



Meal Plan Notes:

Remember these recipes are to give you ideas. Make them your own.

Swap the fruit and veggies for ones you have on hand.

Use any kind of milk you like.

Check serving sizes.

Swap avocado oil for olive oil or coconut oil. Avoid canola oil.

Feel free to add any sauces or dressings, a sprinkle of cheese or spices to adapt meals to your preferences.



Breakfast Frittata

5 servings

25 minutes

Ingredients

15 Egg
1/4 cup Cow's Milk, Whole
1 tbsp Extra Virgin Olive Oil
2 cups Mushrooms (sliced)
1 cup Broccoli (diced - swap for any greens you have. Beans, Cauliflower, Peas, Kale, Spinach)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
2 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	344
Fat	21g
Saturated	7g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	7g
Fiber	1g
Sugar	5g
Protein	30g
Cholesterol	574mg
Sodium	492mg
Potassium	498mg
Vitamin A	1253IU
Vitamin C	18mg
Calcium	180mg
Iron	3mg
Vitamin D	134IU
Vitamin E	2mg
Vitamin B6	0.4mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs, milk and cottage cheese to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and greens and cook until the mushrooms have softened and the greens are fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Folate	101µg
Vitamin B12	1.8µg
Magnesium	34mg
Zinc	3mg
Selenium	59µg



Blended Raspberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

3/4 cup Cow's Milk, Reduced Fat
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Maple Syrup
1 cup Raspberries (divided)

Nutrition

Amount per serving	
Calories	560
Fat	17g
Saturated	4g
Polyunsaturated	10g
Monounsaturated	2g
Carbs	70g
Fiber	21g
Sugar	40g
Protein	38g
Cholesterol	27mg
Sodium	170mg
Potassium	798mg
Vitamin A	353IU
Vitamin C	36mg
Calcium	760mg
Iron	4mg
Vitamin D	25IU
Vitamin E	1mg
Vitamin B6	0.3mg
Folate	43µg
Vitamin B12	1.6µg
Magnesium	103mg
Zinc	3mg
Selenium	12µg

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and half of the raspberries. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with remaining raspberries and enjoy!



Ham, Egg & Cottage Cheese Tortilla Sandwich

1 serving
10 minutes

Ingredients

2 Egg
1 stalk Green Onion (sliced finely)
1/4 cup Baby Spinach (chopped)
1/4 cup Cottage Cheese
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla (large)
57 grams Sliced Ham

Nutrition

Amount per serving	
Calories	402
Fat	19g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	34g
Cholesterol	419mg
Sodium	1157mg
Potassium	530mg
Vitamin A	1799IU
Vitamin C	4mg
Calcium	216mg
Iron	4mg
Vitamin D	85IU
Vitamin E	2mg
Vitamin B6	0.5mg
Folate	131µg
Vitamin B12	1.3µg
Magnesium	70mg
Zinc	4mg

Directions

- 1 In a bowl, whisk together the eggs, onions, spinach, and cottage cheese. Season with salt and pepper.
- 2 Preheat a non-stick pan over medium high heat. Add the egg mixture and top with the tortilla. Cook for three to four minutes or until the eggs are done to your preference.
- 3 Using a plate to cover the pan, flip the pan upside down so the tortilla goes onto the plate. Then slide the tortilla back into the pan with the eggs facing up. Top with ham and fold the tortilla in two.
- 4 Slice in half and enjoy!

Selenium

72µg



Greek Yogurt with Orange, Blueberries & Pumpkin Seeds

1 serving

5 minutes

Ingredients

1 cup Plain Greek Yogurt
1/2 Navel Orange (chopped)
1/3 cup Blueberries
2 tbsps Pumpkin Seeds

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Nutrition

Amount per serving	
Calories	333
Fat	13g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	30g
Fiber	4g
Sugar	17g
Protein	28g
Cholesterol	34mg
Sodium	142mg
Potassium	285mg
Vitamin A	1452IU
Vitamin C	61mg
Calcium	540mg
Iron	2mg
Vitamin D	99IU
Vitamin E	1mg
Vitamin B6	0.1mg
Folate	36µg
Vitamin B12	0µg
Magnesium	106mg
Zinc	1mg
Selenium	2µg



Scrambled Eggs with Toasted Bagel & Peach

1 serving

10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
3 Egg (whisked)
1 Bagel (sliced in half, toasted)
1 Peach (sliced)
Sea Salt & Black Pepper

Directions

1

Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.

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2

Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

Nutrition

Amount per serving	
Calories	590
Fat	21g
Saturated	6g
Polyunsaturated	4g
Monounsaturated	9g
Carbs	70g
Fiber	4g
Sugar	22g
Protein	31g
Cholesterol	558mg
Sodium	656mg
Potassium	604mg
Vitamin A	1299IU
Vitamin C	10mg
Calcium	323mg
Iron	7mg
Vitamin D	123IU
Vitamin E	11mg
Vitamin B6	0.4mg
Folate	188µg
Vitamin B12	1.4µg
Magnesium	62mg
Zinc	3mg
Selenium	69µg



Sausage & Veggies with Eggs

2 servings

30 minutes

Ingredients

198 grams Pork Sausage
2 Tomato (quartered)
227 grams Portobello Mushroom Caps
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
2 Egg
99 grams Sourdough Bread (sliced, toasted)
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	619
Fat	40g
Saturated	12g
Polyunsaturated	6g
Monounsaturated	19g
Carbs	34g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	244mg
Sodium	1276mg
Potassium	503mg
Vitamin A	2324IU
Vitamin C	26mg
Calcium	51mg
Iron	4mg
Vitamin D	85IU
Vitamin E	2mg
Vitamin B6	0.3mg
Folate	63µg

Directions

- 1 Adjust the rack to the top position and preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Place the sausages on one side of the prepared baking sheet and cook for five minutes.
- 3 Arrange the tomatoes and the mushrooms (stem sides down) on the empty side of the baking sheet. Drizzle with half of the oil and season with salt and pepper. Return to the oven and cook until the veggies are tender and the sausages are cooked through, about 14 to 16 minutes.
- 4 Meanwhile, heat the remaining oil in a non-stick pan over medium-high heat. Cook the eggs until the whites are set, and the yolk is cooked to your liking. Set aside.
- 5 Divide the sausages, eggs, mushrooms, tomatoes, and toast between plates. Garnish with parsley and enjoy!

Vitamin B12	1.0µg
Magnesium	30mg
Zinc	2mg
Selenium	16µg



Spinach, Bacon & Cheese Scramble

1 serving
10 minutes

Ingredients

2 Egg
2 slices Bacon, Cooked (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Extra Virgin Olive Oil
3 cups Baby Spinach
42 grams Cheddar Cheese (shredded)

Directions

- 1 In a small bowl whisk the eggs and add the bacon. Season with salt and pepper.
- 2 Heat a skillet over medium heat and drizzle the oil. Once hot, add the spinach and cook until just wilted, about one minute. Pour in the egg mixture and add the cheese and cook, stirring occasionally until the eggs are cooked to your liking. Remove from heat and enjoy!

Nutrition

Amount per serving	
Calories	442
Fat	33g
Saturated	14g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	31g
Cholesterol	431mg
Sodium	843mg
Potassium	759mg
Vitamin A	9507IU
Vitamin C	25mg
Calcium	445mg
Iron	5mg
Vitamin D	92IU
Vitamin E	4mg
Vitamin B6	0.4mg
Folate	233µg
Vitamin B12	1.5µg
Magnesium	99mg
Zinc	4mg
Selenium	53µg



Mushroom & Chive Omelette

1 serving
15 minutes

Ingredients

- 1 tbsp Butter (divided)
- 2 cups Mushrooms (sliced)
- 1 tbsp Chives (chopped)
- 4 Egg

Nutrition

Amount per serving	
Calories	431
Fat	31g
Saturated	14g
Polyunsaturated	5g
Monounsaturated	11g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	31g
Cholesterol	775mg
Sodium	295mg
Potassium	899mg
Vitamin A	1565IU
Vitamin C	6mg
Calcium	124mg
Iron	5mg
Vitamin D	177IU
Vitamin E	2mg
Vitamin B6	0.6mg
Folate	130µg
Vitamin B12	1.9µg
Magnesium	43mg
Zinc	4mg
Selenium	79µg

Directions

- 1 Heat half of the butter in a pan over medium heat. Add the mushrooms and cook for five to seven minutes until the mushrooms have softened. Add the chives and transfer to a plate to set aside.
- 2 Whisk the eggs in a small bowl.
- 3 Heat the remaining butter in the pan. Add the eggs and cook until almost set. Place the mushrooms on one half of the omelette and fold the other half over top. Remove from heat and enjoy!



Orange & Yogurt Breakfast Box

1 serving
15 minutes

Ingredients

2 Egg
1 Clementines (peeled, sectioned)
3/4 cup Plain Greek Yogurt
1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	494
Fat	29g
Saturated	8g
Polyunsaturated	9g
Monounsaturated	9g
Carbs	22g
Fiber	3g
Sugar	12g
Protein	39g
Cholesterol	397mg
Sodium	250mg
Potassium	530mg
Vitamin A	1482IU
Vitamin C	48mg
Calcium	468mg
Iron	5mg
Vitamin D	157IU
Vitamin E	2mg
Vitamin B6	0.3mg
Folate	83µg
Vitamin B12	0.9µg
Magnesium	210mg
Zinc	4mg
Selenium	34µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!



Cinnamon & Banana Protein Oatmeal

1 serving
15 minutes

Ingredients

1 cup Soy Milk
1/2 cup Oats (rolled)
1/4 cup Vanilla Protein Powder
1 tbsp Hemp Seeds
1/8 tsp Cinnamon
1 Banana (sliced)

Nutrition

Amount per serving	
Calories	505
Fat	12g
Saturated	2g
Polyunsaturated	7g
Monounsaturated	2g
Carbs	69g
Fiber	9g
Sugar	24g
Protein	35g
Cholesterol	4mg
Sodium	157mg
Potassium	1109mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	451mg
Iron	4mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.8mg
Folate	78µg
Vitamin B12	2.7µg
Magnesium	242mg
Zinc	5mg
Selenium	25µg

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!