



TOP 10 LUNCHES

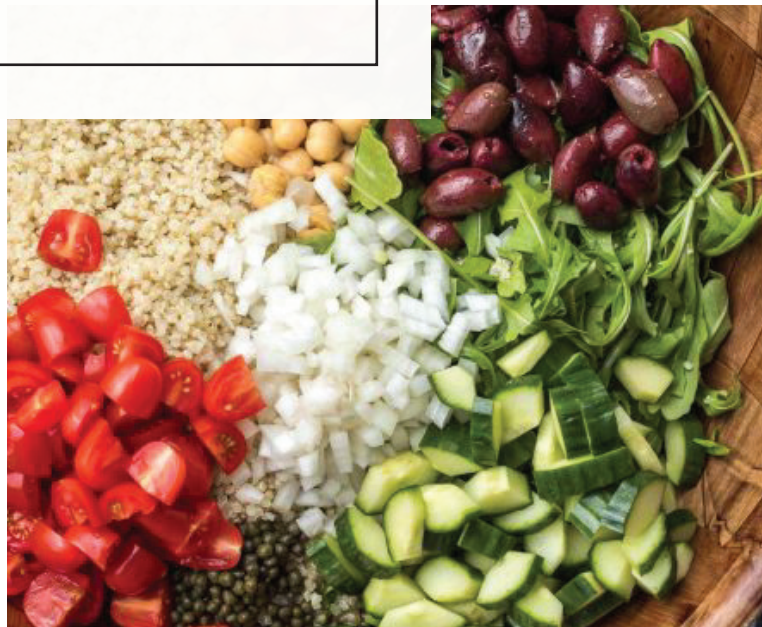


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ASIAN GROUND CHICKEN & RICE BOWL

COURSE: DINNER, ENTREE, LUNCH, MEAL PREP
CUISINE: ASIAN, CHINESE
SERVINGS: 4
CALORIES: 353 KCAL

INGREDIENTS:

1 1/2 TABLESPOONS OLIVE OIL
1 TABLESPOON GARLIC MINCED
2/3 CUP RED ONION DICED
1 LB GROUND CHICKEN
1 CUP BROWN RICE COOKED OR COOKED QUINOA
1/2 CUP GREEN ONIONS CHOPPED
1/4 CUP HOISIN SAUCE
3 TABLESPOONS WATER
1 TABLESPOON RICE VINEGAR
2 TABLESPOONS CHILI GARLIC SAUCE OR SRIRACHA
1 TABLESPOON GINGER
4 CUP LETTUCE CHOPPED
2 CUP SHREDDED RED CABBAGE
2 ROMA TOMATOES DICED
1 MEDIUM CUCUMBER CHOPPED
1/2 CUP CARROTS SHREDDED/MATCHSTICKS
1/2 CUP WATER CHESTNUTS



INSTRUCTIONS

Cook brown rice (or quinoa) according to the instructions given and set aside.

Mix together the ingredients for the sauce and set aside.

Pro-tip: if desired, add 2 teaspoons of arrowroot starch to the sauce as a thickener – it will coat the meat a bit more.

Set a nonstick skillet on medium heat. Once hot, add olive oil, garlic and red onion. Saute for about 3 minutes until the onions have turned brown and translucent. Toss in the ground chicken and chop it up while it cooks, about 5 minutes or until the chicken is no longer pink. Fold in the cooked brown rice and mix everything together. Reduce the heat to low, then pour in the sauce. Mix.

Add green onions, then remove the skillet from the heat and mix everything together.

Build the salad. If this is for meal prep, allow the meat to cool before adding to the meal prep container, otherwise it will wilt the salad. Alternatively, you can mix the salad together and keep the meat separate to warm up in the microwave, then add it to the salad when you're ready to enjoy it.

Pro-tips: to boost the calories, add 1/2 fresh avocado and if you would like more sauce, I recommend adding a low-calorie sesame ginger vinaigrette.

NUTRITION

Calories: 353kcal Carbohydrates: 38g Protein: 29g Fat: 10g Saturated Fat: 2g Cholesterol: 73mg Sodium: 869mg Potassium: 970mg Fiber: 6g Sugar: 14g Vitamin A: 3984IU Vitamin C: 41mg Calcium: 83mg Iron: 2mg

EDAMAME CAULIFLOWER RICE STIR-FRY

Portion-Control Containers: 3 Green, 1 Red, 1 Yellow A, 1 tsp.

COURSE: DINNER, ENTREE, LUNCH
CUISINE: ASIAN
SERVINGS: 1
CALORIES: 402 KCAL

INGREDIENTS:

1½ CUPS CAULIFLOWER RICE

¼ CUP RED ONION

¼ CUP RED BELL PEPPER

½ CUP KALE

½ CUP BROCCOLI

½ CUP CORN

¾ CUP EDAMAME

1 TSP. SESAME OIL

1 CLOVE GARLIC

2 TBSP. SOY SAUCE

1 TSP. SRIRACHA



INSTRUCTIONS

Microwave the frozen cauliflower rice per package instructions.

While cauliflower rice is cooking, open and drain can of corn and heat 2 tsp. sesame oil in a large nonstick skillet over medium-high heat.

Add ½ cup diced red onion, ½ cup diced red bell pepper, and 2 cloves minced garlic to skillet, cooking just until vegetables have softened (about 5 minutes).

Increase to high heat and add 3 cups cauliflower rice, 1 cup kale, 1 cup chopped broccoli, 1 cup corn, 1½ cups edamame, and ¼ cup soy sauce to skillet.

Stir-fry vegetables over high heat for an additional 10 minutes, stirring constantly to keep from burning.

Divide stir-fry into 2 large storage containers and refrigerate. When ready to eat, drizzle with 1 tsp. sriracha.

NUTRITION

Calories: 402kcal **Carbohydrates:** 54g **Protein:** 27g
Fat: 14g **Saturated Fat:** 2g **Trans Fat:** 1g **Sodium:**
1893mg **Potassium:** 1919mg **Fiber:** 16g **Sugar:** 15g
Vitamin A: 5008IU **Vitamin C:** 263mg **Calcium:**
224mg **Iron:** 6mg



MEDITERRANEAN QUINOA SALAD RECIPE

This Mediterranean inspired quinoa salad recipe is a delicious and healthy lunch option. Served with chickpeas, arugula, and a simple lemon vinaigrette dressing, this vegan dish is an incredible meal that you'll want to serve over and over again. #vegan #cleaneating

COURSE: ENTREE, SALAD
CUISINE: AMERICAN, MEDITERRANEAN
SERVINGS: 6
CALORIES: 351 KCAL

INGREDIENTS:

4 1/2 CUPS COOKED QUINOA 1 1/2 CUPS UNCOOKED

1 15- OUNCE CAN CHICKPEAS DRAINED AND RINSED

1/2 ENGLISH CUCUMBER SEEDED AND CHOPPED

1 CUP CHERRY TOMATOES QUARTERED

1/2 CUP RED BELL PEPPER DICED

1/4 CUP ONION DICED

1/2 CUP KALAMATA OLIVES SLICED

3 CUPS MIXED GREENS ARUGLA

1 GARLIC CLOVE MINCED

1/4 CUP OLIVE OIL

1/4 CUP LEMON JUICE

1 TEASPOON ITALIAN SEASONING

1/2 TEASPOON COARSE SALT

1/4 TEASPOON BLACK PEPPER



NUTRITION

Calories: 351kcal **Carbohydrates:** 45g **Protein:** 11g
Fat: 15g **Saturated Fat:** 2g **Sodium:** 598mg
Potassium: 531mg **Fiber:** 8g **Sugar:** 3g **Vitamin A:** 833IU
Vitamin C: 32mg **Calcium:** 75mg **Iron:** 4mg

INSTRUCTIONS

In a large bowl, combine the salad ingredients.
In a small bowl, whisk together the dressing ingredients.
Pour over salad and stir to evenly coat.

QUINOA CHICKEN SALAD IN A MASON JAR

Portion-Control Containers: 2 Green 1 Red 1 Yellow ½ Blue 1 tsp.

COURSE: DINNER, LUNCH, SALAD
CUISINE: AMERICAN, AMERICANA, MEDITERRANEAN
SERVINGS: 4
CALORIES: 437 KCAL

INGREDIENTS:

3 TBSP. BALSAMIC VINEGAR

2 TBSP. LEMON JUICE

1/2 TSP. HONEY OR PURE MAPLE SYRUP

1 TSP. MUSTARD

1 TBSP. OLIVE OIL EXTRA VIRGIN

2 CUPS QUINOA

4 CUPS CUCUMBER SLICED

4 CUPS CHERRY TOMATOS HALVED

3 CUPS CHICKEN BREASTS BONELESS, SKINLESS, SLICED

1/2 CUP FETA CHEESE

INSTRUCTIONS

To make dressing, combine vinegar, lemon juice, and honey in a medium bowl; whisk to blend.

Add mustard; mix well.

Slowly add oil while whisking; mix well. Evenly divide dressing between 4 one-quart Mason jars. Set aside.

Evenly layer quinoa, cucumbers, tomatoes, chicken, and cheese on top of dressing in jars.

Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

Variation (Add 1 green container per serving): Add 4 cups fresh baby spinach.



NUTRITION

Calories: 437kcal **Carbohydrates:** 32g **Protein:** 44g
Fat: 14g **Saturated Fat:** 5g **Cholesterol:** 113mg
Sodium: 335mg **Potassium:** 979mg **Fiber:** 5g
Sugar: 9g **Vitamin A:** 927IU **Vitamin C:** 41mg
Calcium: 163mg **Iron:** 4mg

THAI TURKEY BURGER WITH SWEET POTATO FRIED AND TANGY SLAW

COURSE: DINNER, LUNCH, MAIN COURSE, SALAD
CUISINE: ASIAN
SERVINGS: 8
CALORIES: 439 KCAL

INGREDIENTS: (FOR THE BURGERS)

2 LBS GROUND TURKEY

¾ CUP CILANTRO

4 TBSP GINGER

5 CLOVES GARLIC

2 MEDIUM JALAPEÑO

3 SMALL SHALLOTS

1.333 TBSP FISH SAUCE

2 TBSP SOY SAUCE

1 TBSP OLIVE OIL

FOR THE PEANUT SLAW

8 CUPS PURPLE CABBAGE

2 CUP CARROTS

1.5 TBSP SOY SAUCE

4 TBSP PB2

3 TBSP RICE VINEGAR

½ INCH GINGER

½ CLOVE GARLIC

3 TBSP HONEY

1½ TBSP WATER

2 TBSP LIME JUICE

INGREDIENTS: (FOR THE SWEET POTATO FRIES)

4 LARGE SWEET POTATOES CUT INTO STRIPS

½ TBSP OLIVE OIL

1 TSP GARLIC POWDER

SALT & PEPPER



INSTRUCTIONS

FOR THE SWEET POTATO FRIES

Preheat your oven to 400°F.

Cut your sweet potatoes into strips about ¼ inch thick. Use a mandolin if you have one, it will be much faster and you will get uniform cuts.

Spread the potatoes out on sheet pan and drizzle with olive oil. Season with garlic powder.

Bake for 10 minutes and then turn the fries and bake an addition 5–8 minutes. Watch them carefully to make sure they don't burn.

Season with salt and pepper to taste once they have finished cooking.

FOR THE TURKEY BURGERS

Mince the shallots, cloves of garlic, and Tbsp worth of ginger. Cut the jalapeño into a small dice.

Heat olive oil in a skillet and sauté the shallots, garlic, ginger, and jalapeño until the onions have browned. Stir often to prevent burning.

In a large bowl, mix together the 2 lbs of ground turkey, shallot/ginger/garlic/jalapeño mixture, fish sauce, soy sauce, olive oil. Using your hands,

THAI TURKEY BURGER WITH SWEET POTATO FRIED AND TANGY SLAW

fold the mixture until everything has been incorporated thoroughly. Form 8 patties about ½ an inch thick.

FOR THE TURKEY BURGERS

Heat a grill pan or a skillet over medium high heat. Cook the burgers for 5-7 minutes on each side. They are finished when they have reached an internal temperature of 165°F.

FOR THE PEANUT SLAW

While the burgers are cooking you can begin to prep the slaw. In a large bowl, mix together red cabbage and shredded carrots.

Make the dressing in a blender by combining pb2, rice wine vinegar, a chunk of ginger, garlic, honey, water, and lime juice. Blend until smooth. Taste and adjust flavors as necessary. Pour the sauce over the cabbage mix and toss.

PLATING

This recipe makes 8 servings. Divide your turkey burgers and sweet potato fries evenly between your 8 containers. Keep the peanut slaw in a separate container as you do not want to microwave it.

NUTRITION

Calories: 439kcal **Carbohydrates:** 56g **Protein:** 28g **Fat:** 13g **Saturated Fat:** 3g **Cholesterol:** 84mg **Sodium:** 920mg **Potassium:** 1233mg **Fiber:** 9g **Sugar:** 20g **Vitamin A:** 3069IU **Vitamin C:** 64mg **Calcium:** 136mg **Iron:** 4mg



DECONSTRUCTED CHEESEBURGER QUINOA BOWL

COURSE: DINNER, ENTREE, LUNCH, MAIN COURSE
CUISINE: AMERICAN, AMERICANA
SERVINGS: 4
CALORIES: 298 KCAL

INGREDIENTS:

1 POUND GROUND TURKEY
1 TEASPOON SALT DIVIDED
1/2 TEASPOON PEPPER DIVIDED
3/4 TEASPOON ONION POWDER DIVIDED
3/4 TEASPOON GARLIC POWDER DIVIDED
**1/4 TABLESPOON KETCHUPSUGAR-FREE
IF POSSIBLE LIKE TESSEMAE'S**
2 TEASPOONS MUSTARD
2 TEASPOONS APPLE CIDER VINEGAR
1/4 TEASPOON PAPRIKA
8 CUPS ROMAINE LETTUCE
1/2 CUP PICKLES DICED
1/4 CUP ONION
1 CUP TOMATOES
1/2 CUP QUINOA
1/2 CUP CHEDDAR CHEESE



INSTRUCTIONS

Heat the oil in a large skillet over medium heat.

Add the ground turkey.

Add the 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, 1/4 teaspoon of the onion powder, and 1/4 teaspoon of the garlic powder and mix into the turkey; Cook the turkey until everything is cooked through and slightly browned, about 8 minutes total time.

While turkey is cooking, prep quinoa based on package directions.

Combine turkey mixture and quinoa together Add in special sauce. Combine the ketchup, dijon mustard, dill pickle relish, apple cider vinegar, paprika, and the remaining salt, pepper, onion powder, and garlic powder add to quinoa turkey mixture.

Dice the lettuce, pickles, onion and slice or dice the tomato.

To build the salad, layer equal quantities of lettuce, ground turkey burger mix, pickles, onion and tomatoes evenly between 4 bowls.

NUTRITION

Calories: 298kcal **Carbohydrates:** 21g **Protein:** 35g **Fat:** 9g **Saturated Fat:** 4g **Cholesterol:** 77mg **Sodium:** 932mg
Potassium: 820mg **Fiber:** 4g **Sugar:** 3g **Vitamin A:** 8762IU **Vitamin C:** 10mg **Calcium:** 157mg **Iron:** 3mg

BUFFALO CHICKEN QUINOA BOWL

COURSE: DINNER, ENTREE, LUNCH, MAIN COURSE
CUISINE: AMERICAN, AMERICANA
SERVINGS: 5
CALORIES: 272 KCAL

INGREDIENTS:

1.25 LBS CHICKEN BREASTS
1 ¼ CUP CELERY
1 ¼ CUP CARROTS
1 ¼ CUP GREEN BELL PEPPER
1.25 CUP NON FAT GREEK YOGURT
1 TSP RANCH DRESSING SEASONING MIX
¼-½ CUP BUFFALO SAUCE
1 ¼ CUPS QUINOA
1 TBSP OLIVE OIL
SALT & PEPPER



INSTRUCTIONS (FOR THE QUINOA)

FOR THE QUINOA

Cook enough quinoa to have 1 ¼ cups of cooked quinoa. 1 cup of uncooked quinoa will yield around 3 cups of cooked quinoa. Rinse the quinoa prior to cooking until the water runs clear. Cook using the same method you would use for rice.

FOR THE CHICKEN

Butterfly (or pound with a meat tenderizer) your chicken so that it is not so thick and it will cook faster. Cut all the way through so you have 2 pieces. If it is still fairly thick, you may want to pound it until it is ½ inch thin or less. (Butterfly means to cut down the middle so you can open it like a book).

Lightly season the chicken with salt and pepper. Add 1 Tbsp of olive oil to a grill pan or skillet over medium high heat and cook the chicken in

batches if necessary to prevent overcrowding.

It has finished cooking when the inside is no longer pink and reaches an internal temperature of at least 165°F.

Let it rest for a few minutes after cooking and cut into a medium dice.

Add to a bowl and mix with ¼-½ cup buffalo sauce to coat evenly.

FOR THE VEGETABLES

Wash and cut your pepper and celery into a small dice. You need to have a total of 1 ¼ cups each.

Measure out 1 ¼ cups of shredded carrots.

You don't need to cook any of these as they will cook in the microwave.

FOR THE RANCH DRESSING

Mix together 1 yogurt and 1 tsp of ranch dressing mix. Store in separate, smaller containers.

NUTRITION

Calories: 272kcal **Carbohydrates:** 18g **Protein:** 33g
Fat: 7g **Saturated Fat:** 1g **Cholesterol:** 76mg
Sodium: 794mg **Potassium:** 790mg **Fiber:** 3g
Sugar: 4g **Vitamin A:** 5537IU **Vitamin C:** 16mg
Calcium: 112mg **Iron:** 2mg

KALE, EDAMAME, SQUASH AND QUINOA BOWL WITH LEMON VINAIGRETTE

COURSE: DINNER, ENTREE, LUNCH, SALAD
CUISINE: AMERICAN, AMERICANA
SERVINGS: 4
CALORIES: 365 KCAL

INGREDIENTS:

3/4 CUP QUINOA

1 1/2 CUPS WATER

1 1/2 CUP EDAMAME THAWED

1 KALE STEMS REMOVED AND VERY FINELY DICED

1 CUP CHERRY TOMATOS

1/3 CUP RED ONION

2 CUP BUTTERNUT SQUASH

FOR LEMON BASIL VINAIGRETTE:

1/4 CUP LEMON JUICE FRESHLY SQUEEZED

1/4 CUP OLIVE OIL

1 GARLIC MINCED

1 TEASPOON MUSTARD

1 TEASPOON HONEY OR AGAVE NECTAR

SALT & PEPPER TO TASTE



In large bowl add your kale and pour half of the dressing over. Use clean hands to massage the kale for about 3 minutes or until it breaks down. This allows the kale to take on the dressing flavors.

Next add in quinoa, edamame, diced onion, and remaining lemon vinaigrette; toss so that the salad is fully coated.

Before serving, toss salad again and add tomatoes, squash.

Serves 4. Great for meal prep, or parties!

INSTRUCTIONS

First, cook your quinoa: Add quinoa and water to a medium pot and place over high heat; bring to a boil, then cover, reduce heat to low and cook for 15 minutes. After 15 minutes, remove from heat, fluff quinoa with a fork and transfer quinoa to a large bowl to cool down.

Roast cubbed squash in over 400 until tender.

To make dressing: place olive oil, lemon juice, garlic, dijon, honey (or agave), basil, and salt and pepper in blender. Pulse for 10-15 seconds; set aside. You can also whisk in a small bowl if you don't have a blender (just make sure your basil is very finely chopped.)

NUTRITION

Calories: 365kcal **Carbohydrates:** 40g

Protein: 13g **Fat:** 19g **Saturated Fat:** 2g **Sodium:**

35mg **Potassium:** 857mg **Fiber:** 7g **Sugar:** 6g

Vitamin A: 9175IU **Vitamin C:** 42mg **Calcium:**

116mg **Iron:** 4mg

ROASTED RED PEPPER SWEET POTATO SOUP

COURSE: APPETIZER, SNACKS & SIDES, DINNER, LUNCH, SIDE DISH, SOUP
CUISINE: AMERICAN, AMERICANA
SERVINGS: 2
CALORIES: 166 KCAL

INGREDIENTS:

2 CUP WATER
1.5 CUPS SWEET POTATOES
1 MEDIUM RED BELL PEPPER
2 TSP GINGER
4 TSP MISO PASTE
4 CUPS VEGETABLE BROTH
1.5 TBSP BRIGGS LIQUID AMINOS
OPTIONAL TO TASTE

INSTRUCTIONS

Bring Water to Boil add diced Sweet Potato cook approx 5 minutes till tender.

While Sweet Potato's boil Roast Red Pepper Over flame on stove top turn frequently to blister skin of Pepper. Place roasted pepper in a container and cover for approx 2 min.

Peel Skin off Red Pepper & Drain tender Sweet Potato's.

Place all veggies and remaining ingredients into high speed blender and blend until smooth.

NUTRITION

Calories: 166kcal **Carbohydrates:** 35g **Protein:** 5g
Fat: 1g **Saturated Fat:** 1g **Sodium:** 3117mg
Potassium: 513mg **Fiber:** 5g **Sugar:** 11g **Vitamin A:** 17016IU **Vitamin C:** 78mg **Calcium:** 44mg **Iron:** 2mg



GREEK CAULIFLOWER RICE BOWLS WITH GRILLED CHICKEN

COURSE: DINNER, ENTREE, LUNCH
CUISINE: MEDITERRANEAN
SERVINGS: 4
CALORIES: 340 KCAL

INGREDIENTS:

3 TABLESPOONS OLIVE OIL DIVIDED
4 CUPS CAULIFLOWER RICE
2 CUPS SPINACH
1 CUP RED ONION
¼ TEASPOON SALT DIVIDED
½ CUP DILL DIVIDED
1 POUND CHICKEN BREASTS SKINLESS CHICKEN BREASTS
½ TEASPOON BLACK PEPPER DIVIDED
3 TABLESPOONS LEMON JUICE
1 TEASPOON OREGANO
1 CUP CHERRY TOMATOS
2 CUP CUCUMBER
LEMON OPTIONAL
1/2 CUP GREEK YOGURT
1 MEDIUM RED BELL PEPPER
4 TBSP HUMMUS



thermometer inserted into the thickest part of the breast reads 165 degrees F, about 15 minutes total. Slice cross-wise.

Meanwhile, whisk the remaining 4 tablespoons oil, lemon juice, oregano and the remaining 1/4 teaspoon each salt and pepper in a small bowl.

Divide the cauliflower rice between 4 bowls. Top with the chicken, tomatoes, spinach, red pepper, cucumber, olives. Sprinkle with remaining 1/4 cup dill. Drizzle with the vinaigrette. Serve with lemon wedges, if desired

INSTRUCTIONS

Preheat grill to medium.

Heat 2 tablespoons oil in a large skillet over medium-high heat. Add cauliflower, onion and 1/4 teaspoon salt. Cook, stirring occasionally, until the cauliflower is softened, about 5 minutes. Remove from heat and stir in 1/4 cup dill.

Meanwhile, rub 1 teaspoon oil all over chicken. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until an instant-read

NUTRITION

Calories: 340kcal **Carbohydrates:** 19g

Protein: 33g **Fat:** 16g **Saturated Fat:** 2g **Cholesterol:**

74mg **Sodium:** 701mg **Potassium:** 1358mg **Fiber:** 6g

Sugar: 8g **Vitamin A:** 3056IU **Vitamin C:** 142mg

Calcium: 125mg **Iron:** 3mg