7-DAY MEAL PLAN RECIPES

breakfast

Coffee Avocado Smoothie

½ cup fresh or frozen raspberries
½ cup plain kefir, Greek yogurt, or non-dairy coconut yogurt
½ cup kale
½ cup brewed coffee
¼ cup avocado
⅛ cup vanilla protein powder (whey or plant-based)
1 Tbsp. chia or ground flax seeds
½ tsp cinnamon
4 ice cubes

Place all ingredients in a blender and blend until smooth. (Add water for thinner consistency, if desired.)
Tomato Spinach Frittata

2 Tbsp. coconut oil
¼ cup onion, chopped
3 cloves garlic, chopped
2 large eggs
½ cup spinach
⅓ cup organic tomato sauce
1 tsp Italian seasoning
Salt and pepper, to taste

Preheat the oven to 400 degrees. Add coconut oil to a skillet over medium-high heat. Add the onions and garlic and cook until translucent. In a separate bowl, beat the eggs. Then add tomato sauce, Italian seasoning, salt, pepper, and mix. Add spinach to the skillet and cook until slightly wilted. Turn the heat down to medium-low, and add the egg mixture to the pan. Stir gently with a spatula. Once the sides have started to cook a little (two to three minutes), put the skillet in the oven. Cook for about 10 to 20 minutes and let cool for 15 minutes before serving or storing.
Mr. Green Smoothie

1 cup broccoli florets
½ cup cubed honeydew melon
½ cup plain kefir, Greek yogurt, or non-dairy coconut yogurt
½ cup spinach
⅓ cup vanilla protein powder (whey or plant-based)
2 tsp chopped ginger
2 Tbsp. chia or ground flax seeds
4 ice cubes

Place all ingredients in a blender and blend until smooth. (Add water for thinner consistency, if desired.)
Avocado Baked Eggs

2 large avocados, halved
4 small eggs
1 tsp paprika
Salt and pepper, to taste

Preheat the oven to 325 degrees. Scoop a hole big enough to fit a small egg out of each avocado. Line a baking tray with aluminum foil and places the avocados on the tray with the flat sides up. Crack an egg into each avocado hole and season with paprika, salt, and pepper. Bake for about 20 minutes, or until the whites have set and the yolk is done to your liking.
Chia Pudding

3 Tbsp. chia seeds
1 Tbsp. shredded coconut
½ cup berries
1 cup unsweetened coconut milk
1 packet stevia (optional)
1 scoop protein powder (optional)

Combine all ingredients in a bowl and chill in the refrigerator until the chia absorbs some of the coconut milk, forming a pudding-like consistency—about 20 minutes. Add a scoop of protein powder for an extra boost of energy.
Power Pancakes

1 ⅓ cups gluten-free flour
1 tsp baking powder
½ tsp baking soda
2 large eggs
½ cup unsweetened almond, coconut, rice, or hemp milk
2 Tbsp. coconut oil
Sprinkle of salt

Combine flour, baking powder, baking soda, and salt in a medium bowl. In a separate bowl, whisk together eggs, non-dairy milk, and oil. Stir wet ingredients into dry ingredients until smooth. Ladle onto a hot griddle and flip when pancake is bubbly and edges are slightly dry.
Berry Bold Smoothie

½ cup fresh or frozen mixed berries
½ cup frozen or fresh blueberries or blackberries
½ cup plain kefir, Greek yogurt or non-dairy coconut yogurt
⅓ cup vanilla protein powder (whey or plant-based)
1 tablespoon all-natural peanut or almond butter (read the label to make sure there’s no sugar)
½ teaspoon vanilla extract

Place all ingredients in a blender with 4 ice cubes and, if desired, water for consistency. Blend until smooth.
Spinach Salad with Pumpkin Seeds

½ cup fresh or frozen raspberries  
½ cup plain kefir, Greek yogurt, or non-dairy coconut yogurt  
½ cup kale  
½ cup brewed coffee  
¼ cup avocado  
⅓ cup vanilla protein powder (whey or plant-based)  
1 Tbsp. chia or ground flax seeds  
½ tsp cinnamon  
4 ice cubes

Place all ingredients in a blender and blend until smooth.  
(Add water for thinner consistency, if desired.)

Rainbow Slaw Dressing:
½ cup orange juice, freshly squeezed if possible  
2 Tbsp. extra-virgin olive oil  
1 lime, juiced  
1 Tbsp. ginger, grated

Place all ingredients in a bowl and whisk until thoroughly combined.
Collard Wraps

Lay out a collard leaf on a clean, dry surface. Spread Lemon Mustard Dressing across the leaf. Layer on your veggies and protein, about an inch away from one of the leaf’s edges. Roll the leaf from that side to the other as tightly as possible without tearing it. Slice the wrap into one-inch pieces and repeat with the others.

Lemon Mustard Dressing
1 Tbsp. Dijon mustard
1 Tbsp. raw honey
1 Tbsp. extra virgin olive oil
1 lemon, juiced
Sea salt and black pepper, to taste

Place all ingredients in a bowl and whisk until thoroughly combined.
Curried Chicken Salad

¼ cup sliced almonds, toasted
½ cup plain Greek yogurt (or non-dairy coconut yogurt)
2 Tbsp. soy-free mayonnaise
1 tsp curry powder
2 ½ cups diced cooked chicken breast, tofu, tempeh, or fish
1 cup halved red grapes
¼ cup chopped cilantro
Sea salt and pepper, to taste

Mix together all ingredients except the grapes. Once fully combined, fold in the grapes. Serve over fresh vegetables, salad greens, or wrap into a corn tortilla, brown rice wrap, or collard leaf.
Sicilian Tuna Salad

2 cans antibiotic-free tuna
¼ cup chopped fresh parsley
¼ cup finely chopped scallions
2 Tbsp. extra virgin olive oil
1 Tbsp. capers
3 Tbsp. Dijon mustard
1 Tbsp. lemon juice
½ tsp finely grated lemon zest
sea salt and pepper, to taste

In a large mixing bowl, combine all ingredients. Stuff your mixture into bell peppers, spread on gluten-free crackers, wrap in lettuce or a brown rice wrap, or serve over mixed greens.
Lemon and Beet Salad with Chicken

1 cup chicken breast, chopped
2 medium green apples, peeled and chopped
¼ tsp fresh rosemary, finely chopped
1 lemon, juiced
1 cup canned beets
1 Tbsp. extra-virgin olive oil
1 Tbsp. pumpkin seeds
Sea salt, to taste

Combine all the ingredients in a large bowl and serve.
Veggie Wraps

Brown rice wrap or lettuce leaves
1 avocado, cut into thin slices
¼ cup sauerkraut or kimchee
1 tomato, diced
1 cup sprouts, chopped chicken, fish, or beans
3 Tbsp. salsa

Lay out brown rice wrap or lettuce leaves. Place all of the ingredients on top and roll up. Swap in spicy salsa for extra heat and flavor.
Tahini Chicken

2 lbs. boneless, skinless chicken breasts, cut into 1-inch cubes
5 Tbsp. sunflower oil
2 Tbsp. tahini
2 Tbsp. sherry vinegar
3 carrots, grated
6 radishes, sliced
1 cup chopped cauliflower or broccoli (lightly steamed)
½ cup sesame seeds, for garnish
Sea salt and pepper, to taste

Coat chicken cubes with two tablespoons of sunflower oil and salt and pepper. Turn oven broiler to high and cook the chicken for 10 minutes, stirring once or twice, until cooked through. Let it cool slightly. In a small bowl, whisk together remaining oil with tahini and vinegar. Add broiled chicken and cauliflower or broccoli to a separate bowl. Drizzle dressing on top and mix well. Serve over brown rice or salad greens and top with sesame seeds.
Chipotle Lime Salmon

1 lb. wild salmon, cut into 4 filets
1-2 Tbsp. olive oil
2 limes, sliced in half
1 tsp Celtic sea salt
1 tsp chipotle powder

Preheat oven to 350 degrees. Rinse salmon, pat dry, and place on a baking sheet. Rub each filet with olive oil, and top with lime juice, chipotle powder, and salt. (You can also top each filet with a lime slice.) Cook salmon for eight to 12 minutes, or to your desired level of doneness. Serve with plenty of veggies.
Quinoa and Asparagus Risotto

1 cup quinoa
1 cup light coconut milk
1 cup asparagus, chopped
½ red bell pepper, chopped
½ tsp thyme
Juice of 1 lemon
Pinch of cayenne
Sea salt, to taste

Cook the quinoa according to package directions. Once cooked, add coconut milk a quarter cup at a time, until soaked up by the quinoa. (You may not need the full cup.) Meanwhile, steam your asparagus and red pepper. When tender, add them to the quinoa-coconut milk mixture. Stir in lemon juice, thyme, cayenne, and salt. Serve!
Adam’s Perfect Burger

1 lb. ground beef, bison, or turkey
3 Tbsp. coconut of avocado oil
1 Tbsp. chopped parsley
1 small onion, diced
1 Tbsp. garlic powder
1 tsp kelp sprinkles
Sea salt and black pepper, to taste

Mix ground beef, turkey, or bison with chopped parsley, diced onion, garlic powder, kelp sprinkles, sea salt, and pepper in a large bowl. Gently form into patties. Heat oil in a pan over medium-high heat. Cook patties for three to four minutes per side, or to desired doneness. Wrap in lettuce or collard leaves or pop into a gluten-free roll.

Beef and Kale Salad

1 tsp organic coconut oil
1 Tbsp. tomato puree
1 tsp fresh garlic, minced
1 tsp fresh ginger, minced
7 oz. grass-fed beef, cut into strips
1 tsp garam masala
1 large handful kale

Melt oil in a frying pan over a medium heat, then add the tomato puree, garlic, and ginger, stirring well to combine. Add the beef and half the garam masala. Turn the beef over and sprinkle on the remaining garam masala. Cook for four to five minutes, flipping occasionally, until steak is cooked to your desired liking. Meanwhile, steam the kale for three to four minutes and drain it. Plate the kale and top with cooked beef.
Lime Chicken Skewers

Put the chicken cubes in a bowl. Combine lime juice and half the garlic, and pour over the chicken. Cover and let marinate in the refrigerator for up to 30 minutes. Preheat the oven to 300 degrees or prep the grill for medium heat. Remove chicken from fridge and thread several pieces onto each skewer. Place the chicken on the grill or on an oven-safe baking tray and into the oven. Turn regularly until cooked through, approximately 20 minutes. Heat the oil in a large skillet over medium heat. Add the peppers, onion, and remaining garlic to the skillet. Cook until tender (about 5 minutes), stirring regularly. Sprinkle with cumin, salt, and pepper. Place the peppers, onion, and garlic on a plate. Lay chicken skewers on top of the veggies. Serve with a side salad.
Mint Lamb Kebabs

5 Tbsp. plain Greek yogurt or non-dairy coconut yogurt
Finely grated zest of half a lemon, plus the juice of that half
2 garlic cloves, crushed
1 tsp mustard
2 Tbsp. tomato puree
¾ lb. lean lamb leg steaks, diced
1 handful cherry tomatoes
1 sprig fresh mint, finely chopped
Pre-soaked wood skewers

Mix the yogurt, lemon zest, lemon juice, garlic, mustard, and tomato puree in a shallow baking dish. Add the lamb and coat well in the sauce. Cover and refrigerate for at least one hour. Prepare a grill to medium heat. Thread the lamb and tomatoes onto the skewers. Brush with the marinade and grill for five minutes on each side, or until cooked to your liking. Sprinkle chopped mint on top and serve over fresh greens.

Sprinkle over the chopped mint. Serve over a bed of fresh greens.
snacks

Apple and Nut Butter

1 whole apple, sliced
1 Tbsp. natural nut butter of choice

Mint and Melon Salad

1 honeydew melon, cut
3 Tbsp. pomegranate seeds
1 cup sliced cucumber
1 sprig fresh mint, finely chopped

Place all ingredients in a bowl and mix well.
Carrots and Hummus

2 Tbsp. hummus of choice
Handful baby carrots

Fruit and Nuts

1 piece of whole fruit
1-2 thumb-sized portions of raw, unsalted nuts
Chocolate Strawberry Ice Box Bars

½ cup pumpkin puree
1 Tbsp. cocoa powder
¼ cup vanilla protein powder, whey or plant-based (optional)
½ cup ground almonds
1 cup grated coconut
2 Tbsp. chia seeds
2 Tbsp. coconut oil, melted
1 ½ cups fresh or frozen strawberries, chopped
¼ cup chopped walnuts

Line a small baking tin with parchment paper. In a bowl, mix together all ingredients, except for the strawberries and walnuts. Once mixed, gently stir in strawberries and walnuts. Spoon the mixture into the tin and gently flatten with the back of a spoon. Freeze for one hour, then refrigerate until ready to serve. Cut into nine even squares to serve.

Apple Butter Sandwich

1 apple, cored and sliced into thick rings
1 Tbsp. nut butter
1 pinch chia seeds

Spread the nut butter on an apple slice and sprinkle with chia seeds. Cover with another apple slice to make a sandwich.
Dairy-Free Yogurt and Berries

1 small package dairy-free yogurt (about 6 oz.)
1-2 small handfuls fresh berries

Cinnamon Apples

1 apple, sliced however you like
Juice of ½ of a lemon
Pinch of cinnamon

Place all ingredients in a bowl or bag. Toss to coat evenly.