



YOGURT & BERRIES

2 ingredients · 5 minutes · 2 servings

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.

Likes it Sweet

Add a drizzle of honey.



STRAWBERRY COCONUT OATMEAL MUFFINS

8 ingredients · 40 minutes · 12 servings

Directions

1. Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract, and ground flax. Stir to combine and let it sit for at least five minutes.
3. In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
4. Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the tray for five minutes before transferring to a cooling rack to cool completely.
5. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

More Flavor

Add cinnamon or a pinch of salt.

No Strawberries

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

No Maple Syrup

Use honey or agave instead.

No Rolled Oats

Use quick oats instead.

No Muffin Liners

Use a non-stick muffin pan or grease pan with coconut oil.



STRAWBERRY COCONUT OATMEAL MUFFINS

8 ingredients · 40 minutes · 12 servings

Ingredients

1 3/4 cups Canned Coconut Milk (full fat)
 1/4 cup Maple Syrup
 1 1/2 tsps Vanilla Extract
 2 tbsps Ground Flax Seed
 2 cups Oats (rolled)
 1/2 cup Unsweetened Shredded Coconut
 1 tsp Baking Powder
 1 cup Strawberries (fresh, chopped)



YOGURT & BERRIES

2 ingredients · 5 minutes · 2 servings

Ingredients

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

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Nutrition

Amount per serving

Calories 164	Calcium 41mg
Fat 10g	Iron 1mg
Saturated 8g	Vitamin D 0IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 1g	Thiamine 0.1mg
Monounsaturated 0g	Riboflavin 0.1mg
Carbs 17g	Niacin 0mg
Fiber 2g	Vitamin B6 0mg
Sugar 5g	Folate 7µg
Protein 3g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 67mg
Sodium 52mg	Magnesium 22mg
Potassium 135mg	Zinc 1mg
Vitamin A 1IU	Selenium 4µg
Vitamin C 7mg	

Nutrition

Amount per serving

Calories 261	Calcium 526mg
Fat 5g	Iron 2mg
Saturated 3g	Vitamin D 99IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 0g	Thiamine 0mg
Monounsaturated 0g	Riboflavin 0mg
Carbs 32g	Niacin 0mg
Fiber 5g	Vitamin B6 0mg
Sugar 21g	Folate 0µg
Protein 23g	Vitamin B12 0µg
Cholesterol 34mg	Phosphorous 0mg
Sodium 140mg	Magnesium 0mg
Potassium 226mg	Zinc 0mg
Vitamin A 1250IU	Selenium 0µg
Vitamin C 55mg	



SIMPLE BANANA PANCAKES

3 ingredients · 20 minutes · 2 servings

Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months. Best reheated in a dry pan.

Serving Size

One serving is approximately two pancakes.

Likes it Sweet

Add blueberries or chocolate chips into the batter.



LUCKY GREEN SMOOTHIE

6 ingredients · 10 minutes · 2 servings

Directions

1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango

Add frozen pineapple or banana instead.

More Protein

Add a scoop of your favorite protein powder.



LUCKY GREEN SMOOTHIE

6 ingredients · 10 minutes · 2 servings

Ingredients

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

Nutrition

Amount per serving

Calories 238	Calcium 115mg
Fat 13g	Iron 3mg
Saturated 1g	Vitamin D 0IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 9g	Thiamine 0.3mg
Monounsaturated 2g	Riboflavin 0.2mg
Carbs 27g	Niacin 3mg
Fiber 5g	Vitamin B6 0.4mg
Sugar 18g	Folate 138µg
Protein 10g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 368mg
Sodium 35mg	Magnesium 188mg
Potassium 667mg	Zinc 2mg
Vitamin A 4176IU	Selenium 1µg
Vitamin C 67mg	



SIMPLE BANANA PANCAKES

3 ingredients · 20 minutes · 2 servings

Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1 tbsp Coconut Oil

Nutrition

Amount per serving

Calories 309	Calcium 62mg
Fat 17g	Iron 2mg
Saturated 9g	Vitamin D 82IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 2g	Thiamine 0.1mg
Monounsaturated 4g	Riboflavin 0.6mg
Carbs 28g	Niacin 1mg
Fiber 3g	Vitamin B6 0.6mg
Sugar 15g	Folate 71µg
Protein 14g	Vitamin B12 0.9µg
Cholesterol 372mg	Phosphorous 224mg
Sodium 143mg	Magnesium 44mg
Potassium 560mg	Zinc 1mg
Vitamin A 616IU	Selenium 32µg
Vitamin C 10mg	



BANANA COCONUT GRANOLA

7 ingredients · 1 hour 15 minutes · 6 servings

Directions

1. Preheat oven to 300°F (149°C).
2. In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
3. Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
4. Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
5. Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
6. Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is roughly 1/2 cup of granola.

Serve it With

Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.



CREAMY COCONUT, STRAWBERRY & PINEAPPLE PROTEIN SMOOTHIE

7 ingredients · 5 minutes · 1 serving

Directions

1. Add the coconut milk, water, pineapple, strawberries, protein powder, and chia seeds to a blender. Blend until smooth.
2. Using the back of a spoon, spread the coconut yogurt around the inside of a glass. Pour the smoothie into the glass. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately 1 1/2 cups.

Make It Creamier

Replace the water with additional coconut milk.



CREAMY COCONUT, STRAWBERRY & PINEAPPLE PROTEIN SMOOTHIE

7 ingredients · 5 minutes · 1 serving

Ingredients

- 1/4 cup Lite Coconut Milk
- 1/2 cup Water
- 1/2 cup Frozen Pineapple
- 1/2 cup Frozen Strawberries
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 2 tbsps Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories 273	Calcium 293mg
Fat 9g	Iron 2mg
Saturated 4g	Vitamin D 0IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 3g	Thiamine 0.2mg
Monounsaturated 0g	Riboflavin 0.6mg
Carbs 30g	Niacin 1mg
Fiber 9g	Vitamin B6 0.3mg
Sugar 14g	Folate 42µg
Protein 22g	Vitamin B12 0.9µg
Cholesterol 4mg	Phosphorous 341mg
Sodium 66mg	Magnesium 72mg
Potassium 425mg	Zinc 2mg
Vitamin A 98IU	Selenium 7µg
Vitamin C 85mg	



BANANA COCONUT GRANOLA

7 ingredients · 1 hour 15 minutes · 6 servings

Ingredients

- 2 cups Oats (rolled or old fashioned)
- 1 cup Unsweetened Coconut Flakes
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 Banana (ripe, mashed)
- 2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving

Calories 310	Calcium 22mg
Fat 20g	Iron 2mg
Saturated 13g	Vitamin D 0IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 3g	Thiamine 0.2mg
Monounsaturated 3g	Riboflavin 0.1mg
Carbs 28g	Niacin 1mg
Fiber 6g	Vitamin B6 0.1mg
Sugar 4g	Folate 19µg
Protein 8g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 248mg
Sodium 105mg	Magnesium 106mg
Potassium 256mg	Zinc 2mg
Vitamin A 15IU	Selenium 9µg
Vitamin C 2mg	



CELERY WITH SUNFLOWER SEED BUTTER

2 ingredients · 5 minutes · 4 servings

Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery

Use cucumber instead



CARROTS & GUACAMOLE

4 ingredients · 5 minutes · 2 servings

Directions

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

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

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



CARROTS & GUACAMOLE

7 ingredients · 5 minutes · 1 serving

Ingredients

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

Nutrition

Amount per serving

Calories 216	Calcium 55mg
Fat 15g	Iron 1mg
Saturated 2g	Vitamin D 0IU
Trans 0g	Vitamin E 3mg
Polyunsaturated 2g	Thiamine 0.2mg
Monounsaturated 10g	Riboflavin 0.2mg
Carbs 22g	Niacin 3mg
Fiber 10g	Vitamin B6 0.4mg
Sugar 7g	Folate 107µg
Protein 3g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 98mg
Sodium 387mg	Magnesium 46mg
Potassium 904mg	Zinc 1mg
Vitamin A 20539IU	Selenium 1µg
Vitamin C 24mg	



CELERY WITH SUNFLOWER SEED BUTTER

7 ingredients · 1 hour 15 minutes · 6 servings

Ingredients

- 28 stalks Celery (sliced into sticks)
- 0IU
- 1/2 cup Sunflower Seed Butter

Nutrition

Amount per serving

Calories 209	Calcium 52mg
Fat 18g	Iron 1mg
Saturated 2g	Vitamin D
Trans 0g	Vitamin E 8mg
Polyunsaturated 3g	Thiamine 0mg
Monounsaturated 13g	Riboflavin 0.1mg
Carbs 10g	Niacin 2mg
Fiber 3g	Vitamin B6 0.2mg
Sugar 4g	Folate 105µg
Protein 6g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 232mg
Sodium 65mg	Magnesium 108mg
Potassium 392mg	Zinc 2mg
Vitamin A 376IU	Selenium 34µg
Vitamin C 3mg	



HUMMUS DIPPERS

4 ingredients · 15 minutes · 4 servings

Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate for up to four days.

Mix it Up

Substitute in different veggies like cucumber or zucchini.



CASHEWS & CLEMENTINES

2 ingredients · 5 minutes · 2 servings

Directions

1. Divide into bowls and enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

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



CASHEWS & CLEMENTINES

2 ingredients · 5 minutes · 2 servings

Ingredients

1/2 cup Cashews
4 Clementines

Nutrition

Amount per serving

Calories 267	Calcium 60mg
Fat 16g	Iron 2mg
Saturated 3g	Vitamin D
Trans 0g	Vitamin E 1mg
Polyunsaturated 3g	Thiamine 0.2mg
Monounsaturated 9g	Riboflavin 0.1mg
Carbs 29g	Niacin 1mg
Fiber 4g	Vitamin B6 0.2mg
Sugar 15g	Folate 59µg
Protein 7g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 200mg
Sodium 7mg	Magnesium 104mg
Potassium 456mg	Zinc 2mg
Vitamin A 0IU	Selenium 4µg
Vitamin C 72mg	



HUMMUS DIPPERS

4 ingredients · 15 minutes · 4 servings

Ingredients

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
1 cup Hummus

Nutrition

Amount per serving

Calories 170	Calcium 55mg
Fat 11g	Iron 2mg
Saturated 2g	Vitamin D
Trans 0g	Vitamin E 1mg
Polyunsaturated 5g	Thiamine 0.1mg
Monounsaturated 3g	Riboflavin 0.1mg
Carbs 15g	Niacin 1mg
Fiber 5g	Vitamin B6 0.2mg
Sugar 2g	Folate 59µg
Protein 6g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 137mg
Sodium 305mg	Magnesium 58mg
Potassium 443mg	Zinc 1mg
Vitamin A 2834IU	Selenium 3µg
Vitamin C 87mg	



APPLE WITH ALMOND BUTTER

2 ingredients · 5 minutes · 2 servings

Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.



DELI SNACK BOX

6 ingredients · 5 minutes · 1 serving

Directions

1. Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage

Refrigerate up to 3 days.

Modifications

Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or Marinated Baked Tofu instead.



DELI SNACK BOX

6 ingredients · 5 minutes · 1 serving

Ingredients

1/4 cup Pumpkin Seeds
1 3/4 ozs Whole Grain Crackers
1/2 cup Cherry T omatoes
1 oz Cheddar Cheese (cubed or sliced)
3 1/2 ozs Sliced Turkey Breast
1 Egg (hard boiled)

Nutrition

Amount per serving

Calories 713	Calcium 249mg
Fat 43g	Iron 6mg
Saturated 12g	Vitamin D 53IU
Trans 0g	Vitamin E 3mg
Polyunsaturated 15g	Thiamine 0.4mg
Monounsaturated 13g	Riboflavin 0.7mg
Carbs 44g	Niacin 11mg
Fiber 5g	Vitamin B6 0.7mg
Sugar 10g	Folate 116µg
Protein 41g	Vitamin B12 1.1µg
Cholesterol 260mg	Phosphorous 1023mg
Sodium 1580mg	Magnesium 245mg
Potassium 982mg	Zinc 6mg
Vitamin A 1209IU	Selenium 52µg
Vitamin C 11mg	



APPLE WITH ALMOND BUTTER

2 ingredients · 5 minutes · 2 servings

Ingredients

2 Apple
1/4 cup Almond Butter

Nutrition

Amount per serving

Calories 287	Calcium 119mg
Fat 18g	Iron 1mg
Saturated 1g	Vitamin D
Trans 0g	Vitamin E 8mg
Polyunsaturated 4g	Thiamine 0mg
Monounsaturated 10g	Riboflavin 0.3mg
Carbs 31g	Niacin 1mg
Fiber 8g	Vitamin B6 0.1mg
Sugar 20g	Folate 22µg
Protein 7g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 179mg
Sodium 4mg	Magnesium 96mg
Potassium 428mg	Zinc 1mg
Vitamin A 99IU	Selenium 1µg
Vitamin C 8mg	



HUMMUS & VEGGIES SNACK BOX

4 ingredients · 5 minutes · 1 serving

Directions

1. 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.

No Hummus

Use guacamole or a ready-made dip instead.



TURKEY HUMMUS SANDWICH

5 ingredients · 5 minutes · 1 serving

Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey

Use chicken breast instead.

Vegan & Vegetarian

Use smashed chickpeas instead of turkey.

Gluten-Free

Use gluten-free bread instead or make it as a lettuce wrap.



TURKEY HUMMUS SANDWICH

5 ingredients · 5 minutes · 1 serving

Ingredients

2 slices Bread
4 ozs Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

Nutrition

Amount per serving

Calories 356	Calcium 63mg
Fat 10g	Iron 2mg
Saturated 1g	Vitamin D 11IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 3g	Thiamine 0.2mg
Monounsaturated 4g	Riboflavin 0.4mg
Carbs 27g	Niacin 14mg
Fiber 3g	Vitamin B6 1.0mg
Sugar 5g	Folate 18µg
Protein 39g	Vitamin B12 2.0µg
Cholesterol 79mg	Phosphorous 353mg
Sodium 541mg	Magnesium 59mg
Potassium 492mg	Zinc 2mg
Vitamin A 14IU	Selenium 36µg
Vitamin C 2mg	



HUMMUS & VEGGIES SNACK BOX

4 ingredients · 5 minutes · 1 serving

Ingredients

1/2 Red Bell Pepper (sliced)
2 stalks Celery (cut into small stalks)
1/3 cup Blueberries
1/4 cup Hummus

Nutrition

Amount per serving

Calories 201	Calcium 68mg
Fat 11g	Iron 2mg
Saturated 2g	Vitamin D
Trans 0g	Vitamin E 2mg
Polyunsaturated 6g	Thiamine 0.2mg
Monounsaturated 3g	Riboflavin 0.2mg
Carbs 22g	Niacin 2mg
Fiber 7g	Vitamin B6 0.4mg
Sugar 9g	Folate 89µg
Protein 6g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 152mg
Sodium 329mg	Magnesium 65mg
Potassium 563mg	Zinc 1mg
Vitamin A 2263IU	Selenium 3µg
Vitamin C 83mg	



GRILLED CHICKEN CAESAR SANDWICH

9 ingredients · 25 minutes · 2 servings

Directions

1. Add the chicken, lemon juice, oil, and Italian seasoning to a shallow bowl or bag. Set aside to marinate while the grill heats.
2. Heat the grill to medium heat. Place the chicken on the grill and cook for six to seven minutes per side or until cooked through. Set aside.
3. Meanwhile, add the romaine, dressing, parmesan, salt, and pepper to a bowl and toss to combine.
4. Place the chicken on the bottom half of the baguette. Top evenly with caesar salad. Close the sandwich and cut it into equal servings. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size.

One serving is one sandwich. The baguette was cut into four-inch (10 cm) pieces per serving

Gluten-Free

Use a gluten-free baguette or bread instead.

Dairy-Free

Use a plant-based caesar dressing alternative and plant-based parmesan alternative.



TURKEY WRAPS WITH ALMONDS, CUCUMBERS & BLUEBERRIES

6 ingredients · 10 minutes · 1 serving

Directions

1. Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

Notes

No Turkey Breast

Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free

Use avocado instead of havarti.

Nut-Free

Use pumpkin seeds or sunflower seeds instead.

Leftovers

Refrigerate in an airtight container for up to three days.



TURKEY WRAPS WITH ALMONDS, CUCUMBERS & BLUEBERRIES

6 ingredients · 10 minutes · 1 serving

Ingredients

- 1/4 Apple (cored, sliced)
- 1 oz Havarti Cheese (sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1/2 cup Blueberries
- 1/4 cup Almonds
- 1/2 Cucumber (large, sliced)

Nutrition

Amount per serving

Calories 517	Calcium 270mg
Fat 32g	Iron 2mg
Saturated 9g	Vitamin D 6IU
Trans 0g	Vitamin E 10mg
Polyunsaturated 6g	Thiamine 0.2mg
Monounsaturated 12g	Riboflavin 0.6mg
Carbs 32g	Niacin 9mg
Fiber 8g	Vitamin B6 0.6mg
Sugar 17g	Folate 36µg
Protein 30g	Vitamin B12 0.4µg
Cholesterol 81mg	Phosphorous 471mg
Sodium 1109mg	Magnesium 142mg
Potassium 960mg	Zinc 2mg
Vitamin A 610IU	Selenium 15µg
Vitamin C 13mg	



GRILLED CHICKEN CAESAR SANDWICH

9 ingredients · 25 minutes · 2 servings

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 1/2 Lemon (medium, juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1 1/2 heads Romaine Hearts (shredded)
- 3 tsps Caesar Dressing
- 2 tsps Parmigiano Reggiano (grated)
- Sea Salt & Black Pepper (to taste)
- 6 ozs Sourdough Baguette (sliced in half)

Nutrition

Amount per serving

Calories 493	Calcium 109mg
Fat 14g	Iron 4mg
Saturated 3g	Vitamin D 1IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 2g	Thiamine 0.1mg
Monounsaturated 6g	Riboflavin 0.2mg
Carbs 55g	Niacin 11mg
Fiber 1g	Vitamin B6 0.9mg
Sugar 6g	Folate 42µg
Protein 36g	Vitamin B12 0.2µg
Cholesterol 89mg	Phosphorous 252mg
Sodium 833mg	Magnesium 36mg
Potassium 448mg	Zinc 1mg
Vitamin A 1915IU	Selenium 26µg
Vitamin C 5mg	



QUICK TACO BEEF & VEGETABLES OVER REFRIED BEANS

9 ingredients · 20 minutes · 3 servings

Directions

1. Heat a large pan over medium-high heat. Add the beef. Cook for five to seven minutes until the meat is browned and cooked through, breaking it up as it cooks. Season with salt and pepper.
2. Add the corn, bell pepper, zucchini, and taco seasoning. Cook for another two to three minutes.
3. Spread the refried beans evenly onto plates and top with the beef and vegetable mixture. Add the cheese and pickled jalapeños. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add fresh cilantro, salsa, or a squeeze of lime juice.

Dairy-Free

Use a dairy-free cheese alternative or omit the cheese.



PENNE WITH BURSTED CHERRY TOMATO SAUCE

7 ingredients · 30 minutes · 2 servings

Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like crumbled tofu, chickpeas, or hemp seeds.

No Nutritional Yeast

Use parmesan or omit completely.



PENNE WITH BURSTED CHERRY TOMATO SAUCE

7 ingredients · 30 minutes · 2 servings

Ingredients

- 4 ozs Chickpea Pasta (dry)
- 1/4 cup Extra Virgin Olive Oil
- 3 cups Cherry Tomatoes
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (chopped)
- 1 tbsp Nutritional Yeast

Nutrition

Amount per serving

Calories 494	Calcium 108mg
Fat 31g	Iron 7mg
Saturated 4g	Vitamin D 0IU
Trans 0g	Vitamin E 5mg
Polyunsaturated 3g	Thiamine 3.6mg
Monounsaturated 20g	Riboflavin 3.8mg
Carbs 44g	Niacin 21mg
Fiber 12g	Vitamin B6 4.1mg
Sugar 11g	Folate 48µg
Protein 19g	Vitamin B12 16.9µg
Cholesterol 0mg	Phosphorous 70mg
Sodium 85mg	Magnesium 39mg
Potassium 699mg	Zinc 1mg
Vitamin A 2980IU	Selenium 1µg
Vitamin C 35mg	



QUICK TACO BEEF & VEGETABLES OVER REFRIED BEANS

9 ingredients · 20 minutes · 3 servings

Ingredients

- 14 ozs Extra Lean Ground Beef
- Sea Salt & Black Pepper
- 1/2 cup Frozen Corn (thawed)
- 1/2 Red Bell Pepper (medium, diced)
- 1 Zucchini (medium, diced)
- 1 tsp Taco Seasoning
- 1/2 can Refried Beans (warmed)
- 2 ozs Cheddar Cheese (grated)
- 2 tbsps Pickled Jalapeno Pepper (sliced)

Nutrition

Amount per serving

Calories 418	Calcium 188mg
Fat 21g	Iron 5mg
Saturated 9g	Vitamin D 9IU
Trans 1g	Vitamin E 1mg
Polyunsaturated 1g	Thiamine 0.2mg
Monounsaturated 8g	Riboflavin 0.4mg
Carbs 20g	Niacin 8mg
Fiber 5g	Vitamin B6 0.8mg
Sugar 4g	Folate 56µg
Protein 36g	Vitamin B12 3.1µg
Cholesterol 105mg	Phosphorous 450mg
Sodium 647mg	Magnesium 80mg
Potassium 959mg	Zinc 8mg
Vitamin A 1133IU	Selenium 32µg
Vitamin C 43mg	



BEEF TACO PASTA

7 ingredients · 20 minutes · 6 servings

Directions

1. Cook the pasta according to package directions.
2. Heat a pan over medium-high heat. Add the beef and bell pepper. Stir for eight to 10 minutes or until the beef is cooked through. Drain any excess fat.
3. Add the taco seasoning and water, cooking until most of the water is gone.
4. Stir in the pasta, salsa, and cheese. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups of pasta.

More Flavor

Use broth instead of water.

Additional Toppings

Crushed tortilla chips, sliced jalapeno, cilantro, chopped lettuce, plain yogurt, or avocado.

Make it Vegan

Use extra firm tofu instead of ground beef. Use vegan cheese instead of cheddar.



ROAST BEEF SANDWICH

7 ingredients · 10 minutes · 4 servings

Directions

1. In a large mixing bowl, combine the coleslaw mix, mayonnaise, mustard and almond milk.
2. Layer the coleslaw, roast beef and pickles between the slices of bread. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Enjoy leftovers as is or assemble into a sandwich.

Egg-Free

Use vegan mayonnaise or greek yogurt instead of mayo.

Nut-Free

Use any alternative milk such as oat, coconut or hemp milk, instead of almond milk.



ROAST BEEF SANDWICH

7 ingredients · 10 minutes · 4 servings

Ingredients

- 3 1/2 cups Coleslaw Mix
- 3/4 cup Mayonnaise
- 1 tbsp Yellow Mustard
- 1/4 cup Unsweetened Almond Milk
- 12 ozs Deli Roast Beef
- 1/2 cup Pickle (sliced)
- 8 slices Whole Grain Bread

Nutrition

Amount per serving

Calories 638	Calcium 155mg
Fat 38g	Iron 4mg
Saturated 7g	Vitamin D 12IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 20g	Thiamine 0.2mg
Monounsaturated 9g	Riboflavin 0.3mg
Carbs 42g	Niacin 8mg
Fiber 8g	Vitamin B6 0.8mg
Sugar 8g	Folate 59µg
Protein 32g	Vitamin B12 2.8µg
Cholesterol 75mg	Phosphorous 388mg
Sodium 940mg	Magnesium 88mg
Potassium 541mg	Zinc 6mg
Vitamin A 2725IU	Selenium 52µg
Vitamin C 32mg	



BEEF TACO PASTA

7 ingredients · 20 minutes · 6 servings

Ingredients

- 3 1/2 cups Brown Rice Fusilli (dry, uncooked)
- 1 lb Extra Lean Ground Beef
- 1 Red Bell Pepper (medium, seeds removed, diced)
- 2 tbps Taco Seasoning
- 3/4 cup Water
- 1 cup Salsa
- 2 2/3 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving

Calories 456	Calcium 125mg
Fat 14g	Iron 3mg
Saturated 5g	Vitamin D 5IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 1g	Thiamine 0.1mg
Monounsaturated 5g	Riboflavin 0.2mg
Carbs 57g	Niacin 8mg
Fiber 5g	Vitamin B6 0.4mg
Sugar 3g	Folate 19µg
Protein 24g	Vitamin B12 1.8µg
Cholesterol 62mg	Phosphorous 215mg
Sodium 696mg	Magnesium 28mg
Potassium 506mg	Zinc 4mg
Vitamin A 987IU	Selenium 17µg
Vitamin C 26mg	



CARROTS, CELERY & OLIVES SNACK BOX

4 ingredients · 5 minutes · 1 serving

Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to three days.



KETO SNACK PLATE

4 ingredients · 5 minutes · 1 serving

Directions

1. Assemble all ingredients onto a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Dairy-Free

Omit the cheese or use nuts and seeds instead.

No Prosciutto

Use another type of deli meat.



KETO SNACK PLATE

4 ingredients · 5 minutes · 1 serving

Ingredients

3/4 oz Prosciutto
2 ozs Cheddar Cheese (sliced)
1/4 Cucumber (sliced)
1/4 cup Green Olives

Nutrition

Amount per serving

Calories 321	Calcium 439mg
Fat 25g	Iron 3mg
Saturated 12g	Vitamin D 13IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 1g	Thiamine 0mg
Monounsaturated 8g	Riboflavin 0.3mg
Carbs 7g	Niacin 0mg
Fiber 1g	Vitamin B6 0.1mg
Sugar 2g	Folate 20µg
Protein 19g	Vitamin B12 0.6µg
Cholesterol 70mg	Phosphorous 274mg
Sodium 1004mg	Magnesium 26mg
Potassium 156mg	Zinc 2mg
Vitamin A 885IU	Selenium 17µg
Vitamin C 2mg	



CARROTS, CELERY & OLIVES SNACK BOX

4 ingredients · 5 minutes · 1 serving

Ingredients

2 stalks Celery (cut into sticks)
3/4 cup Baby Carrots
1/4 cup Hummus
2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving

Calories 221	Calcium 136mg
Fat 13g	Iron 4mg
Saturated 2g	Vitamin D 0IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 6g	Thiamine 0.1mg
Monounsaturated 5g	Riboflavin 0.1mg
Carbs 23g	Niacin 1mg
Fiber 8g	Vitamin B6 0.2mg
Sugar 7g	Folate 58µg
Protein 5g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 131mg
Sodium 546mg	Magnesium 56mg
Potassium 401mg	Zinc 1mg
Vitamin A 17678IU	Selenium 3µg
Vitamin C 12mg	



GRANOLA, YOGURT & BERRY SNACK BOX

3 ingredients · 5 minutes · 1 serving

Directions

1. 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.

Likes it Sweet

Drizzle honey on the yogurt



TURKEY & CHEESE SNACK BOX

3 ingredients · 5 minutes · 1 serving

Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Dairy-Free

Omit the cheese or use nuts and seeds instead.

Nut-Free

Use pumpkin seeds instead of walnuts.



TURKEY & CHEESE SNACK BOX

3 ingredients · 5 minutes · 1 serving

Ingredients

- 4 1/4 ozs Sliced Turkey Breast
- 2 ozs Cheddar Cheese (cubed)
- 1/4 cup Walnuts

Nutrition

Amount per serving

Calories 552	Calcium 449mg
Fat 43g	Iron 1mg
Saturated 14g	Vitamin D 21IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 16g	Thiamine 0.2mg
Monounsaturated 9g	Riboflavin 0.5mg
Carbs 9g	Niacin 9mg
Fiber 2g	Vitamin B6 0.7mg
Sugar 2g	Folate 50µg
Protein 35g	Vitamin B12 1.1µg
Cholesterol 115mg	Phosphorous 662mg
Sodium 1453mg	Magnesium 86mg
Potassium 622mg	Zinc 4mg
Vitamin A 704IU	Selenium 33µg
Vitamin C 0mg	



GRANOLA, YOGURT & BERRY SNACK BOX

3 ingredients · 5 minutes · 1 serving

Ingredients

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

Nutrition

Amount per serving

Calories 335	Calcium 304mg
Fat 13g	Iron 3mg
Saturated 3g	Vitamin D 50IU
Trans 0g	Vitamin E 5mg
Polyunsaturated 3g	Thiamine 0.3mg
Monounsaturated 5g	Riboflavin 0.2mg
Carbs 39g	Niacin 2mg
Fiber 7g	Vitamin B6 0.2mg
Sugar 18g	Folate 69µg
Protein 18g	Vitamin B12 0µg
Cholesterol 17mg	Phosphorous 210mg
Sodium 82mg	Magnesium 87mg
Potassium 440mg	Zinc 2mg
Vitamin A 650IU	Selenium 11µg
Vitamin C 93mg	



SALMON & AVOCADO SNACK PLATE

6 ingredients · 20 minutes · 2 servings

Directions

1. Hard boil the eggs by placing them in a saucepan and covering with water. Bring to a boil over high heat. Once boiling, turn off the heat, cover, and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool. Peel then slice the eggs.
2. Add the avocado, salmon, and lemon juice to a bowl and mash. Season with salt and pepper to taste.
3. Assemble all the ingredients onto a plate. Season the cucumber and egg with additional salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

No Canned Salmon

Use tuna instead.

On-the-Go

Divide the ingredients into a bento box or container instead of a plate.



LEMON GARLIC SALMON WITH ASPARAGUS & CHERRY TOMATOES

7 ingredients · 25 minutes · 2 servings

Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper and place the salmon and asparagus on the sheet.
2. Mix together the garlic, lemon juice, salt, and pepper. Pour the mixture over the salmon and asparagus. Place the butter on top of the salmon. Bake for 15 minutes or until the salmon is cooked and the asparagus is bright green.
3. Divide the salmon, asparagus, and cherry tomatoes evenly between plates, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 1/2 cup of cherry tomatoes and one cup of asparagus with salmon.



LEMON GARLIC SALMON WITH ASPARAGUS & CHERRY TOMATOES

7 ingredients · 25 minutes · 2 servings

Ingredients

- 10 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)
- 1 Garlic (clove, large, minced)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Butter
- 1 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving

Calories 332	Calcium 59mg
Fat 19g	Iron 4mg
Saturated 8g	Vitamin D 798IU
Trans 0g	Vitamin E 3mg
Polyunsaturated 2g	Thiamine 0.4mg
Monounsaturated 5g	Riboflavin 0.5mg
Carbs 9g	Niacin 14mg
Fiber 4g	Vitamin B6 1.2mg
Sugar 5g	Folate 92µg
Protein 35g	Vitamin B12 6.7µg
Cholesterol 103mg	Phosphorous 458mg
Sodium 119mg	Magnesium 71mg
Potassium 989mg	Zinc 2mg
Vitamin A 2219IU	Selenium 46µg
Vitamin C 23mg	



SALMON & AVOCADO SNACK PLATE

6 ingredients · 20 minutes · 2 servings

Ingredients

- 2 Egg
- 1 Avocado
- 7 1/16 ozs Canned Wild Salmon
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving

Calories 405	Calcium 90mg
Fat 25g	Iron 2mg
Saturated 5g	Vitamin D 900IU
Trans 0g	Vitamin E 5mg
Polyunsaturated 4g	Thiamine 0.1mg
Monounsaturated 14g	Riboflavin 0.6mg
Carbs 13g	Niacin 10mg
Fiber 7g	Vitamin B6 0.5mg
Sugar 2g	Folate 117µg
Protein 35g	Vitamin B12 6.0µg
Cholesterol 252mg	Phosphorous 407mg
Sodium 466mg	Magnesium 70mg
Potassium 995mg	Zinc 2mg
Vitamin A 684IU	Selenium 51µg
Vitamin C 18mg	



MINI TURKEY QUINOA MEATLOAVES

14 ingredients · 1 hour · 6 servings

Directions

1. Preheat oven to 350°F (177°C).
2. Place quinoa and water in a small sauce pan over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes and remove from heat. Set aside.
3. Place olive oil in a small frying pan over medium heat. Saute onions for about 5 minutes or until golden. Add minced garlic and stir for another minute. Remove from heat.
4. In a large mixing bowl, combine quinoa, garlic/onion mix, turkey, tomato, spinach, jalapeno, tamari, egg and salt and pepper to taste. Mix well with a spatula until all ingredients are well distributed.
5. Lightly grease a muffin tin with coconut oil or line each muffin cup with parchment paper. Spoon mixture evenly across muffin tin. Bake in the oven for 30 to 40 minutes, or until cooked through.
6. Serve with a handful of leftover baby spinach and some lightly steamed cauliflower tossed in coconut oil, seasoned with salt and pepper.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

This was made using a mini muffin tray. One serving is equal to approximately two mini muffins.

Vegetarian

Use lentils instead of ground turkey.

Make Meatballs

Roll into balls and fry in a pan with olive oil until cooked through.

Make Burgers

Form into patties and bake in the oven or fry in a pan.



GREEK SEASONED TURKEY BURGERS

6 ingredients · 20 minutes · 4 servings

Directions

1. Preheat the grill to medium heat.
2. Add all of the ingredients to a large bowl and mix well. Form the mixture into even patties.
3. Add the patties to the grill and cook for six to seven minutes per side or until cooked through. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one turkey burger.

Serve it With

A side salad, fries, grilled vegetables, roasted potatoes, rice.

Additional Toppings

Lettuce, tomatoes, onions, pickles, or any of your favorite burger toppings. Serve with a bun or a lettuce bun.



GREEK SEASONED TURKEY BURGERS

6 ingredients · 20 minutes · 4 servings

Ingredients

1 lb Extra Lean Ground Turkey
1 tbsp Avocado Oil
1/4 Yellow Onion (grated)
1/4 cup Parsley (fresh, finely chopped)
2 Garlic (cloves, minced)
2 tbsps Greek Seasoning

Nutrition

Amount per serving

Calories 207	Calcium 34mg
Fat 13g	Iron 2mg
Saturated 3g	Vitamin D 16IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 3g	Thiamine 0.1mg
Monounsaturated 6g	Riboflavin 0.2mg
Carbs 1g	Niacin 6mg
Fiber 0g	Vitamin B6 0.4mg
Sugar 1g	Folate 14µg
Protein 21g	Vitamin B12 1.4µg
Cholesterol 84mg	Phosphorous 223mg
Sodium 1041mg	Magnesium 26mg
Potassium 278mg	Zinc 3mg
Vitamin A 403IU	Selenium 22µg
Vitamin C 6mg	



MINI TURKEY QUINOA MEATLOAVES

14 ingredients · 1 hour · 6 servings

Ingredients

1/4 cup Quinoa (uncooked)
1/2 cup Water
1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
2 Garlic (cloves, minced)
1 lb Extra Lean Ground Turkey
1 Tomato (diced)
1 cup Baby Spinach (chopped)
1 Jalapeno Pepper (deseeded and chopped)
1 tbsp Tamari
1 Egg
Sea Salt & Black Pepper (to taste)
1 head Cauliflower (cut into florets)
1 1/2 tsps Coconut Oil (melted)

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Nutrition

Amount per serving

Calories 208	Calcium 59mg
Fat 10g	Iron 2mg
Saturated 3g	Vitamin D 17IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 3g	Thiamine 0.1mg
Monounsaturated 3g	Riboflavin 0.3mg
Carbs 12g	Niacin 5mg
Fiber 3g	Vitamin B6 0.5mg
Sugar 3g	Folate 94µg
Protein 19g	Vitamin B12 1.0µg
Cholesterol 87mg	Phosphorous 252mg
Sodium 274mg	Magnesium 53mg
Potassium 602mg	Zinc 3mg
Vitamin A 872IU	Selenium 18µg
Vitamin C 55mg	



GREEK PASTA SALAD

8 ingredients · 15 minutes · 4 servings

Directions

1. Cook the pasta according to package directions. Drain, rinse well and set aside to cool.
2. In a small bowl, add the oil, red wine vinegar, oregano, salt, and pepper. Mix well to combine.
3. In a large bowl, add the pasta, and the dressing and mix well. Add the tomatoes, cucumber, and olives and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Feta cheese or tofu.



FISH TACO BOWLS

11 ingredients · 20 minutes · 3 servings

Directions

1. Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
2. Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
4. Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

Additional Toppings

Add crushed tortilla chips to the salad for crunch.

No Blender

Finely chop the cilantro and shake the dressing ingredients together in a jar.

Fillet Size

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



FISH TACO BOWLS

11 ingredients · 20 minutes · 3 servings

Ingredients

- 2 Cod Fillet
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 6 leaves Romaine (large, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 Mango (peeled and cubed)
- 1 Avocado (sliced)

Nutrition

Amount per serving

Calories 523	Calcium 72mg
Fat 34g	Iron 2mg
Saturated 5g	Vitamin D 55IU
Trans 0g	Vitamin E 7mg
Polyunsaturated 4g	Thiamine 0.3mg
Monounsaturated 23g	Riboflavin 0.3mg
Carbs 28g	Niacin 6mg
Fiber 8g	Vitamin B6 0.8mg
Sugar 18g	Folate 199µg
Protein 31g	Vitamin B12 1.4µg
Cholesterol 66mg	Phosphorous 396mg
Sodium 491mg	Magnesium 95mg
Potassium 1432mg	Zinc 1mg
Vitamin A 6758IU	Selenium 52µg
Vitamin C 61mg	



GREEK PASTA SALAD

8 ingredients · 15 minutes · 4 servings

Ingredients

- 1 1/2 cups Brown Rice Pasta Shells (dry)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered, sliced)
- 1/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving

Calories 292	Calcium 24mg
Fat 13g	Iron 2mg
Saturated 2g	Vitamin D 0IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 2g	Thiamine 0mg
Monounsaturated 9g	Riboflavin 0mg
Carbs 40g	Niacin 3mg
Fiber 3g	Vitamin B6 0.1mg
Sugar 2g	Folate 11µg
Protein 5g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 23mg
Sodium 87mg	Magnesium 12mg
Potassium 264mg	Zinc 0mg
Vitamin A 544IU	Selenium 0µg
Vitamin C 9mg	



TURKEY & CABBAGE STIR FRY

8 ingredients · 15 minutes · 4 servings

Directions

1. Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, 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 and set the turkey aside.
2. To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
3. Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
4. Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
5. Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings

Top with additional cilantro.

No Turkey

Use ground chicken or pork instead.



GROUND TURKEY, BROCCOLI & SWEET POTATO

8 ingredients · 25 minutes · 2 servings

Directions

1. Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
2. Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
3. While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
4. To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

No Turkey

Use ground chicken, ground pork, or ground beef instead.

No Broccoli

Use another vegetable instead.



GROUND TURKEY, BROCCOLI & SWEET POTATO

8 ingredients · 25 minutes · 2 servings

Ingredients

2 Sweet Potato (small, peeled and cubed)
 1/4 cup Chicken Broth
 1 1/2 tsps Avocado Oil
 3 cups Broccoli (cut into florets)
 8 ozs Extra Lean Ground Turkey
 1/4 cup Red Onion (finely chopped)
 2 Garlic (clove, minced)
 1 tsp Italian Seasoning

Nutrition

Amount per serving

Calories 373	Calcium 138mg
Fat 14g	Iron 3mg
Saturated 3g	Vitamin D 16IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 4g	Thiamine 0.3mg
Monounsaturated 6g	Riboflavin 0.5mg
Carbs 38g	Niacin 8mg
Fiber 8g	Vitamin B6 1.0mg
Sugar 9g	Folate 112µg
Protein 28g	Vitamin B12 1.4µg
Cholesterol 84mg	Phosphorous 381mg
Sodium 311mg	Magnesium 88mg
Potassium 1157mg	Zinc 4mg
Vitamin A 19377IU	Selenium 26µg
Vitamin C 127mg	



TURKEY & CABBAGE STIR FRY

10 ingredients · 20 minutes · 3 servings

Ingredients

1 lb Extra Lean Ground Turkey
 1 tbsp Coconut Oil
 8 cups Green Cabbage (thinly sliced)
 1 Carrot (large, julienned)
 1/4 cup Water
 1/4 cup Coconut Aminos
 1 Lime (juiced, plus more for garnish)
 3 Garlic (clove, minced)
 1 tbsp Ginger (fresh, minced or grated)
 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories 365	Calcium 145mg
Fat 17g	Iron 3mg
Saturated 7g	Vitamin D 21IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 4g	Thiamine 0.3mg
Monounsaturated 5g	Riboflavin 0.4mg
Carbs 22g	Niacin 9mg
Fiber 7g	Vitamin B6 0.9mg
Sugar 13g	Folate 120µg
Protein 32g	Vitamin B12 1.8µg
Cholesterol 112mg	Phosphorous 369mg
Sodium 524mg	Magnesium 67mg
Potassium 842mg	Zinc 4mg
Vitamin A 3927IU	Selenium 30µg
Vitamin C 94mg	



TURKEY TACO SKILLET WITH CAULIFLOWER RICE

13 ingredients · 30 minutes · 4 servings

Directions

1. Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
2. Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

Notes

Cauliflower Rice

Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

Vegan & Vegetarian

Use cooked lentils instead of ground turkey.

Save Time

Use pre-riced cauliflower.

Dairy-Lover

Top with Greek yogurt or grated cheese.

Leftovers

Store in the fridge for up to three days.

No Avocado Oil

Use coconut or olive oil instead.



DECONSTRUCTED BURGER BOWL

11 ingredients · 15 minutes · 4 servings

Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
3. In a small bowl combine the mayonnaise and Dijon mustard.
4. Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

Additional Toppings

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.



DECONSTRUCTED BURGER BOWL

11 ingredients · 15 minutes · 4 servings

Ingredients

1 lb Extra Lean Ground Beef
1 tbsp Italian Seasoning
1 tsp Chili Powder
1 tsp Cumin
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Mayonnaise
2 tsps Dijon Mustard
1 1/2 heads Romaine Hearts (chopped)
1 cup Cherry Tomatoes (chopped)
8 stalks Green Onion (chopped, green tops only)

Nutrition

Amount per serving

Calories 316	Calcium 43mg
Fat 22g	Iron 3mg
Saturated 6g	Vitamin D 4IU
Trans 1g	Vitamin E 1mg
Polyunsaturated 7g	Thiamine 0.1mg
Monounsaturated 7g	Riboflavin 0.2mg
Carbs 4g	Niacin 6mg
Fiber 1g	Vitamin B6 0.5mg
Sugar 2g	Folate 35µg
Protein 24g	Vitamin B12 2.5µg
Cholesterol 80mg	Phosphorous 235mg
Sodium 511mg	Magnesium 36mg
Potassium 546mg	Zinc 6mg
Vitamin A 2416IU	Selenium 19µg
Vitamin C 9mg	



TURKEY TACO SKILLET WITH CAULIFLOWER RICE

13 ingredients · 30 minutes · 4 servings

Ingredients

1 tsp Avocado Oil
1 lb Extra Lean Ground Turkey
1/2 Yellow Onion (chopped)
1 Red Bell Pepper (diced)
1 Yellow Bell Pepper (diced)
1 tbsp Chili Powder
1 tsp Paprika
1 tsp Cumin
1/4 tsp Sea Salt
1 3/4 cups Diced Tomatoes (drained)
5 cups Cauliflower Rice
1 Avocado (sliced, optional)
1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving

Calories 356	Calcium 99mg
Fat 19g	Iron 4mg
Saturated 4g	Vitamin D 16IU
Trans 0g	Vitamin E 3mg
Polyunsaturated 4g	Thiamine 0.1mg
Monounsaturated 9g	Riboflavin 0.3mg
Carbs 20g	Niacin 8mg
Fiber 9g	Vitamin B6 0.8mg
Sugar 8g	Folate 76µg
Protein 27g	Vitamin B12 1.4µg
Cholesterol 84mg	Phosphorous 275mg
Sodium 340mg	Magnesium 54mg
Potassium 971mg	Zinc 3mg
Vitamin A 2568IU	Selenium 22µg
Vitamin C 192mg	



HERBED CHICKEN TENDERS WITH HONEY DIJON

8 ingredients · 40 minutes · 4 servings

Directions

1. Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
2. Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
3. Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
4. Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
5. Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
6. To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats

Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian

Use tofu strips instead of chicken.

Leftovers

Keeps well in the fridge up to 3 days.



MANGO COCONUT POPSICLES

2 ingredients · 40 minutes · 4 servings

Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk

Use almond milk or cashew milk instead.



MANGO COCONUT POPSICLES

2 ingredients · 40 minutes · 4 servings

Ingredients

2 cups Frozen Mango
1 cup Canned Coconut Milk (divided)

Nutrition

Amount per serving

Calories 156	Calcium 11mg
Fat 11g	Iron 0mg
Saturated 10g	Vitamin D 0IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 0g	Thiamine 0mg
Monounsaturated 0g	Riboflavin 0mg
Carbs 14g	Niacin 1mg
Fiber 1g	Vitamin B6 0.1mg
Sugar 12g	Folate 35µg
Protein 1g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 12mg
Sodium 16mg	Magnesium 8mg
Potassium 230mg	Zinc 0mg
Vitamin A 893IU	Selenium 0µg
Vitamin C 30mg	



HERBED CHICKEN TENDERS WITH HONEY DIJON

8 ingredients · 40 minutes · 4 servings

Ingredients

1 lb Chicken Breast (skinless, boneless, sliced into strips)
2 tbsps Avocado Oil (divided)
1/2 cup Oats (quick)
1 tbsp Italian Seasoning
1/2 tsp Sea Salt
6 Carrot (medium, peeled and sliced into fries)
1/4 cup Dijon Mustard
3 tbsps Raw Honey

Nutrition

Amount per serving

Calories 333	Calcium 41mg
Fat 11g	Iron 1mg
Saturated 2g	Vitamin D 1IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 2g	Thiamine 0.2mg
Monounsaturated 6g	Riboflavin 0.3mg
Carbs 28g	Niacin 12mg
Fiber 4g	Vitamin B6 1.1mg
Sugar 16g	Folate 31µg
Protein 28g	Vitamin B12 0.2µg
Cholesterol 82mg	Phosphorous 314mg
Sodium 575mg	Magnesium 57mg
Potassium 707mg	Zinc 1mg
Vitamin A 15320IU	Selenium 29µg
Vitamin C 5mg	



WARM APPLES WITH CINNAMON

3 ingredients · 10 minutes · 2 servings

Directions

1. In a pan, melt coconut oil over medium heat.
2. Add apple slices and sauté until soft, about 5 to 8 minutes.
3. Sprinkle cinnamon over top and stir to coat evenly.
4. Divide into bowls and enjoy!

Notes

Serve it With

Banana ice cream, Paleo Granola or on top of oatmeal.

No Apples

Use pears.



PB & J SANDWICH SKEWERS

6 ingredients · 10 minutes · 3 servings

Directions

1. Spread the peanut butter on half the bread slices and the jam on the remaining slices. Close the sandwiches and cut each one into six equal-sized pieces.
2. Take a barbecue skewer and thread a piece of sandwich, a grape, a blueberry, and then repeat one more time. Repeat with each skewer until all of the ingredients are used up. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two skewers.

No Peanut Butter

Use almond, cashew, or sunflower seed butter instead.

No Strawberry Jam

Use another jam of choice.



PB & J SANDWICH SKEWERS

6 ingredients · 10 minutes · 3 servings

Ingredients

- 1/4 cup All Natural Peanut Butter
- 4 slices Whole Grain Bread
- 1/4 cup Strawberry Jam
- 1/2 cup Grapes
- 1/4 cup Blueberries
- 6 Barbecue Skewers



WARM APPLES WITH CINNAMON

3 ingredients · 10 minutes · 2 servings

Ingredients

- 1 tbsp Coconut Oil
- 2 Apple (cored and sliced)
- 1 tsp Cinnamon

Nutrition

Amount per serving

Calories 325	Calcium 70mg
Fat 13g	Iron 2mg
Saturated 3g	Vitamin D 0IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 4g	Thiamine 0.2mg
Monounsaturated 6g	Riboflavin 0.1mg
Carbs 41g	Niacin 5mg
Fiber 6g	Vitamin B6 0.3mg
Sugar 17g	Folate 56µg
Protein 12g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 200mg
Sodium 214mg	Magnesium 81mg
Potassium 285mg	Zinc 2mg
Vitamin A 22IU	Selenium 19µg
Vitamin C 2mg	

Nutrition

Amount per serving

Calories 159	Calcium 24mg
Fat 7g	Iron 0mg
Saturated 6g	Vitamin D 0IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 0g	Thiamine 0mg
Monounsaturated 0g	Riboflavin 0.1mg
Carbs 26g	Niacin 0mg
Fiber 5g	Vitamin B6 0.1mg
Sugar 19g	Folate 6µg
Protein 1g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 21mg
Sodium 2mg	Magnesium 10mg
Potassium 200mg	Zinc 0mg
Vitamin A 102IU	Selenium 0µg
Vitamin C 8mg	



HOMEMADE TOMATO SOUP WITH GRILLED CHEESE

10 ingredients · 45 minutes · 4 servings

Directions

1. In a large pot, heat half of the oil over medium heat. Add the onion, bell pepper, garlic, salt, and pepper. Cook for seven to eight minutes or until the vegetables are soft and lightly browned. Add a splash of broth if needed.
2. Stir in the canned tomatoes, remaining broth, and half of the oregano. Bring to a boil, then simmer covered for 15 to 20 minutes.
3. Remove from the heat and use an immersion blender to blend the soup until smooth. Alternatively, carefully pour the soup into a high-powered blender and blend until smooth. Work in batches as needed and vent for heat to escape. Stir in the remaining oregano.
4. To make the grilled cheese, place the cheese between the bread to form a sandwich. Heat a pan over medium-low heat. Once hot, add the remaining oil and place the sandwich in the pan. Cook for two to three minutes per side or until both sides are browned and the cheese has melted. Repeat with each sandwich. Add more oil to the pan if needed.
5. Divide the soup evenly into bowls and serve with the grilled cheese sandwiches. Enjoy!

Notes

Leftovers

Refrigerate the soup in an airtight container for up to three days. Freeze for up to three months. The sandwiches are best served fresh.

Serving Size

One serving is one grilled cheese sandwich with approximately 1 1/4 cup of soup. One slice of sourdough bread is approximately 1 3/4 oz or 50 grams.

More Flavor

Blend fresh parsley and basil into the soup.

No Chicken Broth

Use vegetable broth instead.



CHICKEN PARMESAN SUBS

10 ingredients · 1 hour · 5 servings

Directions

1. Preheat the oven to 400°F (205°C).
2. In a bowl, combine the bread crumbs and milk. Let soak for five minutes. Mix in the ground chicken, egg, parmesan cheese, and seasoning.
3. Roll the mixture into 1 1/2-inch (4 cm) meatballs. Place the meatballs in a baking dish and pour the marinara sauce over them. Bake for 30 to 35 minutes, or until the meatballs are cooked through.
4. Turn on the oven broiler. Top the meatballs with mozzarella and broil for two to four minutes until the cheese melts and browns slightly.
5. Divide the meatballs and sauce evenly among the toasted buns. Garnish with parsley and extra parmesan. Serve warm and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the meatballs and sauce in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is one sub.



CHICKEN PARMESAN SUBS

10 ingredients · 1 hour · 5 servings

Ingredients

1/2 cup Bread Crumbs
3 tbsps Cow's Milk, Whole
1 lb Extra Lean Ground Chicken
1 Egg (large)
1/4 cup Parmigiano Reggiano (grated, plus more for garnish)
2 tsps Italian Seasoning
3 cups Marinara Sauce
4 ozs Mozzarella Cheese (shredded)
12 ozs Whole Wheat Hot Dog Bun (toasted)
2 tbsps Parsley (finely chopped)

Nutrition

Amount per serving

Calories 521	Calcium 238mg
Fat 21g	Iron 5mg
Saturated 7g	Vitamin D 13IU
Trans 0g	Vitamin E 0mg
Polyunsaturated 2g	Thiamine 0.2mg
Monounsaturated 4g	Riboflavin 0.4mg
Carbs 47g	Niacin 8mg
Fiber 6g	Vitamin B6 0.5mg
Sugar 8g	Folate 20µg
Protein 33g	Vitamin B12 0.7µg
Cholesterol 141mg	Phosphorous 208mg
Sodium 866mg	Magnesium 27mg
Potassium 529mg	Zinc 2mg
Vitamin A 879IU	Selenium 15µg
Vitamin C 16mg	



HOMEMADE TOMATO SOUP WITH GRILLED CHEESE

10 ingredients · 45 minutes · 4 servings

Ingredients

12 tbsps Extra Virgin Olive Oil (divided)
1/2 Yellow Onion (medium, chopped)
1 Red Bell Pepper (large, chopped)
2 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
2 cups Chicken Broth, Low Sodium (divided)
3 1/2 cups Canned Whole Tomatoes (with the juices)
1 tbsp Oregano (divided)
4 ozs Cheddar Cheese (sliced or grated)
14 ozs Sourdough Bread

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Nutrition

Amount per serving

Calories 503	Calcium 264mg
Fat 17g	Iron 5mg
Saturated 7g	Vitamin D 7IU
Trans 0g	Vitamin E 2mg
Polyunsaturated 1g	Thiamine 0mg
Monounsaturated 8g	Riboflavin 0.2mg
Carbs 61g	Niacin 2mg
Fiber 5g	Vitamin B6 0.1mg
Sugar 8g	Folate 23µg
Protein 21g	Vitamin B12 0.4µg
Cholesterol 28mg	Phosphorous 176mg
Sodium 1086mg	Magnesium 15mg
Potassium 223mg	Zinc 1mg
Vitamin A 2171IU	Selenium 8µg
Vitamin C 62mg	



ALMOND BUTTER & APPLE SANDWICH

3 ingredients · 10 minutes · 1 serving

Directions

1. Spread the almond butter evenly onto the toast. Arrange the thinly sliced apple on top. Close the sandwich and slice. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one sandwich.

More Flavor

Sprinkle with cinnamon, a drizzle of honey, or a pinch of sea salt.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

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



CHICKEN PESTO MINI PITAS

6 ingredients · 10 minutes · 2 servings

Directions

1. In a bowl, add the chicken breast and pesto. Stir well until the chicken pieces are well coated with pesto. Taste and add salt and pepper as needed.
2. Season the tomato slices with salt. Cut the pitas in half and stuff them with chicken, tomato, and romaine lettuce. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one stuffed mini pita.

More Flavor

Add pickle and red onion.

Gluten-Free

Use a gluten-free pita or bread.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.



CHICKEN PESTO MINI PITAS

6 ingredients · 10 minutes · 2 servings

Ingredients

6 ozs Chicken Breast, Cooked (cubed)
1 1/2 tbsps Pesto
Sea Salt & Black Pepper (to taste)
1/2 Tomato (small, sliced)
2 ozs Mini Whole Wheat Pita
2 leaves Romaine (chopped)

Nutrition

Amount per serving

Calories 251	Calcium 69mg
Fat 7g	Iron 2mg
Saturated 2g	Vitamin D 1IU
Trans 0g	Vitamin E 1mg
Polyunsaturated 1g	Thiamine 0.1mg
Monounsaturated 4g	Riboflavin 0.3mg
Carbs 18g	Niacin 11mg
Fiber 3g	Vitamin B6 1.0mg
Sugar 1g	Folate 48µg
Protein 31g	Vitamin B12 0.2µg
Cholesterol 88mg	Phosphorous 268mg
Sodium 257mg	Magnesium 41mg
Potassium 526mg	Zinc 1mg
Vitamin A 3064IU	Selenium 24µg
Vitamin C 6mg	



ALMOND BUTTER & APPLE SANDWICH

3 ingredients · 10 minutes · 1 serving

Ingredients

2 tbsps Almond Butter
3 1/2 ozs Sourdough Bread (toasted)
1/2 Apple (medium, thinly sliced)

Nutrition

Amount per serving

Calories 487	Calcium 114mg
Fat 17g	Iron 4mg
Saturated 1g	Vitamin D 0IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 4g	Thiamine 0mg
Monounsaturated 10g	Riboflavin 0.3mg
Carbs 66g	Niacin 1mg
Fiber 7g	Vitamin B6 0.1mg
Sugar 11g	Folate 19µg
Protein 16g	Vitamin B12 0µg
Cholesterol 0mg	Phosphorous 169mg
Sodium 480mg	Magnesium 92mg
Potassium 331mg	Zinc 1mg
Vitamin A 49IU	Selenium 1µg
Vitamin C 6mg	