



Enjoy this week's healthy meal plan!

Breakfast

- Cottage Cheese Protein Pancakes

Smoothie

- Ginger Peach Mango Lassi

Dinners

- Avocado Corn Salad + Rotisserie Chicken
- Salmon Tacos with Cilantro Lime Dressing
- Chickpea & Spinach Pasta Salad
- Lime Coconut Shrimp & Quinoa

Dessert

- No-Bake Cocoa Lemon Energy Bites

SHOPPING LIST ADDITIONS:

- Add a cooked rotisserie chicken to go with the corn salad.
- Add your favorite summer fresh fruit to enjoy with any of the dinners.

Fruits

- ☐ 2 Avocadoes
- ☐ 1/4 cup Fresh Lime Juice
- ☐ 1 Large Orange
- ☐ 2 tsps Lemon Juice
- ☐ 1 tsp Lemon Zest
- ☐ 1 Lime
- ☐ 1 Peach
- ☐ 1 cup Raspberries

Breakfast

- ☐ 2 1/3 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tsp Cinnamon
- ☐ 1/4 teaspoon Ground Black Pepper
- ☐ 1/2 tsp Ground Ginger
- ☐ 1 tbsp Hemp Seeds
- ☐ 1 cup Pecans
- ☐ 1/4 teaspoon Salt
- ☐ 0 pinch Salt
- ☐ 1/8 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Taco Seasoning

Frozen

- ☐ 1 cup Frozen Mango

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 2 cups Cherry Tomatoes
- ☐ 1/2 Cucumber
- ☐ 2 cups Fresh Cilantro
- ☐ 4 ears Fresh Corn Cobs
- ☐ 2 stalks Green Onion
- ☐ 1 Jalapeno
- ☐ 1/2 Orange Bell Pepper
- ☐ 1 cup Purple Cabbage
- ☐ 1 Red Bell Pepper
- ☐ 1 1/2 tsps Shallot
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1/2 cup Canned Coconut Milk
- ☐ 4 ozs Chickpea Pasta
- ☐ 1/2 cup Chickpeas
- ☐ 1/2 cup Corn
- ☐ 1/2 cup Lentils
- ☐ 2/3 cup Quinoa

Baking

- ☐ 2 tsps Cocoa Powder
- ☐ 1 cup Gluten Free Oats
- ☐ 3/4 tsp Vanilla Extract
- ☐ 0 Vegetable Oil Spray

Bread, Fish, Meat & Cheese

- ☐ 4 Corn Tortilla
- ☐ 10 ozs Salmon Fillet
- ☐ 10 ozs Shrimp

Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 1/4 cup Cilantro Lime Dressing
- ☐ 2 tsps Extra Virgin Olive Oil
- ☐ 2 tsps Italian Dressing
- ☐ 2 tsps White Balsamic Vinegar

Cold

- ☐ 1/2 cup Almond Milk
- ☐ 1/2 cup Cottage Cheese
- ☐ 1 cup Crumbled Queso Fresco
- ☐ 1/2 cup Lactose Free Cottage Cheese
- ☐ 2 Large Eggs
- ☐ 1/2 cup Plain Greek Yogurt



Easy Avocado Corn Salad with Tomato and Cilantro

10 servings

15 minutes

Ingredients

4 ears Fresh Corn Cobs (husk removed)
2 cups Cherry Tomatoes (or grape tomatoes)
2 Avocados
2 cups Fresh Cilantro (loosely packed)
1 cup Crumbled Queso Fresco (or feta cheese)
1 Jalapeno (optional, to taste)
1/4 cup Fresh Lime Juice
1/4 cup Avocado Oil
2 tbsps White Balsamic Vinegar
1/4 teaspoon Salt (or, to taste)
1/4 teaspoon Ground Black Pepper (or, to taste)

Nutrition

Amount per serving	
Calories	137
Fat	9g
Saturated	2g
Carbs	11g
Fiber	1g
Sugar	3g
Protein	4g
Cholesterol	9mg
Sodium	105mg
Potassium	188mg
Vitamin A	266IU
Vitamin C	8mg
Calcium	83mg
Iron	0mg

Directions

- 1 Remove the husk from the corn cobs. Place them on a microwave safe dish. Microwave for about 2 minutes. Carefully turn over the hot corn and microwave for an additional 2 minutes. Allow to cool. Carefully scrape the corn kernels off the cob with a knife.
- 2 While the corn is cooking, cut the cherry (or grape) tomatoes in half. Remove the skin and pit from the avocado and cut into chunks. Lightly chop the cilantro.
- 3 Combine the corn kernel, tomatoes, avocado, and cilantro in a large mixing or serving bowl. Add the crumbled queso fresco. Add optional jalapeno to taste, if desired.
- 4 Make the dressing. Mix the lime juice, avocado oil, white balsamic vinegar, salt, and pepper in a mason jar and shake well to combine the ingredients.
- 5 Pour the dressing over the other ingredients and toss to combine.
- 6 Add any additional ingredients if desired (see notes).

Notes

Optional Add-Ins: -Grilled or rotisserie chicken-mix it into the corn salad for a main dish entree. -Black beans -Diced red onion -Cooked quinoa -Tortilla chips for serving.

Storage: Store in a well-sealed container in the refrigerator for up to 3 days. If you want to meal prep this salad ahead of time, prep everything but the avocado. Stir it in right before serving to keep the avocado from browning.

Vitamin D	0IU
Magnesium	8mg



Salmon Tacos with Cilantro Lime Dressing

2 servings

20 minutes

Ingredients

10 ozs Salmon Fillet
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Taco Seasoning
1/2 cup Corn (cooked)
1 cup Purple Cabbage (thinly sliced)
1/4 cup Cilantro Lime Dressing
(divided)
4 Corn Tortilla (small, warmed)

Nutrition

Amount per serving	
Calories	600
Fat	32g
Saturated	4g
Carbs	43g
Fiber	5g
Sugar	4g
Protein	36g
Cholesterol	72mg
Sodium	796mg
Potassium	709mg
Vitamin A	824IU
Vitamin C	27mg
Calcium	249mg
Iron	3mg
Vitamin D	798IU
Magnesium	59mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Coat the salmon in oil and season with taco seasoning. Place the salmon on the baking sheet and cook in the oven for 12 to 14 minutes, or until cooked through.
- 3 Meanwhile, combine the corn, cabbage, and half of the cilantro lime dressing in a bowl.
- 4 Divide the salmon and corn mixture evenly among the warmed tortillas. Top with the remaining dressing and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate the ingredients in separate airtight containers for up to three days and assemble just before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cilantro, jalapeño, and/or salsa.

No Cilantro Lime Dressing: Use green goddess dressing or your favorite dressing of choice instead.



Chickpea & Spinach Pasta Salad

2 servings

55 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1/2 cup Chickpeas (cooked)
1 cup Baby Spinach
1/2 Cucumber (medium, diced)
1/2 Orange Bell Pepper (medium, diced)
1 1/2 tbsps Shallot (finely chopped)
1/2 cup Cottage Cheese
1 tbsp Hemp Seeds
2 tbsps Italian Dressing
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	375
Fat	10g
Saturated	1g
Carbs	54g
Fiber	13g
Sugar	12g
Protein	27g
Cholesterol	9mg
Sodium	406mg
Potassium	567mg
Vitamin A	1675IU
Vitamin C	93mg
Calcium	146mg
Iron	8mg
Vitamin D	2IU
Magnesium	88mg

Directions

- 1 Cook the chickpea pasta according to the package directions. Drain and let it cool.
- 2 In a large bowl, combine the chickpeas, spinach, cucumbers, bell peppers, shallots, cottage cheese, hemp seeds, Italian dressing, and the cooked pasta. Season with salt and pepper to taste and toss well to coat everything evenly.
- 3 Chill in the refrigerator for at least 30 minutes to allow the pasta to fully cool and the flavors to combine. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add nuts, seeds, and/or fresh herbs like chives and basil.

Dairy-Free: Omit the cottage cheese or substitute with a dairy-free alternative.



Lime Coconut Shrimp & Quinoa

2 servings

25 minutes

Ingredients

2/3 cup Quinoa (dry, rinsed)
1/2 tsp Extra Virgin Olive Oil
1 Zucchini (large, cut into big chunks)
1 Red Bell Pepper (medium, sliced)
10 ozs Shrimp (medium, peeled, deveined)
1/2 cup Canned Coconut Milk
Sea Salt & Black Pepper (to taste)
1 Lime (medium, juiced)
2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	486
Fat	16g
Saturated	11g
Carbs	47g
Fiber	7g
Sugar	7g
Protein	39g
Cholesterol	228mg
Sodium	199mg
Potassium	1210mg
Vitamin A	2558IU
Vitamin C	102mg
Calcium	149mg
Iron	4mg
Vitamin D	0IU
Magnesium	190mg

Directions

- 1 Cook the quinoa according to the package directions.
- 2 Meanwhile, heat the oil in a pan over medium heat. Add the zucchini and bell pepper, and cook for five to six minutes, stirring occasionally, until tender and lightly browned.
- 3 Add the shrimp, coconut milk, salt, and pepper. Stir to combine and bring to a simmer. Simmer for five minutes or until the shrimp are cooked and the flavors are well combined.
- 4 Remove from the heat and add the lime juice. Divide the quinoa and shrimp mixture evenly between bowls. Top with green onion and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2/3 cup of quinoa and one cup of shrimp and veggies.

More Flavor: Add chili flakes and broccoli to the shrimp mixture.

Additional Toppings: Sesame seeds and/or cilantro.



Gluten Free Protein Pancakes with Raspberries and Orange Zest

2 servings

10 minutes

Ingredients

1/2 cup Gluten Free Oats
1/2 cup Lactose Free Cottage Cheese
2 Large Eggs
1 Large Orange (zest and juice)
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1 cup Raspberries
Vegetable Oil Spray (high oleic sunflower, avocado, coconut, etc.)

Nutrition

Amount per serving	
Calories	203
Fat	4g
Saturated	1g
Carbs	33g
Fiber	8g
Sugar	13g
Protein	10g
Cholesterol	9mg
Sodium	168mg
Potassium	348mg
Vitamin A	94IU
Vitamin C	51mg
Calcium	99mg
Iron	1mg
Vitamin D	2IU
Magnesium	53mg

Directions

- 1 Add oats, cottage cheese, eggs, zest and juice from 1 orange, maple syrup, and vanilla extract to a blender.
- 2 Blend on high power until ingredients are well combined.
- 3 Heat a large skillet over medium heat. Spray with vegetable oil and pour batter onto skillet forming ~4-inch pancakes. Cook until bubbles form, then flip and cook until pancakes are light golden brown on both sides.
- 4 Remove from skillet and divide into 2 servings (3 pancakes each). Top each stack with 1/2 cup raspberries.

Notes

Low FODMAP Swap: Reduce raspberries to 2/3 cup total to allow for 1/3 cup per serving.



Ginger Peach Mango Lassi

1 serving

5 minutes

Ingredients

1/2 cup Almond Milk (or other non-dairy or dairy milk)

1/2 cup Plain Greek Yogurt

1 cup Frozen Mango

1/2 cup Lentils (precooked and (optional) frozen.)

1 Peach (extra ripe, pit removed)

1/2 tsp Ground Ginger

Salt

Directions

- 1 Place all ingredients in a blender. Blend on high power until creamy

Nutrition

Amount per serving	
Calories	384
Fat	5g
Saturated	2g
Carbs	66g
Fiber	13g
Sugar	40g
Protein	23g
Cholesterol	17mg
Sodium	161mg
Potassium	1021mg
Vitamin A	2907IU
Vitamin C	79mg
Calcium	537mg
Iron	5mg
Vitamin D	50IU
Magnesium	76mg



No Bake Cocoa Lemon Energy Bites

10 servings

8 minutes

Ingredients

1 cup Pecans
2 tbsps Cocoa Powder
2 tbsps Maple Syrup
2 tps Lemon Juice
1 tsp Lemon Zest
1 tsp Cinnamon
1/4 tsp Vanilla Extract
1/8 tsp Sea Salt
1/2 cup Gluten Free Oats

Nutrition

Amount per serving	
Calories	105
Fat	8g
Saturated	1g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	2g
Cholesterol	0mg
Sodium	30mg
Potassium	86mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	18mg
Iron	1mg
Vitamin D	0IU
Magnesium	25mg

Directions

- 1 Combine all ingredients in a food processor, and process until mixture is sticky and well combined.
- 2 Shape mixture in to 10 ~ 1-inch balls, and place on a tray or plate lined with parchment paper. You can eat them immediately, or place them in the freezer for at least 10 minutes {you can store them in the freezer as well} before eating.

Notes

Truffle Version: To turn these energy bites into truffles, omit the oats and add 1/3 cup additional pecans and 3 tablespoons hemp seeds and blend regularly. Nutrition for the truffles are 140 calories, 12 g fat, 8 g carbs {3 g fiber, 4 g sugar}, and 3 g protein.

Dietary Information: Both versions are gluten-free and vegan. The Energy Bites are suitable for a low FODMAP diet. The Truffles are grain-free, and suitable for a Paleo diet.