



Low Salicylate Diet

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Low Salicylate Diet

HEAVY METAL FITNESS

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

This Low Salicylate meal plan is a delicious and simple plan to support clients with salicylate intolerance. Our Low Salicylate Diet removes all medium and high salicylate-containing foods to manage the symptoms of salicylate intolerance. This well-balanced plan contains a wide variety of delicious, colorful and fun low salicylate recipes.

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

ANTI-INFLAMMATORY FOODS

This meal plan contains polyphenols and antioxidants to help manage inflammation. Polyphenols help modulate the inflammatory response and are found in pecans, potatoes, oats, asparagus, and onion. Essential fat-soluble antioxidants like vitamin A and vitamin E reduce oxidative stress. Vitamin A sources include eggs, yogurt, and milk and vitamin E is incorporated through a daily dose of nuts and chia seeds.

FIBER

Fiber lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. It modulates the gut microbiome to create a healthy intestinal environment. This plan provides up to 35 grams of fiber daily from low salicylate fruits, vegetables, nuts, and whole grains.

IMMUNE SUPPORT

The minerals zinc and selenium are critical for immune function. This plan provides zinc from fish, oats, milk, and eggs and selenium from chicken, yogurt, and rice. Vitamin C found in foods like citrus fruits, persimmon, figs, and potatoes is incorporated into the plan to support the immune system.

QUALITY PROTEIN

Salicylate intolerance is often connected to gastrointestinal disease. High-quality protein sources with a variety of amino acids can help improve gut microbiota. Glutamine plays an important role in gut microbiota and immunity and is found in chicken, milk, and yogurt. Other protein sources in the plan include fish, nuts, seeds, and eggs.



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
Egg & Collard Greens on Toast



SNACK 1
Mango, Hemp & Chia Overnight Parfait



LUNCH
Lemon & Asparagus Chicken Skillet, Oil-Free Baked Potatoes



SNACK 2
Persimmon & Yogurt



DINNER
Cod & Potato Cakes with Yellow Beans

TUE



BREAKFAST
Egg & Collard Greens on Toast



SNACK 1
Persimmon & Yogurt



LUNCH
Cod & Potato Cakes with Yellow Beans



SNACK 2
Mango, Hemp & Chia Overnight Parfait



DINNER
Lemon & Asparagus Chicken Skillet, Oil-Free Baked Potatoes

WED



BREAKFAST
Egg & Collard Greens on Toast



SNACK 1
Banana, Pecans



LUNCH
Cod & Potato Cakes with Yellow Beans



SNACK 2
Persimmon & Yogurt



DINNER
Chicken Thighs with Pea Puree

THU



BREAKFAST
Banana & Pecan Chia Overnight Parfait



SNACK 1
Greek Yogurt & Banana



LUNCH
Chicken Thighs with Pea Puree



SNACK 2
Fresh Figs & Pecans



DINNER
Chicken & Veggies with Bacon

FRI



BREAKFAST
Banana & Pecan Chia Overnight Parfait



SNACK 1
Creamy Mango Pudding



LUNCH
Chicken & Veggies with Bacon



SNACK 2
Fresh Figs & Pecans



DINNER
Sole, Mashed Potatoes & Green Beans

SAT



BREAKFAST
Green Beans, Bacon & Eggs



SNACK 1
Greek Yogurt & Banana, Pecans



LUNCH
Sole, Mashed Potatoes & Green Beans



SNACK 2
Creamy Mango Pudding



DINNER
Lemony Chicken with Rice & Peas

SUN



BREAKFAST
Green Beans, Bacon & Eggs



SNACK 1
Greek Yogurt & Banana, Pecans



LUNCH
Lemony Chicken with Rice & Peas



SNACK 2
Creamy Mango Pudding



DINNER
Sole, Mashed Potatoes & Green Beans

MON**FAT 31%** **CARBS 43%** **PROTEIN 26%**

Calories 1715 Cholesterol 550mg
 Fat 61g Sodium 1871mg
 Carbs 189g Vitamin A 15195IU
 Fiber 34g Vitamin C 155mg
 Sugar 47g Calcium 910mg
 Protein 112g Iron 16mg

TUE**FAT 31%** **CARBS 43%** **PROTEIN 26%**

Calories 1715 Cholesterol 550mg
 Fat 61g Sodium 1871mg
 Carbs 189g Vitamin A 15195IU
 Fiber 34g Vitamin C 155mg
 Sugar 47g Calcium 910mg
 Protein 112g Iron 16mg

WED**FAT 38%** **CARBS 40%** **PROTEIN 22%**

Calories 1759 Cholesterol 606mg
 Fat 75g Sodium 1774mg
 Carbs 179g Vitamin A 11120IU
 Fiber 30g Vitamin C 140mg
 Sugar 55g Calcium 637mg
 Protein 101g Iron 13mg

THU**FAT 45%** **CARBS 34%** **PROTEIN 21%**

Calories 1708 Cholesterol 304mg
 Fat 89g Sodium 1787mg
 Carbs 153g Vitamin A 6355IU
 Fiber 33g Vitamin C 107mg
 Sugar 59g Calcium 786mg
 Protein 92g Iron 10mg

FRI**FAT 35%** **CARBS 45%** **PROTEIN 20%**

Calories 1696 Cholesterol 207mg
 Fat 70g Sodium 1652mg
 Carbs 198g Vitamin A 4205IU
 Fiber 36g Vitamin C 204mg
 Sugar 56g Calcium 909mg
 Protein 88g Iron 12mg

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

Calories 1746 Cholesterol 396mg
 Fat 63g Sodium 2480mg
 Carbs 208g Vitamin A 5184IU
 Fiber 26g Vitamin C 182mg
 Sugar 45g Calcium 634mg
 Protein 98g Iron 12mg

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

Calories 1746 Cholesterol 396mg
 Fat 63g Sodium 2480mg
 Carbs 208g Vitamin A 5184IU
 Fiber 26g Vitamin C 182mg
 Sugar 45g Calcium 634mg
 Protein 98g Iron 12mg



FRUITS

- 5 Banana
- 4 Fig
- 1 Lemon
- 2 1/2 tbsps Lemon Juice
- 3 Persimmon

SEEDS, NUTS & SPICES

- 1/2 cup Chia Seeds
- 2 tsps Dried Chives
- 1/2 tsp Garlic Powder
- 2 tbsps Hemp Seeds
- 1 1/2 cups Pecans
- 1 tbsp Sea Salt

FROZEN

- 1 3/4 cups Frozen Mango
- 2 1/2 cups Frozen Peas

VEGETABLES

- 1 cup Asparagus
- 1 cup Brussels Sprouts
- 1 cup Butternut Squash
- 2 tbsps Cilantro
- 2 1/4 cups Collard Greens
- 1 Delicata Squash
- 3 Garlic
- 5 cups Green Beans
- 1/4 cup Parsley
- 4 cups Yellow Beans
- 1/2 Yellow Onion
- 11 Yellow Potato

BOXED & CANNED

- 1/2 cup Brown Rice
- 2 tbsps Chicken Broth

BAKING

- 1 cup Oats

BREAD, FISH, MEAT & CHEESE

- 8 1/2 slices Bacon
- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 2 Cod Fillet
- 12 ozs Sole Fillet
- 8 3/4 ozs Sourdough Bread

COLD

- 2/3 cup Butter
- 2 3/4 cups Cow's Milk, Whole
- 7 Egg
- 4 cups Plain Greek Yogurt

OTHER

- 1 1/3 cups Water

Egg & Collard Greens on Toast

1 SERVING 15 MINUTES



INGREDIENTS

2 tps Butter (divided)
1 Egg (large)
3/4 cup Collard Greens (chopped)
1 3/4 ozs Sourdough Bread (toasted)
1 tsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	272	Cholesterol	206mg
Fat	13g	Sodium	316mg
Carbs	26g	Vitamin A	1968IU
Fiber	2g	Vitamin C	12mg
Sugar	0g	Calcium	95mg
Protein	12g	Iron	2mg

DIRECTIONS

- 01 Warm half of the butter in a pan over medium heat. Once warm, add the egg(s) to the pan and cook until the whites are set and the yolk is cooked to your liking. Set aside.
- 02 Add the remaining butter to the pan. Sauté the collard greens for about two to three minutes, or until cooked down.
- 03 Put the collard greens on the toast. Add the egg on top and garnish with the parsley. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Cook the collard greens ahead of time to save on time.

SERVING SIZE

One serving is one piece of toast with toppings.

MORE FLAVOR

Add hummus to the toast.

ADDITIONAL TOPPING

Hot sauce, sesame seeds, and/or lemon juice.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Banana & Pecan Chia Overnight Parfait

2 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Cow's Milk, Whole
1/4 cup Chia Seeds
1/2 cup Oats (rolled)
1 Banana (medium, sliced)
1/4 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	440	Cholesterol	18mg
Fat	24g	Sodium	84mg
Carbs	48g	Vitamin A	341IU
Fiber	13g	Vitamin C	5mg
Sugar	17g	Calcium	382mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 In a large bowl mix the milk, chia seeds, and oats together and let sit for five minutes.
- 02 Alternate layers of the oat mixture, banana, and pecans in glass jars until all ingredients are used. Cover and refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for two days.

MAKE IT VEGAN

Use dairy-free milk.

MORE FLAVOR

Add maple syrup, cinnamon, and/or cacao powder.

ADDITIONAL TOPPINGS

Hemp seeds, sunflower seeds, and/or yogurt.

Green Beans, Bacon & Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 slices Bacon
1 Egg
1/8 tsp Sea Salt
1 cup Green Beans (trimmed)
1 3/4 ozs Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	447	Cholesterol	223mg
Fat	26g	Sodium	1031mg
Carbs	31g	Vitamin A	981IU
Fiber	4g	Vitamin C	13mg
Sugar	4g	Calcium	68mg
Protein	21g	Iron	4mg

DIRECTIONS

- 01 Heat a pan over medium-high heat and add the bacon. Cook until browned and crispy, about two to three minutes per side. Transfer the bacon to a paper towel-lined plate, leaving a small amount of bacon grease in the pan.
- 02 Add the egg to the pan and cook until the whites are set and the yolks are cooked to your liking. Season with half of the salt and place it onto the toast.
- 03 Add the green beans to the pan and sauté for two to three minutes or until tender-crisp. Season with the remaining salt. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Season the egg with garlic powder, paprika, and/or cumin.

GLUTEN-FREE

Use gluten-free bread instead.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Mango, Hemp & Chia Overnight Parfait

2 SERVINGS 8 HOURS



INGREDIENTS

1/4 cup Chia Seeds
1/2 cup Oats (rolled)
1 1/4 cups Cow's Milk, Whole
1/4 cup Frozen Mango
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	15mg
Fat	19g	Sodium	71mg
Carbs	35g	Vitamin A	471IU
Fiber	11g	Vitamin C	8mg
Sugar	11g	Calcium	345mg
Protein	15g	Iron	4mg

DIRECTIONS

- 01 In a large bowl, mix the chia seeds, oats, and milk together. Let sit for five minutes.
- 02 Alternate layers of the oat mixture, mango, and hemp seeds in glass jars until all ingredients are used. Cover and refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MAKE IT VEGAN

Use non-dairy milk.

MORE FLAVOR

Add maple syrup.

ADDITIONAL TOPPING

Shredded coconut and/or sunflower seeds.

Persimmon & Yogurt

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 Persimmon (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	208	Cholesterol	17mg
Fat	3g	Sodium	72mg
Carbs	37g	Vitamin A	3358IU
Fiber	6g	Vitamin C	20mg
Sugar	24g	Calcium	263mg
Protein	12g	Iron	1mg

DIRECTIONS

01 Add the yogurt to a bowl and top with persimmon. 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.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

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

DIRECTIONS

01 Peel and enjoy!

NOTES

MORE PROTEIN

Dip in almond butter.

Pecans

1 SERVING 2 MINUTES



INGREDIENTS

1/4 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	171	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	3g	Vitamin A	14IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	17mg
Protein	2g	Iron	1mg

DIRECTIONS

01 Place the pecans in a bowl and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the pantry.

Greek Yogurt & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Plain Greek Yogurt
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	150	Cholesterol	8mg
Fat	2g	Sodium	36mg
Carbs	30g	Vitamin A	388IU
Fiber	3g	Vitamin C	14mg
Sugar	16g	Calcium	131mg
Protein	7g	Iron	0mg

DIRECTIONS

01 Add the yogurt to a bowl. Top with sliced banana and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to 1/4 cup greek yogurt and one banana.

Creamy Mango Pudding

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Frozen Mango
1 1/2 cups Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	140	Cholesterol	17mg
Fat	3g	Sodium	71mg
Carbs	18g	Vitamin A	1518IU
Fiber	1g	Vitamin C	37mg
Sugar	14g	Calcium	259mg
Protein	12g	Iron	0mg

DIRECTIONS

01 Blend the mango and yogurt in a mini food processor or using an immersion blender until well combined. Transfer to a cup and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Top with fresh fruit, crushed nuts, shredded coconut, hemp seeds, or your sweetener of choice.

Lemon & Asparagus Chicken Skillet

2 SERVINGS 25 MINUTES



INGREDIENTS

2 slices Bacon
8 ozs Chicken Breast (skinless, boneless, cubed)
1/4 tsp Sea Salt (divided, to taste)
1 cup Butternut Squash (peeled, cubed)
1 cup Asparagus (trimmed, chopped)
1 tbsp Water
1 1/2 tsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	291	Cholesterol	101mg
Fat	14g	Sodium	560mg
Carbs	11g	Vitamin A	7992IU
Fiber	3g	Vitamin C	20mg
Sugar	3g	Calcium	58mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Heat a large skillet over medium heat. Cook the bacon until browned and crispy, about six to seven minutes. Transfer to a paper towel lined plate.
- 02 Add the chicken to the same skillet. Cook for seven to eight minutes, or until cooked through. Season with half of the salt. Set aside with the bacon.
- 03 Add the squash and remaining salt. Cook, stirring occasionally for five minutes. Add the asparagus and water, cover with a lid and let steam for five minutes. Add more water if needed.
- 04 Chop the bacon and return to the skillet along with the chicken. Stir and heat for one minute. Divide onto plates, squeeze lemon juice over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving equals approximately 1 1/2 to two cups.

MORE FLAVOR

Add garlic and your choice of dried herbs.

ADDITIONAL TOPPINGS

Top with fresh herbs or red pepper flakes.

Oil-Free Baked Potatoes

2 SERVINGS 45 MINUTES



INGREDIENTS

1 Yellow Potato (medium)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	82	Cholesterol	0mg
Fat	0g	Sodium	301mg
Carbs	19g	Vitamin A	2IU
Fiber	2g	Vitamin C	21mg
Sugar	1g	Calcium	13mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Bring a large pot of water to a boil. Add the whole potatoes to the pot and boil for five minutes.
- 03 Remove the potatoes and let cool slightly, then chop into cubes. Place on the baking sheet and toss with salt. Bake for 30 to 35 minutes, until crispy and browned. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in the oven for best results.

MORE FLAVOR

Add additional spices or herbs, like garlic powder, paprika, parsley, or rosemary to the potatoes.

ADDITIONAL TOPPINGS

Serve with a dip of your choice.

Fresh Figs & Pecans

1 SERVING 5 MINUTES



INGREDIENTS

2 Fig (halved)
1/4 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	245	Cholesterol	0mg
Fat	18g	Sodium	1mg
Carbs	23g	Vitamin A	156IU
Fiber	5g	Vitamin C	2mg
Sugar	17g	Calcium	52mg
Protein	3g	Iron	1mg

DIRECTIONS

01 Add the figs and pecans to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate the figs in an airtight container and consume them within one day.

MORE FLAVOR

Add dark chocolate.

Cod & Potato Cakes with Yellow Beans

3 SERVINGS 45 MINUTES



INGREDIENTS

- 4 Yellow Potato (large, cubed)
- 2 Cod Fillet
- 4 cups Yellow Beans (halved)
- 2 Egg (whisked)
- 1/2 Yellow Onion (medium, diced)
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 2 tbsps Butter (unsalted, divided)

NUTRITION

AMOUNT PER SERVING

Calories	511	Cholesterol	211mg
Fat	12g	Sodium	551mg
Carbs	61g	Vitamin A	1404IU
Fiber	10g	Vitamin C	74mg
Sugar	8g	Calcium	136mg
Protein	40g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Bring a pot of water with a steaming basket to a boil. Add the potatoes, cover, and steam for 15 minutes, or until fork-tender.
- 03 While the potatoes are steaming, add the cod fillets to the prepared baking sheet and bake for 12 to 15 minutes.
- 04 Remove the potatoes from the steaming basket and transfer them to a large mixing bowl. To the same steaming basket, add the yellow beans and steam for 10 minutes.
- 05 Add the eggs, onion, garlic powder, salt, and half of the butter to the potatoes. Mash until smooth. Once the cod has finished baking, chop it finely and stir it into the potato mixture until well combined.
- 06 Create your cod and potato cakes by forming patties approximately two inches in diameter and 1/2 inch thick.
- 07 Warm the remaining butter in a pan and transfer the cakes to the pan. Cook for five minutes on each side, until browned and slightly crispy. Work in batches if needed.
- 08 Serve with the yellow beans and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. The cod and potato cakes can be frozen for up to three months.

SERVING SIZE

One serving is equal to approximately three cod and potato cakes with beans.

ADDITIONAL TOPPINGS

Add tartar sauce or aioli to the fish cakes and garnish with fresh parsley.

DAIRY-FREE

Use coconut oil instead of butter.

FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.



Chicken Thighs with Pea Puree

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (boneless, skinless)
2 tbsps Lemon Juice (divided)
1/2 tsp Sea Salt (divided)
2 tsps Dried Chives
1/4 cup Butter (divided)
1/4 cup Water
2 cups Frozen Peas (thawed)
1/4 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	492	Cholesterol	172mg
Fat	29g	Sodium	834mg
Carbs	25g	Vitamin A	4300IU
Fiber	7g	Vitamin C	24mg
Sugar	8g	Calcium	120mg
Protein	34g	Iron	3mg

DIRECTIONS

- 01 In a shallow bowl, combine the chicken thighs, with half of the lemon juice, half of the salt, and chives. Mix to coat.
- 02 Warm half of the butter in a non-stick frying pan over medium heat. Add the chicken and cook until it is browned on both sides and cooked through, about three to five minutes per side.
- 03 Deglaze the pan with the remaining lemon juice and water, scraping up any browned bits with a wooden spoon. Cook for an additional minute to reduce the liquid slightly.
- 04 Meanwhile, add the peas, remaining butter, and remaining salt in a saucepan, over medium heat. Stir for five minutes or until the peas are tender and the butter is melted.
- 05 Add the peas and Greek yogurt to a food processor or blender. Blend until smooth. Divide the pea purée and the chicken between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving size is one cup of pea puree with chicken on top.

Chicken & Veggies with Bacon

2 SERVINGS 35 MINUTES



INGREDIENTS

- 2 1/2 slices Bacon (chopped)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 1/3 tsp Sea Salt (divided)
- 1 Delicata Squash (small, cubed)
- 1 cup Brussels Sprouts (trimmed, halved)
- 1 Garlic (cloves, minced)
- 2 tbsps Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	381	Cholesterol	106mg
Fat	16g	Sodium	832mg
Carbs	27g	Vitamin A	1170IU
Fiber	5g	Vitamin C	62mg
Sugar	1g	Calcium	101mg
Protein	34g	Iron	3mg

DIRECTIONS

- 01 Heat a large skillet over medium heat. Once hot, add the bacon and cook, stirring often until browned and crispy, about six to seven minutes. Remove the bacon with a slotted spoon, leaving the fat in the skillet. Set the bacon aside on a paper towel lined plate.
- 02 Add the chicken to the skillet and cook over medium heat, stirring occasionally, for seven to eight minutes, until cooked through. Season with 1/4 of the salt. Remove with a slotted spoon and set aside with the bacon.
- 03 Add in the squash and brussels sprouts and season with the remaining salt. Cook, stirring occasionally for five to six minutes. Add the garlic and pour in the broth, reduce the heat to medium-low. Cover and let simmer, stirring occasionally, until cooked through, about 10 to 13 minutes.
- 04 Return the bacon and chicken to the skillet and stir to combine. Heat for one minute. Divide onto plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

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

MORE FLAVOR

Add chopped onion to the veggies, or use additional seasonings or herbs on the chicken.

Sole, Mashed Potatoes & Green Beans

3 SERVINGS 20 MINUTES



INGREDIENTS

- 6 Yellow Potato (peeled and chopped)
- 1/3 tsp Sea Salt
- 1 1/2 tbsps Butter (divided)
- 3 cups Green Beans (trimmed)
- 12 ozs Sole Fillet
- 1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	490	Cholesterol	66mg
Fat	9g	Sodium	664mg
Carbs	82g	Vitamin A	1020IU
Fiber	12g	Vitamin C	98mg
Sugar	7g	Calcium	115mg
Protein	25g	Iron	5mg

DIRECTIONS

- 01 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 02 Add salt and half of the butter. Mash the potatoes until they are your desired texture.
- 03 Place the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 04 In a large skillet, heat the remaining butter over medium heat. Add the sole fillets and cook until lightly browned and cooked through, about five minutes, flipping halfway.
- 05 Plate the sole, mashed potatoes, and green beans. Garnish with parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is one cup of both mashed potatoes and green beans with fish.

MORE FLAVOR

Add minced garlic to the mashed potatoes and lemon juice to the green beans.

DAIRY-FREE

Use oil instead of butter.

Lemony Chicken with Rice & Peas

2 SERVINGS 45 MINUTES



INGREDIENTS

8 ozs Chicken Breast (boneless, skinless)
2 tbsps Parsley (chopped, divided)
2 tbsps Cilantro (chopped)
2 Garlic (clove, minced)
1 Lemon (juiced)
1/2 tsp Sea Salt (divided)
1/2 cup Brown Rice (dry)
1 cup Water
1/2 cup Frozen Peas (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	348	Cholesterol	82mg
Fat	5g	Sodium	678mg
Carbs	44g	Vitamin A	1263IU
Fiber	4g	Vitamin C	20mg
Sugar	3g	Calcium	44mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper. Place the chicken breast, half of the parsley, cilantro, garlic, lemon juice, and half of the salt in a zipper-lock bag.
- 02 Let the chicken sit in the marinade for about 10 minutes. Place the chicken on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 03 Meanwhile, rinse the rice well using a fine mesh strainer under cold water until the water runs clear.
- 04 Add the rinsed rice to a pot along with the water and remaining salt. Bring the rice to a boil over high heat, then cover and reduce the heat to low. Cook for about 15 minutes, then add peas and the remaining parsley. Continue cooking for 10 to 15 minutes or until the liquid has just been absorbed.
- 05 Fluff the rice with a fork. Divide the rice mixture and chicken breast evenly between plates and enjoy!




NOTES





LEFTOVERS





Refrigerate in an airtight container for up to four days.





MORE FLAVOR


Add paprika and chili flakes to the chicken marinade.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Divide the chicken breasts into three portions. Freeze the sole fillets, chicken thighs, and two portions of the chicken breasts.	This guide will remind you to thaw them later in the week.
		Make Mango, Hemp & Chia Overnight Parfait.	Divide between containers and store in the fridge for snacks.
		Make Lemon & Asparagus Chicken Skillet with Oil-Free Baked Potatoes.	Divide between containers and store in the fridge for meals.
		Portion Persimmon & Yogurt.	Store in the fridge for a snack tomorrow.
1 Mon		Make Egg & Collard Greens on Toast.	Enjoy immediately or pack in a container if you're on-the-go.
		Pack your meals if you are on-the-go.	Egg & Collard Greens on Toast, Mango, Hemp & Chia Overnight Parfait, Lemon & Asparagus Chicken Skillet with Oil-Free Baked Potatoes, Persimmon & Yogurt.

		Make Cod & Potato Cakes with Yellow Beans for dinner.	Enjoy!
		Portion Persimmon & Yogurt.	Store in the fridge for a snack tomorrow.
2 Tue		Make Egg & Collard Greens on Toast.	Enjoy immediately or pack in a container if you're on-the-go.
		Pack your meals if you are on-the-go.	Egg & Collard Greens on Toast, Persimmon & Yogurt, Cod & Potato Cakes with Yellow Beans, Mango, Hemp & Chia Overnight Parfait.
		Enjoy leftover Lemon & Asparagus Chicken Skillet with Oil-Free Baked Potatoes for dinner.	Reheat in the microwave or in a pan.
		Portion Banana & Pecans.	Store for a snack tomorrow.
		Portion Persimmon & Yogurt.	Store in the fridge for a snack tomorrow.
		Take chicken thighs out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Egg & Collard Greens on Toast.	Enjoy immediately or pack in a container if you're on-the-go.
		Pack your meals if you are on-the-go.	Egg & Collard Greens on Toast, Banana & Pecans, Cod & Potato Cakes with Yellow Beans, Persimmon & Yogurt.

		Make Chicken Thighs with Pea Puree for dinner.	Enjoy and store leftovers in the fridge for meals.
		Make Banana & Pecan Chia Overnight Parfait.	Divide between containers and store in the fridge for breakfasts.
		Portion Greek Yogurt & Banana.	Store in the fridge for a snack tomorrow.
		Portion Fresh Figs & Pecans.	Store in the fridge for a snack tomorrow.
		Take one portion of 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.	Banana & Pecan Chia Overnight Parfait, Greek Yogurt & Banana, Chicken Thighs with Pea Puree, Fresh Figs & Pecans.
		Make Chicken & Veggies with Bacon for dinner.	Enjoy and store leftovers in the fridge for lunch.
		Make Creamy Mango Pudding.	Divide between containers and store in the fridge for snacks.
		Portion Fresh Figs & Pecans.	Store in the fridge for a snack tomorrow.
5 Fri		Take sole fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Pack your meals if you are on-the-go.	Banana & Pecan Chia Overnight Parfait, Creamy Mango Pudding, Chicken & Veggies with Bacon, Fresh Figs & Pecans.

		Make Sole, Mashed Potatoes & Green Beans for dinner.	Enjoy and store leftovers in the fridge.
		Portion Greek Yogurt & Banana with Pecans.	Store in the fridge for a snack tomorrow.
		Take the remaining portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Green Beans, Bacon & Eggs.	Enjoy immediately or pack in a container if you're on-the-go.
		Pack your meals if you are on-the-go.	Green Beans, Bacon & Eggs, Greek Yogurt & Banana with Pecans, Sole, Mashed Potatoes & Green Beans, Creamy Mango Pudding.
		Make Lemony Chicken with Rice & Peas for dinner.	Enjoy and store leftovers in the fridge for lunch.
Portion Greek Yogurt & Banana with Pecans.		Store in the fridge for a snack tomorrow.	
7 Sun		Make Green Beans, Bacon & Eggs.	Enjoy immediately or pack in a container if you're on-the-go.
		Pack your meals if you are on-the-go.	Green Beans, Bacon & Eggs, Greek Yogurt & Banana with Pecans, Lemony Chicken with Rice & Peas, Creamy Mango Pudding.

		Shop and prep for next week.	
		Enjoy leftover Sole, Mashed Potatoes & Green Beans for dinner.	Reheat in the microwave or in a pan.

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WAIVER

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