

High Protein Fueling

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Edamame Cream Cheese Toast	Edamame Cream Cheese Toast	Edamame Cream Cheese Toast	Lemony Yogurt & Ricotta Cups	Lemony Yogurt & Ricotta Cups	Banana Walnut Cottage Cheese Oatmeal	Banana Walnut Cottage Cheese Oatmeal
						Apple & Sweet Potato Hash	Apple & Sweet Potato Hash
Lunch	Roasted Chicken, Veggies & Quinoa with Tahini Sauce	Slow Cooker Turkey & Macaroni Goulash	Chicken & Peppers with Basmati Rice	Salsa Verde Salmon with Tomatoes & Brown Rice	Baked Salmon with Broccoli & Quinoa	Roasted Cauliflower, Chicken & Lentil Salad	Sun Dried Tomato & Salmon Pasta
Snack 2	Yogurt with Granola & Banana	Yogurt with Granola & Banana	Yogurt with Granola & Banana	Tuna & Hummus Snack Plate	Tuna & Hummus Snack Plate	Tuna & Hummus Snack Plate	Tuna & Hummus Snack Plate
				Cauliflower with Ranch Dip	Cauliflower with Ranch Dip	Cauliflower with Ranch Dip	Cauliflower with Ranch Dip
Dinner	Slow Cooker Turkey & Macaroni Goulash	Chicken & Peppers with Basmati Rice	Salsa Verde Salmon with Tomatoes & Brown Rice	Baked Salmon with Broccoli & Quinoa	Roasted Cauliflower, Chicken & Lentil Salad	Sun Dried Tomato & Salmon Pasta	Halibut & Couscous Bowl

High Protein Fueling

69 items

Fruits

- ☐ 1 Apple
- ☐ 4 Banana
- ☐ 1 1/16 Lemon
- ☐ 1 1/2 **tsps** Lemon Juice
- ☐ 1/2 **tsp** Lemon Zest
- ☐ 1 **cup** Raspberries

Breakfast

- ☐ 1 2/3 **cups** Granola

Seeds, Nuts & Spices

- ☐ 1 **tbsp** Chili Powder
- ☐ 1/2 **tsp** Cinnamon
- ☐ 1/4 **tsp** Cumin
- ☐ 2/3 **tsp** Garlic Powder
- ☐ 1 **tbsp** Greek Seasoning
- ☐ 1 **tsp** Italian Seasoning
- ☐ 1 1/16 **tsps** Paprika
- ☐ 1/2 **tsp** Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 **tsps** Walnuts

Frozen

- ☐ 1 1/2 **cups** Frozen Edamame

Vegetables

- ☐ 1 1/2 **tsps** Basil Leaves
- ☐ 4 **cups** Broccoli
- ☐ 3/4 **cup** Broccoli Sprouts
- ☐ 1 1/3 **heads** Cauliflower
- ☐ 2 1/2 **cups** Cherry Tomatoes
- ☐ 1 1/8 Cucumber
- ☐ 1 **tbsp** Fresh Dill
- ☐ 1 1/2 Garlic
- ☐ 1/3 Green Bell Pepper
- ☐ 4 1/16 **cups** Mixed Greens
- ☐ 1/2 Orange Bell Pepper
- ☐ 1/4 **cup** Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1/2 **cup** Red Onion
- ☐ 1 Sweet Potato
- ☐ 1 Yellow Bell Pepper
- ☐ 1/4 Yellow Onion

Boxed & Canned

- ☐ 1/2 **cup** Basmati Rice
- ☐ 1/2 **cup** Brown Rice
- ☐ 1 **cup** Chicken Broth
- ☐ 5 **ozs** Chickpea Pasta
- ☐ 2 **cups** Diced Tomatoes
- ☐ 1/2 **cup** Dry Green Lentils
- ☐ 1/2 **cup** Israeli Couscous
- ☐ 2/3 **cup** Macaroni
- ☐ 1/2 **cup** Quick Oats
- ☐ 3/4 **cup** Quinoa
- ☐ 1 3/4 **ozs** Rice Crackers
- ☐ 2 **tsps** Tomato Paste
- ☐ 4 **cans** Tuna

Bread, Fish, Meat & Cheese

- ☐ 2 2/3 **ozs** Cheddar Cheese
- ☐ 6 **ozs** Chicken Breast
- ☐ 1 1/2 **lbs** Chicken Thighs
- ☐ 1/2 **cup** Cream Cheese, Regular
- ☐ 8 **ozs** Extra Lean Ground Turkey
- ☐ 2 2/3 **tbsps** Feta Cheese
- ☐ 5 **ozs** Halibut Fillet
- ☐ 1/2 **cup** Ricotta Cheese
- ☐ 1 3/4 **lbs** Salmon Fillet
- ☐ 10 1/2 **ozs** Sourdough Bread

Condiments & Oils

- ☐ 1 **tbsp** Apple Cider Vinegar
- ☐ 1 **tbsp** Capers
- ☐ 2/3 **cup** Extra Virgin Olive Oil
- ☐ 1/4 **cup** Italian Dressing
- ☐ 1 **cup** Ranch Dressing
- ☐ 1/3 **cup** Sun Dried Tomatoes
- ☐ 1 **tbsp** Tahini

Cold

- ☐ 2 **cups** Cottage Cheese
- ☐ 1/2 **cup** Hummus
- ☐ 4 3/4 **cups** Plain Greek Yogurt

Other

- ☐ 3/4 **cup** Water

Edamame Cream Cheese Toast

5 ingredients · 10 minutes · 3 servings



Directions

1. Cook the edamame in salted boiling water for three to four minutes.
2. Top the sourdough toast with cream cheese, edamame, broccoli sprouts, salt, and pepper. Enjoy!

Notes

Leftovers

Refrigerate leftovers in an airtight container and consume within one day for best results.

Serving Size

One serving is two pieces of toast.

Make it Vegan

Omit the cream cheese. Use vegan cream cheese, mashed avocado, or hummus instead.

Additional Toppings

Sprinkle with chilli flakes.

Gluten-Free

Use gluten-free bread instead.

More Flavor

Top with extra virgin olive oil or flavor-infused oil.

Sourdough Bread

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

Ingredients

- 1 1/2 cups Frozen Edamame
- 10 1/2 ozs Sourdough Bread (toasted)
- 1/2 cup Cream Cheese, Regular
- 3/4 cup Broccoli Sprouts
- Sea Salt & Black Pepper (to taste)

Lemony Yogurt & Ricotta Cups

5 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl mix together the yogurt, ricotta, and lemon zest. Top with raspberries and granola. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 1/2 cups total.

More Flavor

Add a drizzle of honey or maple syrup.

Additional Toppings

Top with hemp seeds and/or additional fruit.

Ingredients

1 1/2 cups Plain Greek Yogurt

1/2 cup Ricotta Cheese

1/2 tsp Lemon Zest

1 cup Raspberries

2/3 cup Granola

Banana Walnut Cottage Cheese Oatmeal

5 ingredients · 15 minutes · 2 servings



Directions

1. Cook the oats according to the package directions.
2. Add the cottage cheese to a bowl and stir in the oats, mixing well to combine. Top with the banana, walnuts, and cinnamon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 3/4 cups.

More Flavor

Add maple syrup, cacao powder, or flavored protein powder.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

1/2 cup Quick Oats

2 cups Cottage Cheese

1 Banana (sliced)

2 tsps Walnuts (chopped)

1/2 tsp Cinnamon

Apple & Sweet Potato Hash

4 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a non-stick pan over medium heat.
2. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
3. Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and 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 dried herbs and spices like cumin, cinnamon, and/or garlic powder.

No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

More Veggies

Add spinach or kale and stir until wilted.

Ingredients

1 tbsp Extra Virgin Olive Oil

1 Sweet Potato (medium, peeled and cut into small cubes)

1 Apple (medium, peeled and cut into small cubes)

Sea Salt & Black Pepper (to taste)

Roasted Chicken, Veggies & Quinoa with Tahini Sauce

9 ingredients · 30 minutes · 1 serving



Directions

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
3. Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
4. Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
5. Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use tofu instead of chicken.

More Flavor

Add broccoli and red onion to the roasted vegetables.

Additional Toppings

Top with fresh herbs such as dill or parsley.

Ingredients

- 1/4 cup Quinoa (dry)
- 6 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 1/2 Orange Bell Pepper (medium, chopped)
- 1/2 cup Cherry Tomatoes
- 1 tbsp Tahini
- 1 tbsp Water
- 1 1/2 tsps Lemon Juice

Yogurt with Granola & Banana

3 ingredients · 5 minutes · 3 servings



Directions

1. Add the yogurt, banana, and granola to a bowl, and enjoy!

Notes

More Flavor

Add maple syrup or vanilla.

Additional Toppings

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

Gluten-Free

Use gluten-free granola.

Dairy-Free

Use a dairy-free yogurt alternative.

Ingredients

3 cups Plain Greek Yogurt

3 Banana (sliced)

1 cup Granola

Tuna & Hummus Snack Plate

4 ingredients · 5 minutes · 4 servings



Directions

1. In a small bowl, stir together the tuna and hummus to combine.
2. Serve on a plate with rice crackers and sliced cucumber. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Use flavored hummus or add seasonings like garlic powder, onion powder, fresh dill, and/or lemon juice.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

4 cans Tuna (drained)

1/2 cup Hummus

1 3/4 ozs Rice Crackers

1 Cucumber (medium, sliced)

Cauliflower with Ranch Dip

2 ingredients · 5 minutes · 4 servings



Directions

1. Serve the cauliflower with the ranch dip. Enjoy!

Notes

Leftovers

Refrigerate the cauliflower in an airtight container for up to one week. Refrigerate the ranch dressing according to the package directions.

Serving Size

One serving is approximately one cup of cauliflower florets with 1/4 cup of ranch dressing.

Make It Vegan

Use a plant-based ranch dressing instead.

No Cauliflower

Use another vegetable such as celery sticks, snap peas, carrot sticks, or cucumber slices instead.

Ingredients

1 head Cauliflower (medium, cut into florets)

1 cup Ranch Dressing

Slow Cooker Turkey & Macaroni Goulash

10 ingredients · 4 hours 10 minutes · 2 servings



Directions

1. Combine the turkey, bell pepper, onion, tomatoes, broth, tomato paste, paprika, and Italian seasoning in a slow cooker.
2. Cook on low for six hours or on high for four hours. During the last 20 to 25 minutes of cooking time, stir in the macaroni and top with the cheese. Cover back up and continue to cook until al dente. The pasta will continue to cook in the sauce.
3. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. If wanting to freeze, cook the pasta separately when ready to serve. Freeze the meat sauce for up to three months.

Serving Size

One serving is approximately two cups.

Additional Toppings

Chili flakes, parmesan cheese, basil and/or parsley.

Ingredients

- 8 ozs** Extra Lean Ground Turkey
- 1/3** Green Bell Pepper (large, diced)
- 2 2/3 tbsps** Red Onion (chopped)
- 2 cups** Diced Tomatoes (from the can, with the juices)
- 2/3 cup** Chicken Broth
- 2 tsps** Tomato Paste
- 1/3 tsp** Paprika
- 2/3 tsp** Italian Seasoning
- 2/3 cup** Macaroni (dry)
- 2 2/3 ozs** Cheddar Cheese (grated)

Chicken & Peppers with Basmati Rice

8 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the package directions and set aside.
2. In a bowl, add the chicken, half of the olive oil, chili powder, cumin, salt and pepper. Mix to combine.
3. Heat a cast-iron pan over medium-high heat and cook the chicken for six to seven minutes per side or until cooked through. Remove from the heat and set aside.
4. Lower the heat to medium and add the remaining oil. Add the bell peppers, salt, and pepper. Sauté for three to four minutes or until cooked to your liking.
5. To assemble, add the rice to bowls and top each with chicken and peppers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two chicken thighs, 3/4 cup of rice, and one cup of peppers.

Additional Toppings

Top with sliced avocado, cilantro, and/or sour cream.

Ingredients

- 1/2 cup** Basmati Rice (dry)
- 1 lb** Chicken Thighs (boneless, skinless)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1 tbsp** Chili Powder
- 1/4 tsp** Cumin
- Sea Salt & Black Pepper (to taste)
- 1** Yellow Bell Pepper (sliced)
- 1** Red Bell Pepper (sliced)

Salsa Verde Salmon with Tomatoes & Brown Rice

8 ingredients · 45 minutes · 2 servings



Directions

1. Cook the brown rice according to the directions on the package.
2. About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
3. Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
4. Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2-3 days.

No Brown Rice

Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

No Capers

Use olives instead.

Serving Size

One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
10 ozs Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 10 ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups** Broccoli (sliced into small florets)
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 cup** Quinoa (uncooked)
- 3/4 cup** Water
- 1/4** Lemon (sliced into wedges)

Roasted Cauliflower, Chicken & Lentil Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Meanwhile, cook the lentils according to the package directions. Drain any excess water then run them under cold water.
3. In a bowl, add the chicken thighs, cauliflower, oil, lemon juice, garlic powder, salt, and pepper. Mix to combine.
4. Place the chicken on one side of the baking sheet and cauliflower on the other side, spreading it out evenly. Cook for 20 to 25 minutes or until the chicken is cooked through. Flip everything halfway through cooking. Let the chicken rest for five minutes before chopping.
5. Divide the mixed greens, lentils, chicken, cauliflower, and onion evenly between bowls. Top each with dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

Serving Size

One serving is approximately 2 1/2 cups of salad with chicken.

No Italian Dressing

Use your favorite dressing instead.

Ingredients

- 1/2 cup Dry Green Lentils (rinsed)
- 8 ozs Chicken Thighs (boneless, skinless)
- 1/3 head Cauliflower (medium, cut into florets)
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1/3 Lemon (juiced)
- 2/3 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1/3 cup Red Onion (sliced)
- 1/4 cup Italian Dressing

Sun Dried Tomato & Salmon Pasta

11 ingredients · 15 minutes · 2 servings



Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
3. Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
4. Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
5. Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Dairy-Free

Use coconut milk instead of yogurt.

Ingredients

5 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet
1 1/2 Garlic (clove, minced)
1/4 Yellow Onion (medium, diced)
1/3 cup Sun Dried Tomatoes (drained, chopped)
1/4 tsp Italian Seasoning
1/4 cup Chicken Broth
1/4 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Basil Leaves (chopped)

Halibut & Couscous Bowl

8 ingredients · 25 minutes · 1 serving



Directions

1. Cook the couscous according to the package directions.
2. In a bowl, combine the fish, half of the oil, half of the lemon juice, and Greek seasoning. Ensure the fish is well coated.
3. Heat the remaining oil in a frying pan over medium heat. Once hot, place the halibut in the pan and cook for three to five minutes per side (depending on the thickness).
4. Add the remaining lemon juice, feta cheese, and dill to the cooked couscous. Mix to combine.
5. Divide the couscous, halibut, and cucumbers evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is roughly 1 1/3 cups with halibut.

Gluten-Free

Use brown rice, quinoa, millet, or cauliflower rice instead.

Dairy-Free

Use dairy-free feta instead.

No Greek Seasoning

Use Italian seasoning or other spices.

Ingredients

- 1/2 cup Israeli Couscous (dry)
- 5 ozs Halibut Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 Lemon (juiced, divided)
- 1 tbsp Greek Seasoning
- 2 2/3 tbsps Feta Cheese (crumbled)
- 1 tbsp Fresh Dill (chopped)
- 1/8 Cucumber (medium, chopped)