



Low Sodium & Low Cholesterol Program

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Low Sodium & Low Cholesterol Program

HEAVY METAL FITNESS

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

This program features heart-healthy foods and takes inspiration from the DASH diet. Extra virgin olive oil is the main cooking oil. Plant-based fats from seeds and seed butter provide healthy unsaturated fats. Protein comes from lean options to keep saturated fat and cholesterol to a minimum. The meal plan incorporates fruits, vegetables, and grains daily for fiber. Sodium is limited to less than two grams per day.

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

LOW SATURATED FAT & CHOLESTEROL

Limiting saturated fat and dietary cholesterol is shown to reduce the risk of cardiovascular disease. This program limits saturated fat to less than 15 grams per day and limits cholesterol to less than 200 milligrams per day. Monounsaturated fats are added from olive and avocado oils, sunflower seed butter, chia seeds, and hemp seeds.

LOW SODIUM

Guidelines recommend restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. This program provides less than 1,300 milligrams of sodium daily.

FIBER

This program is rich in fruits, vegetables, and whole grains to provide a daily total fiber amount of up to 35 grams. Soluble fiber found in foods like oats, bananas, berries, and sweet potatoes is incorporated into the plan and has been shown to improve glycemic control and lower cholesterol levels.

PLANT STEROLS

Plant sterols can help lower cholesterol by blocking the absorption of some of the cholesterol in food. This program contains naturally occurring plant sterols found in plant-based foods such as fruits, vegetables, and seeds.



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
Sunflower Seed Butter & Strawberry Sandwich



SNACK 1
Greek Yogurt, Peach



LUNCH
One Pan Cod, Sweet Potatoes & Green Beans



SNACK 2
Banana Chocolate Protein Smoothie



DINNER
Stuffed Plantains

TUE



BREAKFAST
Sunflower Seed Butter & Strawberry Sandwich



SNACK 1
Banana Chocolate Protein Smoothie



LUNCH
Stuffed Plantains



SNACK 2
Greek Yogurt, Peach



DINNER
One Pan Cod, Sweet Potatoes & Green Beans

WED



BREAKFAST
Asparagus Egg White Omelette with Plantain



SNACK 1
Toast with Sunflower Seed Butter & Peaches



LUNCH
One Pan Cod, Sweet Potatoes & Green Beans



SNACK 2
Banana Chocolate Protein Smoothie



DINNER
Rice, Beef & Spinach

THU



BREAKFAST
Asparagus Egg White Omelette with Plantain



SNACK 1
Sunflower Seed Butter Stuffed Dates, Raspberries



LUNCH
Rice, Beef & Spinach



SNACK 2
Toast with Sunflower Seed Butter & Peaches



DINNER
One Pan Paleo Plate

FRI



BREAKFAST
Asparagus Egg White Omelette with Plantain



SNACK 1
Toast with Sunflower Seed Butter & Peaches



LUNCH
One Pan Paleo Plate



SNACK 2
Sunflower Seed Butter Stuffed Dates, Raspberries



DINNER
Balsamic Cod & Cauliflower Mash

SAT



BREAKFAST
Chocolate Protein Oats with Berries



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Balsamic Cod & Cauliflower Mash



SNACK 2
Sunflower Seed Butter Banana Sushi



DINNER
Turmeric Chicken Strips, Asparagus & Rice

SUN



BREAKFAST
Chocolate Protein Oats with Berries



SNACK 1
Sunflower Seed Butter Banana Sushi



LUNCH
Turmeric Chicken Strips, Asparagus & Rice



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Balsamic Cod & Cauliflower Mash

MON**FAT 31%** **CARBS 51%** **PROTEIN 18%**

Calories 1750 Cholesterol 124mg
 Fat 64g Sodium 697mg
 Carbs 233g Vitamin A 16331IU
 Fiber 32g Vitamin C 150mg
 Sugar 108g Calcium 1119mg
 Protein 84g Iron 13mg

TUE**FAT 31%** **CARBS 51%** **PROTEIN 18%**

Calories 1750 Cholesterol 124mg
 Fat 64g Sodium 697mg
 Carbs 233g Vitamin A 16331IU
 Fiber 32g Vitamin C 150mg
 Sugar 108g Calcium 1119mg
 Protein 84g Iron 13mg

WED**FAT 40%** **CARBS 41%** **PROTEIN 19%**

Calories 1918 Cholesterol 132mg
 Fat 89g Sodium 1292mg
 Carbs 204g Vitamin A 16488IU
 Fiber 30g Vitamin C 75mg
 Sugar 73g Calcium 909mg
 Protein 98g Iron 16mg

THU**FAT 42%** **CARBS 39%** **PROTEIN 19%**

Calories 1808 Cholesterol 156mg
 Fat 87g Sodium 1169mg
 Carbs 186g Vitamin A 15605IU
 Fiber 29g Vitamin C 155mg
 Sugar 76g Calcium 259mg
 Protein 90g Iron 14mg

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

Calories 1800 Cholesterol 132mg
 Fat 91g Sodium 955mg
 Carbs 180g Vitamin A 13486IU
 Fiber 33g Vitamin C 295mg
 Sugar 95g Calcium 336mg
 Protein 90g Iron 14mg

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

Calories 1834 Cholesterol 149mg
 Fat 67g Sodium 469mg
 Carbs 222g Vitamin A 2780IU
 Fiber 35g Vitamin C 272mg
 Sugar 76g Calcium 823mg
 Protein 105g Iron 18mg

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

Calories 1834 Cholesterol 149mg
 Fat 67g Sodium 469mg
 Carbs 222g Vitamin A 2780IU
 Fiber 35g Vitamin C 272mg
 Sugar 76g Calcium 823mg
 Protein 105g Iron 18mg



FRUITS

- 5 Banana
- 1/2 cup Blueberries
- 3 1/2 Peach
- 3 1/2 Plantain
- 2 1/2 cups Raspberries
- 2 1/2 cups Strawberries

BREAKFAST

- 2/3 cup Granola
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 3 tbsps Chia Seeds
- 3/4 tsp Dried Dill
- 1 1/2 tsps Garlic Powder
- 1/2 cup Hemp Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Smoked Paprika
- 1 tbsp Turmeric

VEGETABLES

- 5 cups Asparagus
- 2 cups Baby Spinach
- 5 cups Brussels Sprouts
- 3/4 head Cauliflower
- 4 1/2 Garlic
- 3 cups Green Beans
- 2/3 Green Bell Pepper
- 2 1/2 Sweet Potato

BOXED & CANNED

- 1 cup Jasmine Rice

BAKING

- 1/3 cup Cocoa Powder
- 2 1/4 cups Oats
- 1 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 3 Cod Fillet
- 13 1/3 ozs Extra Lean Ground Beef
- 7 slices Gluten-Free Bread

CONDIMENTS & OILS

- 1 1/3 tsps Avocado Oil
- 3 tbsps Balsamic Vinegar
- 3/4 cup Extra Virgin Olive Oil
- 1 1/8 cups Sunflower Seed Butter
- 1 1/2 tsps Tamari

COLD

- 2 cups Egg Whites
- 2 3/4 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

OTHER

- 1 1/2 cups Water

Sunflower Seed Butter & Strawberry Sandwich

2 SERVINGS 5 MINUTES



INGREDIENTS

4 slices Gluten-Free Bread
1/4 cup Sunflower Seed Butter
1/2 cup Strawberries (stems removed, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	363	Cholesterol	0mg
Fat	22g	Sodium	256mg
Carbs	35g	Vitamin A	21IU
Fiber	5g	Vitamin C	22mg
Sugar	10g	Calcium	56mg
Protein	9g	Iron	2mg

DIRECTIONS

01 Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Asparagus Egg White Omelette with Plantain

3 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Extra Virgin Olive Oil (divided)
1 1/2 Plantain (ripe, sliced)
3 cups Asparagus (ends trimmed)
1 1/2 cups Egg Whites
1/3 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	493	Cholesterol	0mg
Fat	28g	Sodium	505mg
Carbs	49g	Vitamin A	2534IU
Fiber	5g	Vitamin C	32mg
Sugar	27g	Calcium	45mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Heat half of the oil in a skillet over medium heat. Add the plantains, cooking for two to three minutes per side or until browned, adding more oil if needed. Smash with a fork and set aside on a paper towel-lined plate.
- 02 Heat the remaining oil in the same skillet over medium heat. Cook the asparagus for three to four minutes. Add the egg whites, season with salt, and cook until set.
- 03 Transfer the plantain and asparagus omelette onto plate(s). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic powder and onion powder to the egg white omelette.

ADDITIONAL TOPPING

Top with fresh herbs, avocado, sauerkraut, or other pickled veggies.

Chocolate Protein Oats with Berries

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Oats (rolled)
1 1/2 cups Water
1 cup Unsweetened Almond Milk
3 tbsps Cocoa Powder
2 tbsps Maple Syrup
1/2 cup Egg Whites
1/2 cup Blueberries
1/2 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	0mg
Fat	5g	Sodium	192mg
Carbs	55g	Vitamin A	280IU
Fiber	10g	Vitamin C	12mg
Sugar	18g	Calcium	309mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 In a small pot over medium-high heat, add the oats, water and almond milk. Bring to a gentle boil then reduce heat to low and simmer for 10 to 12 minutes or until the oats are tender. Stir occasionally to prevent burning.
- 02 Add in the cocoa powder and maple syrup. Whisk until combined.
- 03 Slowly add in the egg whites. Whisk continuously for 2 minutes until oatmeal is thick and creamy.
- 04 Remove the pot from the heat, transfer oats to a bowl and top with berries. Enjoy!

NOTES

NO ALMOND MILK

Use coconut milk instead.

NO MAPLE SYRUP

Use honey instead.

NO BERRIES

Use banana instead.

Greek Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

DIRECTIONS

01 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.

Peach

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Peach

DIRECTIONS

01 Wash and enjoy whole or sliced.

NUTRITION

AMOUNT PER SERVING

Calories	59	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	14g	Vitamin A	489IU
Fiber	2g	Vitamin C	10mg
Sugar	13g	Calcium	9mg
Protein	1g	Iron	0mg

Banana Chocolate Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Plain Greek Yogurt
1 tbsp Chia Seeds
2 tbsps Hemp Seeds
1/4 cup Oats
1 tbsp Cocoa Powder
1 Banana (frozen)
2 tbsps Pitted Dates

NUTRITION

AMOUNT PER SERVING

Calories	487	Cholesterol	8mg
Fat	20g	Sodium	202mg
Carbs	68g	Vitamin A	891IU
Fiber	14g	Vitamin C	14mg
Sugar	28g	Calcium	697mg
Protein	20g	Iron	5mg

DIRECTIONS

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

NOTES

PITTED DATES

One serving is equal to approximately two to three dates.

GLUTEN-FREE

Use Gluten-Free oats.

DAIRY-FREE

Use coconut yogurt instead.

NUT-FREE

Use coconut or oat milk instead of almond milk.

MORE FLAVOR

Add a pinch of cinnamon.

MAKE IT VEGAN

Use a vegan yogurt.

Toast with Sunflower Seed Butter & Peaches

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Sunflower Seed Butter
1 slice Gluten-Free Bread (toasted)
1/2 Peach (pitted, sliced)
1 tsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	322	Cholesterol	0mg
Fat	22g	Sodium	129mg
Carbs	27g	Vitamin A	262IU
Fiber	4g	Vitamin C	6mg
Sugar	12g	Calcium	42mg
Protein	9g	Iron	2mg

DIRECTIONS

01 Spread the sunflower seed butter on top of the toasted bread. Add the sliced peaches and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

ADDITIONAL TOPPING

Chia seeds, shredded coconut, raw honey, or maple syrup.

NO SUNFLOWER SEED BUTTER

Use peanut butter, cashew butter, or almond butter instead.

Sunflower Seed Butter Stuffed Dates

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1/4 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	301	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	35g	Vitamin A	20IU
Fiber	5g	Vitamin C	1mg
Sugar	27g	Calcium	35mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Use a knife to make a slit in each date and open the date slightly.
- 02 Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately four to five stuffed dates.

ADDITIONAL TOPPING

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Raspberries

2 SERVINGS 3 MINUTES



INGREDIENTS

2 cups Raspberries

DIRECTIONS

01 Wash berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	64	Cholesterol	0mg
Fat	1g	Sodium	1mg
Carbs	15g	Vitamin A	41IU
Fiber	8g	Vitamin C	32mg
Sugar	5g	Calcium	31mg
Protein	1g	Iron	1mg

NOTES

TIP

Do not wash until ready to eat, as washed berries spoil more quickly.

Granola, Yogurt & Berry Snack Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
2 cups Strawberries (sliced)
2/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	335	Cholesterol	17mg
Fat	13g	Sodium	82mg
Carbs	39g	Vitamin A	650IU
Fiber	7g	Vitamin C	93mg
Sugar	18g	Calcium	304mg
Protein	18g	Iron	3mg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

Sunflower Seed Butter Banana Sushi

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Sunflower Seed Butter
1 Banana (peeled)
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	358	Cholesterol	0mg
Fat	23g	Sodium	3mg
Carbs	35g	Vitamin A	93IU
Fiber	5g	Vitamin C	11mg
Sugar	18g	Calcium	33mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 Spread sunflower seed butter onto a banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add a dash of cinnamon and/or sea salt.

One Pan Cod, Sweet Potatoes & Green Beans

3 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 Sweet Potato (peeled, cubed)
3 cups Green Beans (trimmed)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tsps Garlic Powder (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 Cod Fillet (cut in half)
3/4 tsp Dried Dill

NUTRITION

AMOUNT PER SERVING

Calories	247	Cholesterol	50mg
Fat	8g	Sodium	106mg
Carbs	21g	Vitamin A	9972IU
Fiber	5g	Vitamin C	15mg
Sugar	6g	Calcium	81mg
Protein	24g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 03 Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 04 Remove the baking sheet from the oven and add the cod fillets. Brush the remaining oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft and the fish is cooked through.
- 05 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

FILLET SIZE

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

MORE FLAVOR

Squeeze fresh lemon on top when ready to serve.

Stuffed Plantains

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Plantain (very ripe, peeled)
1 1/3 tsps Avocado Oil
5 1/3 ozs Extra Lean Ground Beef
2 tsps Smoked Paprika
2/3 Green Bell Pepper (small, seeds removed, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	504	Cholesterol	49mg
Fat	12g	Sodium	63mg
Carbs	89g	Vitamin A	4333IU
Fiber	6g	Vitamin C	82mg
Sugar	48g	Calcium	26mg
Protein	19g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
- 03 Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 04 Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one stuffed plantain.

MORE FLAVOR

Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

ADDITIONAL TOPPING

Top with cheese, yogurt, and fresh parsley.

Rice, Beef & Spinach

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice
8 ozs Extra Lean Ground Beef
2 cups Baby Spinach (packed)
1 1/2 tsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	74mg
Fat	11g	Sodium	350mg
Carbs	39g	Vitamin A	2829IU
Fiber	2g	Vitamin C	8mg
Sugar	0g	Calcium	44mg
Protein	27g	Iron	3mg

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 03 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 04 Divide the rice between plates and top with the beef mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add fresh garlic or ginger to the beef with the spinach.

ADDITIONAL TOPPINGS

Hot sauce, sesame seeds, sliced green onions and/or cilantro.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO BEEF

Use ground chicken, turkey or pork instead.

NO JASMINE RICE

Use brown rice, quinoa or cauliflower rice instead.



One Pan Paleo Plate

2 SERVINGS 35 MINUTES



INGREDIENTS

- 8 ozs Chicken Breast
- 1/16 tsp Sea Salt
- 2 cups Brussels Sprouts (washed, trimmed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)
- 1 Sweet Potato (washed and sliced in half)

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	82mg
Fat	7g	Sodium	182mg
Carbs	21g	Vitamin A	9919IU
Fiber	5g	Vitamin C	76mg
Sugar	5g	Calcium	62mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 03 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 04 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 05 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

NO CHICKEN BREAST

Use turkey breast.

VEGANS AND VEGETARIANS

Replace chicken with roasted chickpeas.

EXTRA TIME

Slice sweet potato into cubes or fries.

Balsamic Cod & Cauliflower Mash

3 SERVINGS 25 MINUTES



INGREDIENTS

3/4 head Cauliflower (large, cut into florets)
3 tbsps Extra Virgin Olive Oil (divided)
4 1/2 Garlic (cloves, minced, divided)
Sea Salt & Black Pepper
3 tbsps Balsamic Vinegar
3 tbsps Maple Syrup
1 1/2 Cod Fillet (cut in half)
3 cups Brussels Sprouts (trimmed and quartered)

NUTRITION

AMOUNT PER SERVING

Calories	361	Cholesterol	50mg
Fat	15g	Sodium	136mg
Carbs	33g	Vitamin A	710IU
Fiber	6g	Vitamin C	148mg
Sugar	19g	Calcium	121mg
Protein	27g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 Steam the cauliflower until fork tender, about five to seven minutes. Mash with 1/2 of the oil and 1/3 of the garlic. Season with salt and pepper to taste.
- 03 Mix the balsamic vinegar, maple syrup, remaining oil, and remaining garlic in a large bowl.
- 04 Toss the Brussels sprouts in the balsamic marinade and spread them out on the baking sheet. Place the cod on the baking sheet and pour the remaining balsamic marinade on the cod, being sure to coat it well. Bake for 15 minutes, remove the cod and continue baking the Brussels sprouts for ten minutes.
- 05 Divide the cod, mashed cauliflower and Brussels sprouts evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one cod fillet, one cup of cauliflower mash, and one cup of Brussels sprouts.

MORE FLAVOR

Add thyme to the marinade.

FILLET SIZE

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



Turmeric Chicken Strips

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Oats (rolled)
1 tbsp Turmeric
Sea Salt & Black Pepper (to taste)
8 ozs Chicken Breast (cut into strips)
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	286	Cholesterol	82mg
Fat	11g	Sodium	53mg
Carbs	17g	Vitamin A	34IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	24mg
Protein	29g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 02 In a food processor blend the rolled oats, turmeric, sea salt and black pepper until a flour-like consistency forms.
- 03 In a separate bowl, toss the chicken strips in olive oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 04 Place the chicken strips on the parchment-lined baking sheet and cook for 30 minutes.
- 05 Remove and allow the strips to cool slightly. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is roughly three chicken strips.

MORE FLAVOR

Add curry powder to the oat mixture. Dip in your favorite dipping sauce.

SERVE IT WITH

Roasted vegetables, sweet potato fries, roasted potatoes, over a salad, or with rice.

Asparagus & Rice

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Asparagus (woody ends trimmed, chopped in half)

NUTRITION

AMOUNT PER SERVING

Calories	187	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	43g	Vitamin A	1013IU
Fiber	4g	Vitamin C	8mg
Sugar	3g	Calcium	32mg
Protein	6g	Iron	3mg

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 03 Divide rice and asparagus into bowls or containers. Enjoy!

NOTES

NO JASMINE RICE




Use quinoa, brown rice, couscous, barley or cauliflower rice instead.





SERVING SIZE





One serving is equal to approximately 1 cup of asparagus, and 1.25 cups of cooked rice.





LEFTOVERS


Refrigerate in an airtight container up to 4 days.

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 ground beef and cod fillets into two portions and freeze one portion. Divide the chicken breasts into two portions and freeze both portions.	This guide will remind you to thaw them later in the week.
		Portion Greek Yogurt and Peach.	Divide between containers and store in the fridge for snacks.
		Make One Pan Cod, Sweet Potatoes, & Green Beans.	Divide between containers and store in the fridge for meals.
1 Mon		Make Sunflower Seed Butter & Strawberry Sandwich for breakfast.	Enjoy immediately or pack if you're on the go and store leftovers for breakfast tomorrow.
		Make Banana Chocolate Protein Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on the go.	Sunflower Seed Butter & Strawberry Sandwich, Greek Yogurt and Peach, One Pan Cod, Sweet Potatoes, & Green Beans, Banana Chocolate Protein Smoothie.

		Make Stuffed Plantains for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Make Banana Chocolate Protein Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on the go.	Sunflower Seed Butter & Strawberry Sandwich, Banana Chocolate Protein Smoothie, Stuffed Plantains, Greek Yogurt and Peach.
		Enjoy leftover One Pan Cod, Sweet Potatoes, & Green Beans for dinner.	Reheat in the microwave or in a pan.
		Take ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Asparagus Egg White Omelette with Plantain.	Enjoy immediately or pack if you're on the go and store leftovers for breakfasts.
		Make Toast with Sunflower Seed Butter & Peaches.	Pack in a container for a snack.
		Make Banana Chocolate Protein Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on the go.	Asparagus Egg White Omelette with Plantain, Toast with Sunflower Seed Butter & Peaches, One Pan Cod, Sweet Potatoes, & Green Beans, Banana Chocolate Protein Smoothie.

		Make Rice, Beef & Spinach for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Sunflower Seed Butter Stuffed Dates and Raspberries.	Divide between containers and store in the fridge for snacks.
		Take one portion of chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu		Make Toast with Sunflower Seed Butter & Peaches.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Asparagus Egg White Omelette with Plantain, Sunflower Seed Butter Stuffed Dates and Raspberries, Rice, Beef & Spinach, Toast with Sunflower Seed Butter & Peaches.
		Make One Pan Paleo Plate for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take cod fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Make Toast with Sunflower Seed Butter & Peaches.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Asparagus Egg White Omelette with Plantain, Toast with Sunflower Seed Butter & Peaches, One Pan Paleo Plate, Sunflower Seed Butter Stuffed Dates and

			Raspberries.
		Make Balsamic Cod & Cauliflower Mash for dinner.	Enjoy and store leftovers in the fridge.
		Make Chocolate Protein Oats with Berries.	Divide between containers and store in the fridge for breakfasts.
		Portion Granola, Yogurt, & Berry Snack Box.	Divide between containers and store in the fridge for snacks.
		Take chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Sunflower Seed Butter Banana Sushi.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Chocolate Protein Oats with Berries, Granola, Yogurt, & Berry Snack Box, Balsamic Cod & Cauliflower Mash, Sunflower Seed Butter Banana Sushi.
		Make Turmeric Chicken Strips with Asparagus & Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Make Sunflower Seed Butter Banana Sushi.	Pack in a container for a snack.
		Pack your meals if you are on the go.	Chocolate Protein Oats with Berries, Sunflower Seed Butter Banana Sushi, Turmeric Chicken Strips with Asparagus & Rice, Granola, Yogurt, & Berry Snack

			Box.
		Shop and prep for next week.	
		Enjoy leftover Balsamic Cod & Cauliflower Mash for dinner.	Reheat in the microwave or in a pan.

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You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

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 **Personal coaching and detailed progress checking**

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WAIVER

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