
Protein	25g	Iron	1mg

DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Eggs & Grapefruit Breakfast Box

2 SERVINGS 10 MINUTES



INGREDIENTS

- 6 Egg
- 1 tsp Butter
- 2 Grapefruit (peeled, cut into sections)
- 1 Avocado (medium, halved)

NUTRITION

AMOUNT PER SERVING

Calories	474	Cholesterol	563mg
Fat	31g	Sodium	220mg
Carbs	30g	Vitamin A	3389IU
Fiber	10g	Vitamin C	98mg
Sugar	19g	Calcium	127mg
Protein	22g	Iron	3mg

DIRECTIONS

- 01 Crack the eggs into a bowl and whisk well.
- 02 Heat a skillet or non-stick pan over medium-low heat and melt the butter. Add the eggs and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your liking.
- 03 Arrange the scrambled eggs, grapefruit, and avocado to a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add paprika, salt, pepper, or your choice of herbs/spices to the scrambled eggs and avocado. Drizzle honey over top the grapefruit.

DAIRY-FREE

Use olive oil, coconut oil or avocado oil instead of butter.

Blood Orange Tahini Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	12g	Sodium	35mg
Carbs	53g	Vitamin A	663IU
Fiber	9g	Vitamin C	83mg
Sugar	17g	Calcium	429mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to three days.

GLUTEN-FREE

Use certified gluten-free oats.

MORE FLAVOR

Add maple syrup or cinnamon.

HOT OR COLD

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

NO BLOOD ORANGES

Use regular navel oranges instead.

Trail Mix With Banana

3 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Clean Trail Mix
3 Banana

DIRECTIONS

01 Divide trail mix into bowls or containers, and serve with a banana on the side.
Happy snacking!

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	15g	Sodium	116mg
Carbs	49g	Vitamin A	85IU
Fiber	3g	Vitamin C	11mg
Sugar	14g	Calcium	45mg
Protein	8g	Iron	2mg

Banana with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (peeled and sliced)
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Grapefruit with Cottage Cheese

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
2 Grapefruit (peeled, cut into sections)

NUTRITION

AMOUNT PER SERVING

Calories	185	Cholesterol	18mg
Fat	5g	Sodium	331mg
Carbs	24g	Vitamin A	2520IU
Fiber	3g	Vitamin C	88mg
Sugar	21g	Calcium	118mg
Protein	13g	Iron	0mg

DIRECTIONS

01 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, and/or honey.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Baked Tofu & Cabbage with Peanut Ginger Sauce

3 SERVINGS 40 MINUTES



INGREDIENTS

9 1/4 ozs Tofu (extra firm, cubed)
1 1/2 cups Frozen Edamame
3 tbsps Tamari (divided)
6 cups Purple Cabbage (cut into 1-inch strips)
1 1/2 tbsps All Natural Peanut Butter
1 1/2 tsps Ginger (fresh, grated)
2 1/4 tsps Lime Juice
2 1/4 tbsps Water
1 1/2 cups Cauliflower Rice

NUTRITION

AMOUNT PER SERVING

Calories	293	Cholesterol	0mg
Fat	13g	Sodium	1074mg
Carbs	26g	Vitamin A	2219IU
Fiber	10g	Vitamin C	107mg
Sugar	11g	Calcium	394mg
Protein	25g	Iron	6mg

DIRECTIONS

- 01 Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
- 04 Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
- 05 To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

MORE FLAVOR

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

NO TAMARI

Use coconut aminos instead.

MORE CARBS

Serve with rice or quinoa instead of cauliflower rice.



Blood Orange & Pistachio Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

2 Blood Orange (small)
1/4 cup Chia Seeds
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Pistachios (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	238	Cholesterol	0mg
Fat	12g	Sodium	14mg
Carbs	32g	Vitamin A	366IU
Fiber	10g	Vitamin C	83mg
Sugar	12g	Calcium	323mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 02 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 03 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO COCONUT YOGURT

Use Greek yogurt instead.

NUT-FREE

Use sunflower seeds instead of pistachios.

MORE FLAVOR

Use vanilla coconut yogurt, or add a dash of vanilla.

Chocolate Cherry Chia Pudding

3 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Chia Seeds
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)
1/3 cup Chocolate Protein Powder
1 1/8 cups Cherries (pitted)
1 1/2 tbsps Unsweetened Shredded
Coconut

NUTRITION

AMOUNT PER SERVING

Calories	255	Cholesterol	2mg
Fat	12g	Sodium	38mg
Carbs	24g	Vitamin A	287IU
Fiber	8g	Vitamin C	4mg
Sugar	11g	Calcium	424mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 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.
- 02 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO PROTEIN POWDER

Use raw cacao powder instead of protein powder, using half the amount.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

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.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

NOTES

MORE PROTEIN

Dip in almond butter.

Clean Trail Mix

2 SERVINGS 2 MINUTES



INGREDIENTS

1 cup Clean Trail Mix

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	22g	Sodium	172mg
Carbs	34g	Vitamin A	14IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	59mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 02 Pour into bowl and snack away!

Southwest Chicken Meal Prep Bowls

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Brown Rice
8 ozs Chicken Breast
2 tsps Avocado Oil (divided)
1 1/2 tsps Taco Seasoning (divided)
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Lime Juice
1 tbsp Cilantro
1 1/2 cups Green Cabbage (thinly sliced)
1/2 Green Bell Pepper (medium, chopped)
1 Tomato (medium, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	415	Cholesterol	82mg
Fat	11g	Sodium	293mg
Carbs	48g	Vitamin A	1077IU
Fiber	5g	Vitamin C	60mg
Sugar	4g	Calcium	176mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Cook the rice according to package directions. Let the rice cool slightly.
- 03 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 04 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 05 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

MORE FLAVOR

Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

ADDITIONAL TOPPINGS

Lime wedges, cilantro, or chopped green onion.

NO BROWN RICE

Use quinoa or cauliflower rice instead.

NO CABBAGE

Use romaine lettuce or kale instead.



Mediterranean Buddha Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, uncooked)
1/2 head Romaine Hearts (chopped)
1/2 cup Chickpeas (cooked, from the can)
1/2 Cup Cucumber (chopped)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Hummus
1/4 cup Pitted Kalamata Olives
2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1/4 tsp Italian Seasoning
1/16 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	466	Cholesterol	0mg
Fat	25g	Sodium	338mg
Carbs	51g	Vitamin A	1700IU
Fiber	10g	Vitamin C	43mg
Sugar	6g	Calcium	91mg
Protein	13g	Iron	6mg

DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside.
- 02 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 03 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 04 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

NO HUMMUS

Use tzatziki instead.

MORE PROTEIN

Top with crumbled feta cheese or cooked chicken breast.

PREP AHEAD

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

MORE FLAVOUR

Serve with a lemon wedge and black pepper.

Citrus, Fennel & Chicken Rice Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice
8 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
3 tbsps Apple Cider Vinegar
1/4 tsp Dijon Mustard
1/2 Garlic (clove, small or to taste)
1/2 bulb Fennel (medium, thinly sliced)
1 Navel Orange (peeled, cut into segments)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	371	Cholesterol	82mg
Fat	5g	Sodium	116mg
Carbs	50g	Vitamin A	3583IU
Fiber	6g	Vitamin C	57mg
Sugar	9g	Calcium	101mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 Meanwhile, season the chicken breast generously with salt and pepper. Bake in the oven for 25 to 30 minutes or until cooked through. Let the chicken breast rest for five to 10 minutes before slicing.
- 04 As the chicken cools, combine apple cider vinegar, Dijon mustard, and garlic in a mixing bowl. Add the fennel and orange and toss to coat. Season with salt and pepper.
- 05 To serve, divide the rice, sliced chicken, baby spinach, and fennel salad between plates. Drizzle any remaining dressing over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the spinach and the fennel salad separately until ready to serve.

MORE FLAVOR

Season the chicken with other dried herbs and spices.

MORE FAT

Add extra virgin olive oil.

NO BABY SPINACH

Use another salad green instead.



Roasted Broccoli Quinoa Salad

3 SERVINGS 35 MINUTES



INGREDIENTS

9 1/4 ozs Tofu (extra-firm, pressed and cut into 1-cm cubes)
4 1/2 cups Broccoli (cut into florets)
3/4 cup Red Onion (chopped)
2 1/4 tsps Extra Virgin Olive Oil
1 tbsp Greek Seasoning
1/4 cup Lemon Juice (divided)
3/4 cup Quinoa
3 tbsps Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	8mg
Fat	14g	Sodium	800mg
Carbs	43g	Vitamin A	898IU
Fiber	8g	Vitamin C	134mg
Sugar	5g	Calcium	423mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 03 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 04 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 05 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

SERVING SIZE

One serving is approximately two cups of salad.

MORE FLAVOR

Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

MAKE IT VEGAN

Omit the feta or use dairy-free feta instead.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

NO GREEK SEASONING

Use a combination of dried herbs and spices instead.



Sweet Potato Noodles with Crispy Chickpeas

2 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Chickpeas (cooked)
1 1/3 tbsps Extra Virgin Olive Oil (divided)
1/3 tsp Smoked Paprika
1/8 tsp Garlic Powder
1/3 tsp Sea Salt (divided)
2 2/3 tbsps Tahini
1 1/3 tbsps Lemon Juice
1 1/3 tbsps Water
2 tpsps Nutritional Yeast (optional)
1 1/3 Sweet Potato (large, spiralized into noodles)
1 1/3 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	404	Cholesterol	0mg
Fat	22g	Sodium	482mg
Carbs	43g	Vitamin A	12833...
Fiber	11g	Vitamin C	9mg
Sugar	8g	Calcium	170mg
Protein	13g	Iron	5mg

DIRECTIONS

- 01 Pat the chickpeas dry with paper towel as much as possible. Heat a cast-iron pan over medium heat and add half of the oil. Once the pan is hot, add the chickpeas and cook, stirring often until browned on all sides, about 15 minutes total. Remove and add to a large bowl and toss with smoked paprika, garlic powder and half the sea salt.
- 02 In a blender or food processor, add the tahini, lemon juice, water, nutritional yeast, remaining salt, and remaining oil. Blend on high until smooth and creamy. Set aside.
- 03 In the same pan as the chickpeas, over medium heat, add the sweet potato noodles and toss. Cook, stirring often for about 4 to 5 minutes, until softened. Then add the arugula and cook for 30 seconds longer, until just wilted. Add to the same bowl as the chickpeas and add the tahini dressing. Toss well to combine. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Leftover tahini dressing can be stored in a separate container in the fridge for up to two weeks.

SERVING SIZE

One serving is equal to about 1 1/2 cups.



MORE FLAVOR






Add a clove of garlic to the tahini dressing.






ADDITIONAL TOPPING





Top with fresh herbs such as parsley, or red pepper flakes.



Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze half of the chicken breasts.</p>	<p>This guide will remind you to thaw them later in the week.</p>
		<p>Portion out Cherries, Banana & Cottage Cheese.</p>	<p>Divide between containers and store in the fridge for breakfasts.</p>
		<p>Portion out Trail Mix with Banana.</p>	<p>Divide between containers and store in the fridge for snacks.</p>
		<p>Make Baked Tofu & Cabbage with Peanut Ginger Sauce.</p>	<p>Divide between containers and store in the fridge for meals.</p>
		<p>Make Blood Orange & Pistachio Chia Pudding.</p>	<p>Divide between containers and store in the fridge for snacks.</p>
<p style="text-align: center;">1 Mon</p>		<p>Pack your meals if you are on-the-go.</p>	<p>Cherries, Banana & Cottage Cheese, Trail Mix with Banana, Baked Tofu & Cabbage with Peanut Ginger Sauce, Blood Orange & Pistachio Chia Pudding.</p>

		Make Southwest Chicken Meal Prep Bowls for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Cherries, Banana & Cottage Cheese, Blood Orange & Pistachio Chia Pudding, Southwest Chicken Meal Prep Bowl, Trail Mix with Banana.
		Enjoy leftover Baked Tofu & Cabbage with Peanut Ginger Sauce for dinner.	Reheat in the microwave or in a pan.
		Make Chocolate Cherry Chia Pudding.	Divide between containers and store in the fridge for snacks.
3 Wed		Pack your meals if you are on-the-go.	Cherries, Banana & Cottage Cheese, Trail Mix with Banana, Baked Tofu & Cabbage with Peanut Ginger Sauce, Chocolate Cherry Chia Pudding.
		Make Mediterranean Buddha Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Eggs & Grapefruit Breakfast Box.	Divide between containers and store in the fridge for breakfasts.
		Take the chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

4 Thu		Pack your meals if you are on-the-go.	Eggs & Grapefruit Breakfast Box, Chocolate Cherry Chia Pudding, Mediterranean Buddha Bowl, Banana.
		Make Citrus, Fennel & Chicken Rice Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out Banana with Peanut Butter.	Store in the fridge for a snack tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Eggs & Grapefruit Breakfast Box, Banana with Peanut Butter, Citrus, Fennel & Chicken Rice Bowl, Chocolate Cherry Chia Pudding.
		Make Roasted Broccoli Quinoa Salad for dinner.	Enjoy and store leftovers in the fridge.
		Make Blood Orange Tahini Overnight Oats.	Divide between containers and store in the fridge for breakfasts.
		Make Grapefruit with Cottage Cheese.	Divide between containers and store in the fridge for snacks.
	Portion out Clean Trail Mix.	Divide between containers and store for snacks.	
6 Sat		Pack your meals if you are on-the-go.	Blood Orange Tahini Overnight Oats, Grapefruit with Cottage Cheese, Roasted Broccoli Quinoa Salad, Clean Trail Mix.

		Make Sweet Potato Noodles with Crispy Chickpeas for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Blood Orange Tahini Overnight Oats, Clean Trail Mix, Sweet Potato Noodles with Crispy Chickpeas, Grapefruit with Cottage Cheese.
		Shop and prep for next week.	
		Enjoy leftover Roasted Broccoli Quinoa Salad for dinner.	Reheat in the microwave or in a pan.

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-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

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WAIVER

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