



Mara Solenne

THE HEALTHY AGING
COOKBOOK
FOR WOMEN OVER 50

*Easy High-
Protein Recipes
for Strength,
Muscle
Preservation*

*Metabolic Health Through
Perimenopause,
Menopause, and Beyond*

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Recipes and nutrition information are provided as estimates only.

Actual values may vary depending on ingredients, brands, preparation methods, and portion sizes.

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INTRODUCTION

Life unfolds in stages, and let's be real — at every stage, our bodies decide to change the rules on us. I get that a newborn and a seven-year-old have different needs, but for some reason, I used to expect my 50-year-old self to run on the same fuel I used at 25. Spoiler alert: it doesn't work that way. For many women, hitting 50 brings a new reality: muscle mass starts playing hide-and-seek, energy levels can be unpredictable, and our metabolism seems to have taken a permanent vacation. These aren't just minor inconveniences; they're often tied to the significant hormonal shifts of perimenopause and menopause. If you've tried to fix this with the latest "miracle" diet, you know how it ends: you're hungry, frustrated, and feeling like you failed. But here's the truth: the plan failed you, not the other way around. Those trendy, one-size-fits-all diets were never designed for the unique physiological landscape of a woman over 50. The Healthy Aging Cookbook for Women Over 50 was created for this exact moment. This isn't another restrictive diet; it's a practical system built around what your body needs now: strength, heart health, and metabolic balance. I've taken the latest science — like the groundbreaking Dietary Guidelines for Americans, 2025-2030 [1] — and translated it into meals you'll actually want to cook and eat. This approach reflects a modern, research-informed understanding of protein needs, metabolic health, and the unique nutritional considerations of midlife.

And just as importantly, I wanted this book to feel usable in real life. Because healthy eating should not require a culinary degree, a spotless kitchen, or three uninterrupted hours every time you step into the kitchen. Most of us are not looking for a perfect diet. We are looking for food that helps us feel better, stay strong, keep our energy steadier, and still live our lives. That means meals made from familiar ingredients. Meals that do not make you feel deprived. Meals that support your body without turning every bite into a math problem.

I also believe that healthy food is often simpler than we make it out to be.

A good plate does not need to be complicated to be powerful. Protein, fiber, color, healthy fats, and enough flavor to make you look forward to eating it — that is the foundation. The recipes in this book were created with that idea in mind. They are not here to impress anyone with unnecessary complexity. They are here to help you build strength, nourish your changing body, and make everyday cooking feel manageable again.

That matters because consistency is where the real transformation happens. Not from one perfect week. Not from one dramatic reset. Not from cutting out everything you enjoy. Real progress comes from the meals you can repeat, the habits you can actually live with, and the small choices that quietly add up over time. After 50, food becomes more than fuel. It becomes one of the most practical ways to support your muscles, bones, heart, hormones, blood sugar, digestion, and long-term independence.

The secret isn't harsh restriction; it's balance. With simple recipes, accurate macros, and a 30-day meal plan, I'm taking the guesswork out of "what's for dinner?" My goal is to empower you to make informed choices with confidence, not confusion. Drawing on my experience as a dietitian and former nurse, I've designed this to be your trustworthy guide to a healthier, more vibrant version of yourself.

So as you move through these pages, I hope you give yourself permission to start simply. Choose one meal. Try one recipe. Notice how your body responds when it is fed with care instead of punished with rules. You do not have to overhaul your entire life overnight. You just need a steady place to begin.

A Little Truth About 50+

Things only the women who are actually here — not heading here, not almost here, but right here — know to be true. This isn't a list of complaints. It's a portrait of a woman who is still moving — she just knows where she's going now. It's just an honest look in the mirror. The one we've all stopped arguing with. Well, mostly.

1. When you were 20 and thought 50 was practically the end credits. And now you laugh — because you can clearly see what a disaster you were back then, and how many spectacularly bad decisions you fit into those "best years of your life."
2. When you never managed to negotiate a peace deal with the aging. The truce fell through, and now you live in an ongoing standoff with your reflection.
3. When you can finally see how many of your best years went to the wrong people. Not with bitterness — just with the clarity that only comes later. Much later.
4. When you genuinely stopped caring what other people think. Not performatively — actually. That might be the single best thing about this decade.
5. When another miracle anti-wrinkle ad comes on, and you feel pure irritation. You know exactly what those promises are worth — and you're not buying.
6. When your closet reminds you of all the women you tried to be. The woman you are now wants comfort.
7. When sleepless nights stopped being about parties. Now they're about trying to fall asleep and stop replaying scenes you can no longer edit.
8. When you correctly pronounce your hormones, feel cortisol from the inside — not from a book — and melatonin is part of your nightly ritual.
9. When you go to the gym, not to show off new leggings and a crop top, but because your lower back hurts. And somehow, that turns out to be a stronger motivator.
10. When a thirteen-year-old explains "highlighter drops" and her bathroom shelf has five times more makeup than yours. You just nod.
11. When your body runs its own climate system — hot, then freezing, then both — and you can't remember which season you like or how to dress for it.
12. When the choice between plans with people and the couch isn't really a choice. Netflix dropped something new. You already know.
13. When no eye cream has managed to convince the bags under your eyes to cooperate. They've simply chosen a different lifestyle.
14. When you buy yourself flowers. Just because. No explanation required.
15. When you follow ten clean-eating accounts, agree with everything, and fully plan to start implementing it all... eventually. For now, you like the posts.
16. When there are things you'd have done differently. But here you are — and more than anything, you hope your kids won't repeat your mistakes. They will. That's how life works.
17. When your glasses vanished again, which is why there are now five pairs distributed around the house, your bag, and your car.
18. When you finally — finally — have every right to spend yourself on yourself. Not the leftover time. Not the minutes between everything else. You. Fully. Without justification....



PART 1

Understanding
Your Body
After 50

Why Nutrition and Exercise Matter After 50

Transitioning into your fifties often brings physical changes that feel like a surprise party you never asked for. Diets that used to work suddenly don't, and maintaining strength can feel like an uphill battle. These aren't personal failures; they're biological shifts that are entirely normal for this stage of life, and thankfully, they can be addressed with the right strategies.

After 50, several key changes occur simultaneously. Your resting metabolic rate gradually slows, estrogen and progesterone levels decline during menopause, and skeletal muscle begins to decrease more rapidly. This trifecta of changes influences how your body feels, moves, and responds to both food and physical activity. One of the most significant yet often overlooked changes is sarcopenia — the age-related loss of skeletal muscle mass and strength. Research, such as a 2025 systematic review on sarcopenia [4], shows this loss can begin as early as your thirties, accelerating significantly after age 60. This means your muscles aren't just getting older; they're actively shrinking if not properly maintained.

Key Changes After 50

Metabolism

Resting metabolic rate gradually slows down, making weight gain easier, especially around the midsection, even without major changes in eating habits.

Hormones

Estrogen and progesterone levels decline during perimenopause and menopause, which can affect fat distribution, bone density, mood, and energy levels.

Muscle Mass

Skeletal muscle decreases more rapidly without targeted resistance exercise, which can reduce strength, increase fatigue, slow metabolism, and raise the risk of falls or injury.

Protein Use

Muscle protein synthesis becomes less efficient, also known as anabolic resistance, making adequate protein intake and strength training even more important.

Why Muscle Is Your Best Friend (and Metabolic Engine)

Think of muscle as your body's metabolic engine. It's metabolically active tissue, meaning it burns calories even at rest. As muscle mass declines, your body burns fewer calories, which is a major reason that "middle-age spread" happens, even if your eating habits haven't drastically changed. But muscle does so much more! It protects your joints and bones, contributes to healthy blood sugar regulation, and is deeply involved in hormonal function and everyday mobility. For women over 50, maintaining muscle is absolutely essential for reducing fall risk, supporting bone density, preserving independence, and keeping your metabolism humming along [2]

The Power of Movement (It's More Than Just Calories!)

Exercise isn't just about burning calories; it's about sending a clear signal to your body that strength, function, and resilience are still required. It's like telling your body, "Hey, we're still in the game!" Strength-focused exercise can significantly improve muscle mass and strength even in your 70s and 80s [4]. Beyond muscle, regular physical activity supports cardiovascular health, helps manage the increased risk of heart disease that often follows menopause, and strengthens bones, helping to prevent osteoporosis.

Regular physical activity also benefits the brain — supporting mental clarity, memory retention, and cognitive sharpness well into your later years [1].

That's why I recommend about 30 grams of protein per meal — paired with your workouts, you're giving your body both the raw materials and the reason to stay strong and resilient.

Protein provides the building blocks, while exercise creates the stimulus that directs those materials where they're needed most.

Putting Chapter 1 Into Practice: Your Action Plan

If there's one thing I've learned from both my clinical experience and my own journey, it's that consistency beats complexity every single time. You don't need a PhD in exercise science or a 2-hour daily gym habit to see results. When I show my body that strength and movement are still required, it responds — sometimes even faster than I expect! For most of us over 50, the goal isn't to become a professional bodybuilder; it's about building a realistic, repeatable structure that fits into a busy life.

My Recommendations for Movement:

Resistance Training: Aim for 2 to 3 sessions per week, focusing on major muscle groups. I recommend 10 to 12 sets per muscle group at an intensity of 60-80% of your effort [4].

Aerobic Activity: Add about 150 minutes of moderate-intensity activity per week, like brisk walking or dancing, to support heart health and daily energy [1].

Timing is Key: Try to consume a protein-rich meal (about 30 grams of protein) within 1 to 2 hours after your resistance training to maximize muscle repair and growth [3].

The Science of Nutrition - What Research Says

Let's be honest, trying to keep up with nutrition advice can feel like a full-time job. One day, fat is the enemy; the next, it's carbs. It's enough to make you want to give up and order a pizza. But what if the secret to healthy aging isn't about chasing fleeting trends, but about returning to some good old-fashioned common sense, backed by modern science? In early 2026, the Dietary Guidelines for Americans, 2025-2030 hit the reset button on decades of confusing advice with a simple, powerful message: eat real food [1].

The Food Pyramid Gets a Makeover (and a Flip!)

Remember the old food pyramid that had us loading up on bread and pasta? Well, it's been flipped on its head. The new inverted food pyramid now puts the good stuff - protein, vegetables, fruits, and healthy fats - at the top, giving them the starring role [9]. Grains have been demoted to a supporting part, which, frankly, makes a lot more sense for our bodies after 50.

New Inverted Food Pyramid



Old Food Pyramid



The new pyramid visually reinforces the shift: protein, dairy, and healthy fats share the top priority with vegetables and fruits, while whole grains move to the foundation as a smaller supporting layer. This isn't about banning carbs (I'm not a monster!), but about rebalancing our plates to focus on what truly fuels us for the long haul. It's a crucial rebalancing act that recognizes the unique needs of an adult body, especially as we navigate the vibrant decades after 50. Prioritizing nutrient-dense plants and high-quality protein is essential for maintaining muscle, managing weight, and supporting overall vitality.

So, What's the Big Deal About Protein? (Spoiler: It's Everything!)

If there's one takeaway from modern nutrition science, it's this: protein is your new best friend. As I've learned, and as research confirms, our bodies get a little lazy at using protein to maintain muscle as we age — a phenomenon charmingly called "anabolic resistance" [3]. To keep our muscles from packing their bags and leaving, we need to consciously up our intake. Experts now recommend 1.2 to 1.6 grams of protein per kilogram of body weight daily for women over 50 [3, 2]. The ESPEN Expert Group confirms that the dose required to trigger the maximum muscle-building response is significantly higher in older adults than in younger adults [8]. For a 150-pound woman, that's about 82 to 109 grams daily — a significant jump from older, outdated recommendations. This isn't just about building biceps; it's about preserving the muscle mass crucial for strength, mobility, and a healthy metabolism. I recommend aiming for about 30 grams of protein per meal, distributed throughout your day. This strategy helps you feel full, supports your metabolism, and gives your muscles the resources they need to stick around, especially when paired with some resistance exercise [3].

The Good, The Bad, and The Processed (Let's Get Real About Food)

Science has finally made peace with fat — the good kind, that is. The new guidelines encourage the use of healthy, natural fats from whole foods such as avocados, olive oil, nuts, and omega-3-rich fish [1]. It's time to let go of the fat-free snacks of the 90s and welcome back real flavor and genuine nourishment. These fats are vital for hormone production, nutrient absorption, and keeping you satisfied.

What's definitely out? Ultra-processed foods (UPFs). These are the industrial concoctions with ingredients you can't pronounce, engineered to be so irresistible you can't stop eating them [5]. A growing body of research associates regular consumption of these foods with serious health consequences, among them obesity, type 2 diabetes, and cardiovascular disease. If it's made in a lab and barely resembles its original form, I suggest leaving it on the shelf. Your body deserves better than empty calories and artificial additives.

My Recommendations for Nutrition:

Prioritize Protein: Make protein the star of every meal. Aim for about 30 grams at breakfast, lunch, and dinner. Think eggs, Greek yogurt, lean meats, fish, and legumes.

Embrace Whole Foods: Make colorful vegetables, fruits, and healthy fats staples in your meals. Together, they deliver a rich spectrum of vitamins, minerals, and fiber that work in harmony to strengthen your overall health.

Ditch the UPFs: Consciously reduce your intake of ultra-processed foods and added sugars. Read labels, choose whole ingredients, and cook more at home.

Focus on Quality: Choose foods in their whole, intact state whenever possible. If it has a long list of chemical ingredients, it's probably not "real food."

When your daily choices are rooted in what science actually tells us, the results follow: more energy, greater ease with weight, and a life that feels genuinely fuller and healthier. You've got this!

Protein, Macronutrients, and Your Nutritional Framework

Alright, let's talk about the building blocks of your diet: macronutrients. These are the big three — protein, carbohydrates, and fats — and understanding them is like getting the secret code to your body's operating system. Forget the fads and the diet dogma; I'm here to give you the real scoop on how these guys work together to keep you feeling fantastic, especially after 50.

Protein: Your Body's MVP (Most Valuable Player)

If Chapter 2 didn't convince you, let me reiterate: protein is a non-negotiable superstar for women over 50. It's not just for bodybuilders; it's for your body, every single day.

Why? As we gracefully age, our muscles can become a bit stubborn. This phenomenon, known as anabolic resistance, means the body demands a more powerful stimulus to maintain and rebuild muscle tissue effectively [3].

That signal comes from leucine, a specific amino acid found in protein. To create enough leucine in your bloodstream to effectively tell your muscles, "Hey, let's build and repair!" you need about 2.5 to 3 grams of leucine per meal — and to get that, you need roughly 30 grams of high-quality protein [2, 7]. This isn't just about preventing muscle loss (sarcopenia); it's about maintaining a robust metabolism, keeping you feeling full and satisfied, and supporting overall strength and vitality. Think of protein as the ultimate multitasker for healthy aging.

Carbohydrates: Fuel for Your Fire (The Right Kind!)

Carbohydrates often get a bad rap, but let me set the record straight: they are not the enemy. In fact, they're your body's preferred source of energy! The trick, especially after 50, is choosing the right kind of carbs. I like to think of them as either "fast-burning kindling" or "slow-burning logs."

Fast-burning kindling (refined carbs): Think white bread, sugary cereals, pastries. These give you a quick burst of energy, often followed by a crash, and can wreak havoc on your blood sugar. I recommend limiting these. Slow-burning logs (complex carbs): These are your whole grains, fruits, vegetables, and legumes. They provide sustained energy, are rich in fiber (great for digestion and satiety!), and support healthy aging [6].

So, what are carbs for? They fuel your brain, your muscles, and every cell in your body. Giving them up entirely can leave you feeling sluggish, irritable, and craving all the wrong things. It's about smart choices, not deprivation.

Fats: Your Hormonal Harmony and More

Cast your mind back to the fat-free obsession that swept through the 80s and 90s. Looking back, it was one of the most misguided dietary trends of our time. Modern science has unequivocally shown that fats are essential for our health, especially for women navigating hormonal changes.

Healthy fats play a crucial role in:

Hormone Production: Your body needs fat to produce hormones, including those that regulate mood, metabolism, and reproductive health. After menopause, supporting hormonal balance is more important than ever.

Nutrient Absorption: Key vitamins — including A, D, E, and K — can only be absorbed when fat is present in the diet. Cutting fats too low means these nutrients may pass through your system unused.

Satiety and Brain Health: Fats keep you feeling full and satisfied, and they're critical for brain function and cognitive health. I love healthy fats from sources like avocados, olive oil, nuts, seeds, and fatty fish [1]. These are your allies, not your adversaries.

The Macronutrient Tango: Creating Balanced Meals

Now, here's where the magic happens: understanding how proteins, carbohydrates, and fats work together to build meals that keep blood sugar steady and energy levels consistent throughout the day. I call it the "Macronutrient Tango."

When you combine protein and healthy fats with complex carbohydrates, you slow down the digestion and absorption of sugars. This prevents those dreaded blood sugar spikes and crashes, keeping your energy levels steady and your mood more even-keeled. This is particularly important for hormonal balance, as erratic blood sugar can exacerbate menopausal symptoms.

My Recommended Macronutrient Proportions for Women Over 50:

While individual needs vary, I've found these general guidelines to be incredibly effective. Remember, these are starting points, not rigid rules. Listen to your body and adjust as needed.

Age Category	Protein (% of Calories)	Carbohydrates (% of Calories)	Fats (% of Calories)
50-60 years	25-35%	35-45%	25-35%
60-70 years	30-40%	30-40%	25-35%
70+ years	35-45%	25-35%	25-35%

Note: These percentages are general recommendations. Individual requirements differ depending on how active you are, your health history, and your personal goals. For guidance tailored to your situation, working with a registered dietitian or healthcare provider is always a smart step.

Common Misconceptions: Don't Go to Extremes!

I've seen countless women fall victim to extreme diets that demonize entire food groups. Let me be clear: you shouldn't give up carbohydrates or fats entirely. These macronutrients are vital. The problem isn't the food group itself, but often the quality and quantity of the choices we make within them. Avoiding ultra-processed foods (UPFs) and added sugars is far more impactful than cutting out all carbs or fats [5]. Balance, not extremism, is the key to sustainable health and happiness.

How Nutrients Affect Hormonal Balance

Beyond just energy, macronutrients play a profound role in your hormonal health. During perimenopause and menopause, your body is already navigating significant hormonal shifts. A diet rich in healthy fats provides the building blocks for steroid hormones. Stable blood sugar, achieved through balanced meals, prevents insulin spikes that can negatively impact other hormones. Adequate protein supports overall endocrine function. By providing your body with the right balance of these nutrients, you're giving it the best chance to achieve hormonal harmony, reducing symptoms such as hot flashes, mood swings, and fatigue.

My Recommendations for Balanced Meals:

Start with Protein: Always build your meal around a generous portion of protein (about 30g).

Add Complex Carbs: Include a serving of colorful vegetables, fruits, or whole grains.

Include Healthy Fats: Don't forget a source of healthy fats for satiety and hormonal support.

Listen to Your Body: Pay attention to how different foods make you feel. This is your most important guide.

By embracing this nutritional framework, you're not just eating; you're actively supporting your body's incredible ability to thrive at every age.

Perimenopause, Menopause... and How to Keep Your Plate on Your Side

If you're over 40, you've probably started hearing the word perimenopause whispered in conversations — sometimes like it's a secret club you didn't sign up for. And if you've already crossed into menopause? You know it's not just a "new chapter." It can feel like someone quietly swapped out your operating system overnight.

Hot flashes. Sleep that suddenly disappears at 3 a.m. Weight that settles around your midsection like it's found its forever home.

Fun times.

But here's the important part: while nutrition won't cancel menopause (wouldn't that be nice?), it absolutely changes how you experience it. Food becomes less about dieting — and more about steadying the ship.

Perimenopause: When Hormones Get Moody

During perimenopause, estrogen and progesterone don't decline in a neat, predictable line. They fluctuate. Some days they cooperate. Some days... not so much.

Those hormonal swings affect blood sugar, appetite, mood, fat storage, and energy.

Which is why suddenly you might feel shaky between meals, crave carbs at 4 p.m., or gain weight doing exactly what you've always done.

This is where the foundation we've already built — protein, fiber, balanced meals — becomes even more important. Stabilizing blood sugar is your best friend during perimenopause [10].

In practice, this looks like: including a protein source at each meal, getting fiber from vegetables, legumes, and whole foods, combining carbohydrates with protein and healthy fats, and steering clear of refined sugars that cause sharp blood sugar swings.

When blood sugar is steady, mood swings soften. Energy dips are less dramatic. Cravings become manageable. No magic. Just physiology.

Menopause: The Focus Shifts

Once menopause settles in and estrogen levels decline more consistently, your priorities evolve. Now we focus on protecting bone density, supporting heart health, preserving muscle mass, and maintaining metabolic efficiency. Protein becomes even more important. Muscle loss accelerates without it.

Calcium and vitamin D deserve attention for bone support.

Saturated fats — especially from red meat and full-fat dairy — are best moderated, while heart-friendly fats like olive oil, avocados, nuts, and seeds move into the spotlight.

Notice something? We're not eliminating entire food groups. We're refining the strategy.

Phytoestrogens: Nature's Gentle Assist

Let's talk about phytoestrogens — plant compounds that can lightly interact with estrogen receptors in the body. They don't replace estrogen. They don't "fix" menopause. But they may help soften some symptoms.

Isoflavones, concentrated mainly in soy-based foods, have attracted significant scientific attention. Evidence points to a daily intake of approximately 50–80 mg as potentially helpful in lowering both how often and how intensely hot flashes occur in certain women [12].

Practical sources include: tofu, tempeh, edamame, soy milk, flaxseeds, sesame seeds, chickpeas, lentils, berries, broccoli, and cauliflower. These foods also provide fiber, antioxidants, and plant protein — so even beyond symptom support, they're a solid investment. Consistency matters more than occasional intake.

What to Ease Back On (Without Becoming Food-Obsessed)

This is not the time for extremes. It's the time for smart edits.

Ultra-processed foods? They tend to increase inflammation, worsen insulin resistance, and make abdominal weight gain easier. High-sodium snacks? They can amplify bloating and fluid retention, which nobody asked for. Excess alcohol? It may intensify hot flashes and disrupt sleep — two things already complicated enough.

When it comes to fats, keep saturated fat intake modest — particularly from red meat and full-fat dairy — and prioritize heart-friendly unsaturated fats — the kind naturally present in olive oil, avocados, nuts, and seeds.

Refined sugar deserves special caution. As insulin sensitivity shifts with age, excess sugar has a bigger metabolic impact than it did at 25. Fruit is still healthy — but prioritizing berries and citrus (lower glycemic load) may support steadier blood sugar. Mangoes, grapes, and cherries aren't banned... just enjoyed thoughtfully.

Remember: we're adjusting, not punishing.

The Gut-Hormone Connection (Yes, It's Real)

If bloating suddenly feels like a frequent guest, you're not imagining it. Hormonal shifts.

There's something called the estrobolome — a group of gut bacteria involved in metabolizing estrogen. When your gut is healthy and diverse, estrogen processing tends to be more balanced. influence digestion — and your gut microbiome plays a role in hormone regulation [13].

There's something called the estrobolome — a group of gut bacteria involved in metabolizing estrogen. When your gut is healthy and diverse, estrogen processing tends to be more balanced.

Supporting your gut means eating probiotic foods like yogurt with live cultures, kefir, sauerkraut, and kimchi, along with prebiotic foods (which feed good bacteria) like garlic, onions, asparagus, bananas, and legumes.

Emerging research also highlights a compound called S-equol, produced by certain gut bacteria from soy isoflavones. Not all women produce it naturally, but gut diversity seems to matter [14]. Once again — diversity wins.

The Muscle-Bone Partnership

As estrogen declines, both muscle and bone are affected. And they are deeply connected. More muscle supports stronger bones. Strength training strengthens both.

High-leucine protein sources — like eggs and whey protein — support muscle protein synthesis. Combine that with resistance training, and you're actively protecting your future mobility. Calcium alone is not enough. Protein + strength training + adequate micronutrients = a stronger long-term outcome.

A Calm, Steady Approach

Perimenopause and menopause aren't a crisis. They're a recalibration.

When you keep protein consistent, balance blood sugar, reduce ultra-processed foods, support gut health, and lift weights — you create stability inside a body that's undergoing change. And stability feels powerful.

You don't need a cleanse. You don't need a crash diet. You don't need to fight your body. You need to work with it. And your plate — when structured intentionally — becomes one of your strongest tools.

PART 2

The Healthy Aging Kitchen



Timing Matters— How and When You Eat Shapes How You Age

We've talked about what to eat. Now let's talk about when.

Because after 50, timing isn't a trendy biohack. It's a metabolic strategy.

Your body runs on rhythms. Hormones follow patterns. Digestion follows patterns. Blood sugar follows patterns. And when you align your meals with those rhythms, things tend to feel smoother. Less bloating. More stable energy. Fewer cravings. Better sleep.

Let's build the day step by step.

Step 1: Morning Hydration — Before Coffee, Before Breakfast

Before food. Before caffeine. Before scrolling your phone. Start with one glass of warm water. Not lemon water. Not celery juice. Not a supplement cocktail. Just warm, plain water. Why? After 7-8 hours of sleep, your body is mildly dehydrated. Even slight dehydration can increase cortisol, reduce mental clarity, slow digestion, and affect blood pressure regulation. Hydrating first thing in the morning supports bowel motility, gently activates digestion, supports circulation, and helps regulate appetite later in the day.

There's solid evidence that even mild dehydration negatively affects cognitive performance and mood (Ganio et al., 2011; Armstrong et al., 2012) [15, 20]. Hydration status also influences metabolic function and thermoregulation.

It sounds almost too basic to matter, but starting your day with 8 to 12 ounces of warm water acts like a gentle reset for your digestive system. Warm liquids may stimulate gastric motility — the natural movement of your digestive tract — helping to wake up your gut and prepare it for the day ahead. As hormonal patterns shift, digestion can slow slightly. This simple habit helps keep things moving without extremes.

Simple. Effective. Not dramatic.

Step 2: Breakfast — 30 Minutes Later

Give your system about 20-30 minutes after water. Then eat.

Breakfast after 50 should do three things: stabilize blood sugar, provide sufficient protein, and prevent mid-morning cravings. This is not the time for coffee and a muffin.

A metabolically supportive breakfast includes about 30 grams of protein, fiber from whole foods, healthy fats, and controlled complex carbohydrates.

Examples: eggs + sauteed vegetables + avocado, Greek yogurt + berries + flaxseeds + nuts, tofu scramble + spinach + olive oil, cottage cheese + chia seeds + citrus.

Protein in the morning improves satiety and reduces later calorie intake (Leidy et al., 2013). Higher-protein breakfasts have been shown to reduce cravings and stabilize glucose response compared to high-carb breakfasts. After 50, protein distribution matters. Waiting until dinner to "catch up" doesn't support muscle protein synthesis effectively [3].

How you start your morning shapes your body's metabolic rhythm for the hours ahead.

The 4-6 Hour Rule: Why Constant Snacking Isn't Helping

After breakfast, allow at least 4-6 hours before your next meal, unless a medical condition requires otherwise. This is where modern culture often clashes with physiology.

We've normalized grazing. Snack bars. Protein bites. Handfuls of this. Sips of that.

But metabolically, constant eating keeps insulin elevated throughout the day. Every time we eat, insulin is released to help manage the glucose we take in. If we're constantly snacking, insulin levels stay elevated — and over time, that pattern can contribute to insulin resistance, a common challenge for women over 50.

Giving your body a 4-6 hour break allows insulin levels to drop and gives your system the opportunity to tap into stored fat for energy.

Insulin is not the enemy. Chronically elevated insulin is.

When you allow several hours between meals, insulin levels return toward baseline, fat oxidation increases, digestive processes complete, and migrating motor complex (MMC) activity supports gut cleansing.

The migrating motor complex — a fasting-dependent wave of gut motility — activates between meals and helps clear residual food and bacteria from the small intestine (Camilleri, 2019) [16]. Frequent snacking interrupts this process.

Studies on time-restricted feeding (Sutton et al., 2018; Jamshed et al., 2019) demonstrate that organizing meals within defined time windows can meaningfully benefit insulin sensitivity and blood pressure — independent of any changes in body weight [17, 18].

This doesn't mean aggressive fasting. It means your body benefits from digestive breaks. Unless medically indicated (such as diabetes management, hypoglycemia, adrenal conditions, or specific gastrointestinal disorders), grazing all day is not necessary — and often counterproductive.

For many healthy women over 50, the traditional three-meal structure works remarkably well. Individualization always comes first. But structure helps.

Lunch: Build Stability

Lunch should mirror breakfast in structure: a protein anchor (about 30 grams), fiber-rich vegetables, healthy fats, and moderate complex carbohydrates.

Examples: grilled salmon + quinoa + roasted vegetables; chicken breast + lentils + olive oil + leafy greens; tempeh + brown rice + broccoli; turkey + sweet potato + mixed salad.

This combination prevents afternoon energy crashes, supports muscle protein synthesis, stabilizes blood sugar, and reduces 4 p.m. sugar cravings.

Skipping protein at lunch almost guarantees overeating in the evening. And we're not doing that anymore.

No Afternoon Snack? Yes — For Most Women

If lunch is properly balanced, most women do not need a 3 p.m. snack. What often feels like hunger is dehydration, fatigue, habit, or an emotional cue.

Try water first. If true hunger is present — shakiness, difficulty concentrating, physical weakness — reassess your meal composition. It usually means lunch lacked protein or fiber.

We're building meals that carry you. Not meals that require backup snacks.

Dinner: Lighter, But Still Strategic

Dinner doesn't need to be tiny. It needs to be intentional. Include protein, vegetables,

healthy fats, and an optional smaller portion of carbohydrates.

As we move into the evening, we want dinner to be satisfying but respectful of digestion.

This is also the perfect time to support the estrobolome we talked about earlier.

If tolerated, include fermented dairy: yogurt with live cultures or kefir. These provide probiotics that support microbiome diversity and digestive balance. Gut health affects estrogen metabolism, immune regulation, inflammation, and sleep quality.

So yes — your yogurt matters.

Ideally, finish eating at least two hours before bedtime. This window allows your body to shift out of active digestion and into recovery mode, supporting deeper, more restorative sleep.

And About Sleep

Whenever possible, aim to be in bed by 11 p.m. Your body performs much of its repair and hormonal recalibration during the earlier part of the night. Growth hormone release, metabolic recovery, and appetite regulation follow circadian timing. Consistently going to bed late interferes with these natural rhythms.

After 50, quality sleep isn't optional self-care. It's biological maintenance.

Hydration Throughout the Day

Water is not optional. It is foundational.

Maintaining consistent fluid intake supports everything from joint lubrication to skin elasticity. Hydration affects blood pressure, digestion, kidney function, temperature regulation, cognitive clarity, and metabolic efficiency.

For most women over 50, a practical hydration target is approximately 1.8-2.2 liters (60-75 ounces) of fluids daily, more if physically active or in warm climates [19, 20].

This range is meant as a practical day-to-day target, not a rigid rule. Intake from food, activity level, climate, and individual needs all matter.

Spread intake throughout the day. Large volumes late at night may disrupt sleep. As we age, the thirst mechanism becomes less sensitive. You may be mildly dehydrated without feeling thirsty.

Signs you need more water: dark urine, fatigue, dry mouth, headaches, constipation. Mild dehydration is extremely common — and often mistaken for hunger.

Putting Chapter 5 Into Practice: Your Daily Rhythm

For many women, three structured meals with 4-6 hours between them create stable insulin patterns, improved digestion, better energy, reduced cravings, and more metabolic flexibility.

Some women naturally transition to two meals per day — especially if appetite decreases or schedules shift. That can work well, provided protein targets are still met.

But the baseline model remains: morning hydration, breakfast, 4-6 hour break, lunch, 4-6 hour break, dinner, hydrate throughout.

Simple structure. Strong physiology. And after 50, structure becomes freedom.

The Pantry and Shopping Guide — Your Blueprint for Success

If the kitchen is the heart of the home, then the pantry is the engine room. I've seen it time and again: you have the best intentions, you've read the research, and you're ready to conquer the day — but then you open your cupboard and find nothing but a stale box of crackers and some mystery canned soup. That's when the "pizza emergency" happens. To build a body that's strong, resilient, and metabolically active after 50, we need to stock our environment with the right raw materials. This isn't about having a "perfect" pantry; it's about having a functional one that makes the healthy choice the easy choice.

Must-Have Staples for Healthy Aging

When I'm stocking my own kitchen, I focus on "metabolic anchors" — foods that provide high-quality protein, healthy fats, and slow-burning fiber. These are the items that will help you hit that 30-gram protein goal at every meal without breaking a sweat.

The Protein Power-Ups:

Canned Wild-Caught Fish: Salmon, sardines, and tuna are shelf-stable lifesavers. They're packed with omega-3s for heart and brain health and provide a massive protein punch for a quick lunch.

Lentils and Beans: Whether dried or canned (rinse them!), these are fiber-rich protein sources that support gut health and keep you full for hours.

High-Quality Protein Powder: Choose whey isolate or a clean plant-based option (such as a pea-and-rice blend) that delivers at least 2.5 grams of leucine per serving — the threshold needed to overcome the "anabolic resistance" discussed in Part 1 [3].

Greek Yogurt and Cottage Cheese: Keep these in the fridge as your "fast food" protein sources.

The Healthy Fat Foundation:

Extra Virgin Olive Oil: One of the most well-researched fats for supporting cardiovascular health.

Avocados: Nature's butter, full of monounsaturated fats and fiber.

Nuts and Seeds: Walnuts, chia seeds, and flaxseeds are essential for your "estrobolome" and hormonal harmony.

The Slow-Burning Carbs:

Quinoa and Farro: These ancient grains are nutritionally superior to refined staples like white rice or pasta, delivering a stronger protein and fiber profile per serving.

Cruciferous Vegetables: Keep frozen broccoli, cauliflower, and Brussels sprouts on hand. They're just as nutritious as fresh and won't wilt in the crisper drawer.

How to Read Nutrition Labels with Confidence

The FDA's updated Nutrition Facts label makes key information easier to find, but the food industry is still very good at "health-washing" products [1]. When you're standing in the grocery aisle, I want you to ignore the flashy claims on the front of the box like "Natural" or "Heart Healthy." Instead, flip it over and look for these three things:

The "Added Sugars" Line: This is one of the most useful updates to the Nutrition Facts label. The Dietary Guidelines for Americans recommend limiting added sugars to support metabolic health [1]. If a product has more than 5–8 grams of added sugar per serving, put it back.

The Protein-to-Calorie Ratio: For women over 50, we want to maximize protein without overshooting our energy needs. A good rule of thumb: aim for at least 1 gram of protein for every 10 calories in a packaged food.

The Ingredient List: If the first three ingredients include sugar, refined flour, or an ingredient you can't pronounce, it's likely an ultra-processed food (UPF). Remember, if it was made in a lab, your body has to work twice as hard to process it [5].

Grocery Shopping Tips for Simplicity

Shopping for a healthy lifestyle shouldn't feel like a chore. Here's how I navigate the store to keep things simple and stress-free:

Shop the Perimeter: You've probably heard this before, but it's still the best advice. Fresh produce, meat, and dairy are almost always on the outer edges. The middle aisles are where the UPFs live.

The "Frozen is Fine" Rule: Don't feel pressured to buy everything fresh. Frozen fruits and vegetables are harvested at their nutritional peak and preserved within hours, meaning their vitamin and mineral content is well retained. Plus, they're often cheaper and reduce food waste.

Never Shop Hungry: This is a cliché for a reason! When your blood sugar is low, your brain is biologically wired to seek out high-calorie, sugary "kindling" carbs. Eat a protein-rich snack before you go.

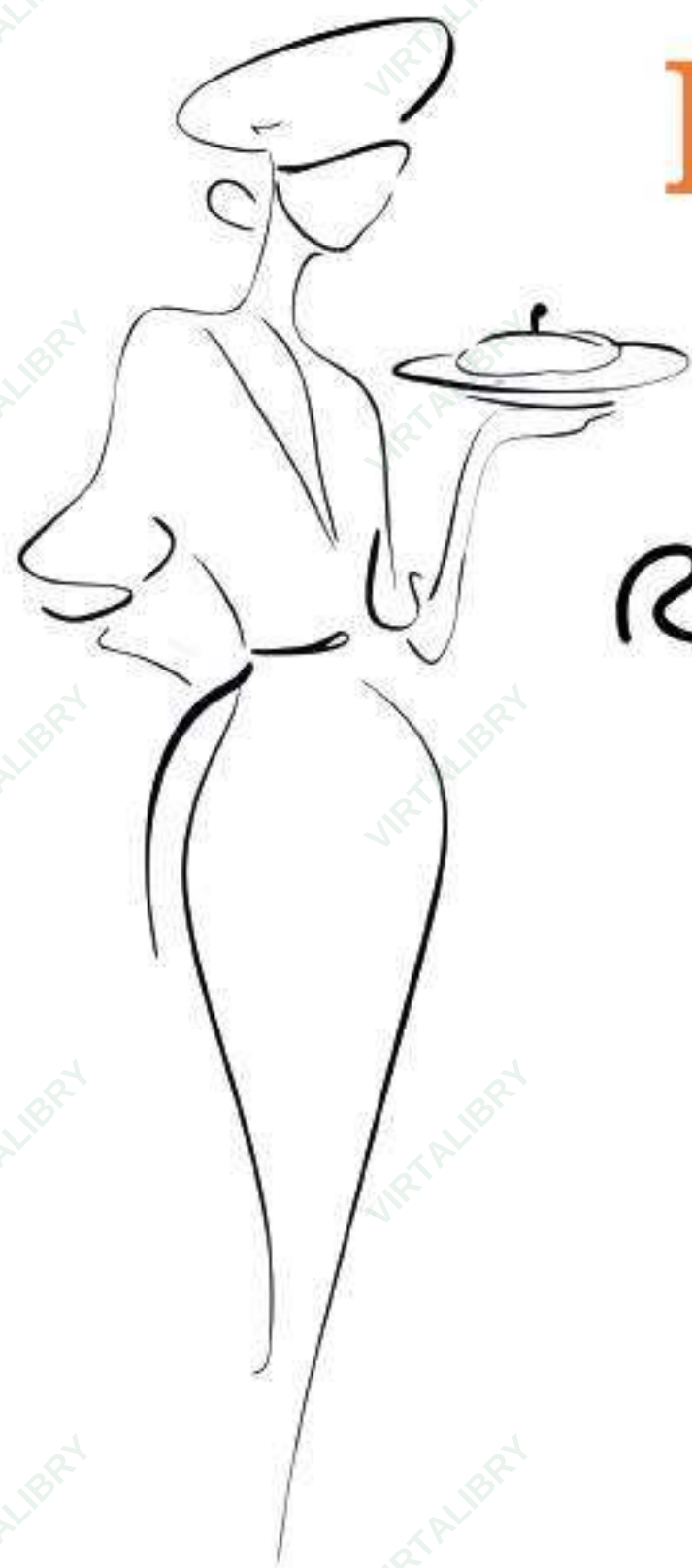
The 80/20 List: About 80% of your cart should be "real food" (one-ingredient items like spinach, eggs, or chicken). The other 20% can be your favorite high-quality conveniences, like a good jar of marinara or some dark chocolate.

Foods That Support Strength and Metabolism

As we've discussed, your metabolism after 50 is driven by your muscle mass. To keep that "engine" humming, we need to feed it specific nutrients. Beyond just protein, look for foods rich in magnesium (spinach, pumpkin seeds) to support muscle function and Vitamin D (fortified foods, fatty fish) to help with calcium absorption for bone density [1]. By curating a kitchen that supports your goals, you're taking the willpower out of the equation. When your pantry is stocked with "metabolic anchors," healthy aging doesn't just feel possible — it feels inevitable.

Part 3

Recipes



Before you dive in, a confession: these recipes are not sacred texts. They don't require perfect execution, a culinary degree, or the exact brand of Greek yogurt the universe apparently had in mind. They're starting points. Suggestions. A general direction, not a final destination.

Think of each recipe as an idea you're allowed to steal and make your own. Swap the protein. Skip the ingredient you don't have. Add more garlic — there's always room for more garlic. Mix two recipes together and see what happens. Half the best meals come from exactly that kind of low-stakes experimentation, and the other half come from accidentally leaving something in the oven too long and deciding it's "rustic."

All of the recipes in this book are genuinely simple. No complicated techniques, no equipment you don't own, no steps that require a culinary school background to understand. But simple on paper and simple in your kitchen are two slightly different things — and that's completely normal. Some dishes will come together perfectly the first time. Others will need a second attempt, a little adjustment, or a quiet moment of renegotiation between you and your pan.

Don't take it too seriously. Cooking at this stage of life should feel like freedom, not homework. You've already spent decades following other people's rules. In this kitchen, you make the call.

So use these recipes, bend them, combine them, and don't worry if the result looks nothing like the photo. It will still be nourishing, it will still be yours — and that's exactly the point.





breakfast

In this section, the recipes already include the calculated nutrients per serving, making it much easier to see how much protein, fat, and carbs you are getting at breakfast. If one dish does not provide enough protein for your needs, a practical solution is to add one high-protein muffin as part of the meal—recipes for these muffins are included in this section as well. This is especially convenient because you can make several servings ahead of time and keep them ready to use in the morning as part of breakfast. It is also worth looking at a few simple breakfast add-ons that can make the meal more satisfying, more balanced, and more nourishing.



Fresh mozzarella is a very convenient option when you want to add more protein to breakfast quickly. If you use a full 8 oz package (226 g), that provides approximately Calories 680 | Protein 56 g | Fat 45 g | Carbs 4 g. It also delivers a very high amount of calcium—about 1,100 mg, depending on the brand. For that reason, in practice it is often better to use half a package at a time, or about 4 oz (113 g), which provides approximately Calories 340 | Protein 28 g | Fat 22.5 g | Carbs 2 g.

This can be a very helpful way to strengthen breakfast with high-quality protein and calcium without making the portion overly heavy. At the same time, it is important to remember that mozzarella is a dairy product, so it may not work well for everyone. It is considered an excellent source of high-quality protein and calcium, but it is also relatively high in saturated fat, so it is best used in moderation as a breakfast addition rather than the foundation of the entire meal. It should also be used carefully by those with lactose intolerance, an allergy to milk proteins, or anyone who has been advised to limit saturated fat.



Another food worth considering is nuts. A practical serving is about 20–30 g per day. For a 20 g serving, the nutrition is approximately: Almonds — Calories 116 | Protein 4.3 g | Fat 10.1 g | Carbs 4.0 g; Walnuts — Calories 131 | Protein 3.1 g | Fat 13.0 g | Carbs 2.7 g; Pistachios — Calories 111 | Protein 4.1 g | Fat 8.9 g | Carbs 5.6 g. Nuts are a highly valuable food for heart health, a healthier lipid profile, better satiety, steadier blood sugar support, and overall metabolic balance because they provide unsaturated fats, fiber, magnesium, vitamin E,

and other important micronutrients. Nuts are best eaten after soaking overnight, because this may partially reduce phytates and make them easier to digest for sensitive individuals. At the same time, it is important to remember that nuts are calorie-dense, can be hard on digestion in large amounts, and must be completely avoided by anyone with a nut allergy.



Plain Greek yogurt with no added sugar is another very convenient breakfast addition. In a 100 g serving, Greek yogurt with 2–5% fat provides about Calories 90–110 | Protein 8–9 g | Fat 2–5 g | Carbs 3–4 g, while nonfat Greek yogurt provides about Calories 55–65 | Protein 10 g | Fat 0 g | Carbs 3–4 g. This makes it a good option for anyone who wants a light but nourishing breakfast addition that pairs easily with berries, seeds, nuts, or a prepared breakfast as an added protein source. Greek yogurt is also valued for its calcium

content, and versions with live cultures may fit well into a diet designed to support digestive health. Still, individual tolerance matters. It may not be suitable for people with lactose intolerance, a milk protein allergy, or those who do not tolerate fermented dairy products well. As always, it is best to choose plain Greek yogurt with no added sugar rather than sweetened dessert-style products.



Sprouted grains are another excellent breakfast addition, especially for women over 50, because they can help make the diet richer in fiber, vitamins, and minerals. As a practical reference point, a 50 g serving of sprouted grains provides approximately Calories 99–107 | Protein 4–6.5 g | Fat 0.5–1.5 g | Carbs 21–24 g depending on the grain. During sprouting, some starch is broken down and certain nutrients may become more available for absorption. That is one reason sprouted grains are valued for their

content of folate, iron, zinc, magnesium, vitamin C, and plant protein. They may help improve fullness, support steadier blood sugar, promote digestive health, and contribute to heart and overall metabolic health. For women over 50, especially useful choices include sprouted oats, buckwheat, barley, and quinoa, since they fit well into an eating pattern that supports energy, cardiovascular health, and bone health. A practical daily amount is usually about 50–100 g of the prepared product, depending on tolerance. At the same time, it is very important to remember that raw sprouts carry a higher risk of microbial contamination. To reduce that risk, use only good-quality grains, rinse them thoroughly before soaking, use very clean containers and utensils, rinse the sprouts at least twice a day, avoid keeping them warm for too long, store the finished product in the refrigerator, and discard anything with an off smell, slime, or any sign of spoilage. For women over 50, the safest option is to lightly cook sprouted grains rather than eat them raw. They should also be limited in certain digestive conditions, and sprouted gluten-containing grains are not appropriate for those with celiac disease or gluten intolerance.

And a Few Words About What's in Your Cup



Coffee has been blamed for almost everything at some point — anxiety, poor sleep, heart issues, bad bones. The good news: most of that reputation is outdated. Current research, including large-scale meta-analyses, consistently shows that moderate coffee consumption is more beneficial than harmful across a wide range of health outcomes. For the brain, caffeine blocks adenosine receptors, reducing mental fatigue and improving alertness, memory, and cognitive performance. Long-term studies link moderate coffee intake to a reduced risk of cognitive decline and

Alzheimer's disease. For the gut, a 2024 literature review published in *Nutrients* found that moderate coffee consumption — up to 4 cups per day — increases the relative abundance of beneficial bacteria, including *Bifidobacterium*, boosts overall gut microbiota diversity, and supports healthy intestinal motility. That said, timing matters more than most people realize. Your cortisol levels peak naturally within 30–45 minutes of waking. Drinking coffee during that window stacks caffeine's cortisol-boosting effect on top of an already elevated baseline, which can contribute to energy crashes and increased stress response later in the day. The practical sweet spot: wait 60 to 90 minutes after waking before your first cup, ideally between 9:30 and 11:00 a.m. Always pair coffee with food — at minimum a small protein-containing snack — to buffer stomach irritation and slow the cortisol response. Two to three cups per day is the range where benefits are most consistent, and risks remain minimal.



Tea's reputation swings between superfood and overrated habit depending on the week. The evidence is more stable than that. A 2024 meta-analysis of 38 prospective cohort studies found that around 2 cups per day was associated with reduced all-cause mortality, while a large-scale UK Biobank study linked 3 cups daily to a lower risk of dementia. Green and black tea also provide polyphenols that support cardiovascular health and bone density. The practical target: 2 to 3 cups per day, between meals — not

alongside food. Tea tannins can reduce iron absorption from plant-based sources by up to 60–70% when consumed with a meal; drinking tea between meals brings that down to around 20%. If you use bagged tea, one detail is worth knowing: a 2024 study found that a single plastic tea bag releases up to 1.2 billion microplastic particles per brew, small enough to be absorbed into the bloodstream. The fix is simple — loose-leaf tea, paper-only bags, or a stainless steel infuser. And keep the temperature below 60°C (140°F); consistently hot tea has been linked to esophageal irritation over time.

Egg-Based Breakfasts

BROCCOLI PARMESAN FRITTATA

Per 1 serving (estimated):

Calories 349

Protein 25 g | Fat 24 g | Carbs 8 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

◆◆◆ Ingredient

	1 Serving	2 Servings	Your Choice
Large eggs	3	6	
Broccoli florets, steamed or sautéed	1 cup	2 cups	
Grated Parmesan cheese	2 tbsp	1/4 cup	
Extra-virgin olive oil	1 tsp	2 tsp	
Garlic powder	1/4 tsp	1/2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Preheat the oven to 375°F (190°C). If using raw broccoli, steam or sauté until tender-crisp. Chop into smaller pieces if desired.
2. In a medium bowl, whisk together the eggs, Parmesan, garlic powder, salt, and black pepper until well combined.
3. Heat the olive oil in an oven-safe nonstick skillet over medium heat.
4. Add the cooked broccoli to the skillet, spreading it evenly across the bottom.
5. Pour the egg mixture over the broccoli.
6. Cook on the stovetop for 3–5 minutes, or until the edges begin to set.
7. Transfer the skillet to the oven and bake for 12–15 minutes, or until the frittata is puffed and set in the center.
8. Remove from the oven, let cool slightly, then slice and serve.

TIP:

This frittata is great for meal prep. Let it cool completely, then slice and refrigerate in an airtight container for up to 3–4 days. Reheat gently in the microwave or oven.

BLACK BEAN AVOCADO SCRAMBLE

Per 1 serving (estimated):

Calories 412

Protein 28 g | Fat 21 g | Carbs 27 g

PREP: 5 MIN

COOK: 10 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
• Large eggs	2	4	
• Liquid egg whites	1/4 cup	1/2 cup	
• Canned black beans, rinsed and drained	1/2 cup	1 cup	
• Avocado, diced	1/4 medium	1/2 medium	
• Chunky salsa	2 tbsp	1/4 cup	
• Extra-virgin olive oil	1 tsp	2 tsp	
• Ground cumin	1/4 tsp	1/2 tsp	
• Salt	to taste	to taste	
• Black pepper	to taste	to taste	

DIRECTIONS

1. In a medium bowl, whisk together the eggs, egg whites, salt, and black pepper until well combined.
2. Heat the olive oil in a nonstick skillet over medium heat. Add the black beans and cumin, and cook for 2–3 minutes, until warmed through.
3. Pour the egg mixture into the skillet. As the eggs begin to set, gently push them from the edges toward the center with a spatula, allowing the uncooked egg to flow underneath.
4. Continue cooking, stirring gently, until the eggs are cooked to your desired consistency but still slightly moist.
5. Remove from the heat.
6. Top with the avocado and salsa before serving.

TIP:

Top with fresh cilantro or a squeeze of lime juice before serving for extra flavor.

SPINACH FETA OMELET

Per 1 serving (estimated):

Calories 364

Protein 24 g | Fat 27 g | Carbs 5 g

PREP: 5 MIN

COOK: 10 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Large eggs	3	6	
Fresh baby spinach, packed	1 cup	2 cups	
Crumbled feta cheese	1 oz	2 oz	
Extra-virgin olive oil	1 tsp	2 tsp	
2% milk (optional)	1 tbsp	2 tbsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. In a small bowl, whisk the large eggs with the milk and black pepper until well combined and slightly frothy.
2. Heat the olive oil in a nonstick skillet over medium heat. Add the fresh baby spinach and sauté for 1 to 2 minutes until just wilted.
3. Pour the egg mixture over the wilted spinach, tilting the pan to ensure the eggs cover the entire surface.
4. As the eggs begin to set, use a spatula to gently lift the edges, allowing the uncooked egg to flow underneath.
5. Once the top is mostly set but still slightly moist, sprinkle the crumbled feta cheese over one half of the omelet.
6. Carefully fold the omelet in half and cook for another 30 to 60 seconds until the cheese is warm and the eggs are fully set.
7. Slide the omelet onto a plate and serve immediately.

TIP:

For a lighter version with even higher protein, replace 1 whole egg with 2 tbsp liquid egg whites.

SAVORY OAT PANCAKES WITH CHEESE AND HERBS

Per 1 serving (estimated):

Calories 426

Protein 27g | Fat 20 g | Carbs 34 g

PREP: 10 MIN

COOK: 15 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
• Old-fashioned rolled oats	1/2 cup	1 cup	
• Large eggs	2	4	
• 2% milk	1/4 cup	1/2 cup	
• Low-fat cottage cheese	1/4 cup	1/2 cup	
• Fresh herbs, chopped	2 tbsp	1/4 cup	
• Extra-virgin olive oil	1 tsp	2 tsp	
• Salt	to taste	to taste	
• Black pepper	to taste	to taste	

DIRECTIONS

1. In a blender or food processor, combine the rolled oats, eggs, milk, cottage cheese, fresh herbs, salt, and black pepper. Blend until smooth and the oats are fully incorporated.
2. Heat the olive oil in a nonstick skillet over medium heat.
3. Pour half of the batter into the hot skillet and spread gently into a round pancake. Cook for 3–5 minutes per side, or until golden brown and cooked through.
4. Repeat with the remaining batter.
5. Serve immediately.

TIP:

Serve with plain Greek yogurt or sliced avocado for extra protein and flavor.

POACHED EGGS WITH QUINOA AND SPINACH

Per 1 serving (estimated):

Calories 370

Protein 21g | Fat 22 g | Carbs 23 g

PREP: 5 MIN

COOK: 15 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Large eggs	2	4	
Cooked quinoa	1/2 cup	1 cup	
Fresh baby spinach	1 cup	2 cups	
Hemp hearts	1 tbsp	2 tbsp	
Extra-virgin olive oil	1 tsp	2 tsp	
Lemon juice	1 tsp	2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Prepare the quinoa according to package directions. While the quinoa cooks, prepare the other components.
2. For the poached eggs, fill a medium saucepan with about 3 inches of water and bring to a gentle simmer over medium heat. Add a splash of vinegar, if desired. Crack each egg into a small ramekin or cup, then gently slide each egg into the simmering water. Cook for 3–4 minutes for a runny yolk, or longer for a firmer yolk. Remove with a slotted spoon.
3. For the spinach, heat the olive oil in a small skillet over medium heat. Add the spinach and sauté for 1–2 minutes, until just wilted. Season with a pinch of salt and black pepper.
4. To assemble, place the cooked quinoa on a plate to form a base. Top with the sautéed spinach, then gently place the poached eggs on top.
5. Drizzle with lemon juice, sprinkle with hemp hearts, and season with additional salt and black pepper to taste.

TIP:

Cook a larger batch of quinoa at the beginning of the week and refrigerate it for quick breakfasts.

CHICKPEA SHAKSHUKA

Per 1 serving (estimated):

Calories 440

Protein 25g | Fat 19g | Carbs 41g

PREP: 10 MIN

COOK: 20 MIN

INGREDIENTS



Ingredient	1 Serving	2 Servings	Your Choice
◆ Large eggs	2	4	
● Canned chickpeas, rinsed and drained.	1/2 cup	1 cup	
● Crushed tomatoes	3/4 cup	1 1/2 cups	
● Red bell pepper, diced	1/4 cup	1/2 cup	
● Yellow onion, diced	2 tbsp	1/4 cup	
● Garlic, minced	1 clove	2 cloves	
● Extra-virgin olive oil	1 tsp	2 tsp	
● Smoked paprika	1/2 tsp	1 tsp	
● Ground cumin	1/2 tsp	1 tsp	
● Crumbled feta cheese, optional	1 tbsp	2 tbsp	
● Salt	to taste	to taste	
● Black pepper	to taste	to taste	

DIRECTIONS

1. Heat the olive oil in a medium oven-safe skillet over medium heat. Add the onion and red bell pepper, and sauté for 5–7 minutes, until softened.
2. Add the garlic, smoked paprika, and cumin. Cook for 1 minute, stirring constantly, until fragrant.
3. Pour in the crushed tomatoes and chickpeas. Stir well and bring the mixture to a gentle simmer. Reduce the heat to low, cover, and cook for 10–12 minutes to let the flavors meld.
4. Create two small wells in the tomato mixture. Carefully crack one egg into each well. If using, sprinkle the feta over the top.
5. Cover the skillet and continue to cook for 5–8 minutes, or until the egg whites are set and the yolks are cooked to your desired consistency.
6. Season with salt and black pepper to taste. Serve immediately.

TIP:

Garnish with chopped fresh cilantro or parsley before serving for extra flavor and color.

Breakfasts with Meat & Seafood

CHICKEN APPLE BREAKFAST SALAD

Per 1 serving (estimated):

Calories 270

Protein 41g | Fat 4g | Carbs 16g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient

- Cooked chicken breast, shredded
- Celery, finely diced
- Apple, diced
- Plain Greek yogurt
- Salt
- Black pepper

1 Serving

- 4 oz
- 1/2 cup
- 1/2 medium
- 1/4 cup
- to taste
- to taste

2 Servings

- 8 oz
- 1 cup
- 1 medium
- 1/2 cup
- to taste
- to taste

Your Choice

DIRECTIONS

1. In a medium bowl, combine the shredded chicken, celery, and apple.
2. Add the Greek yogurt and stir gently until evenly coated.
3. Season with salt and black pepper to taste.
4. Serve immediately, or chill for 15 minutes before serving to let the flavors meld.

TIP:

Add chopped walnuts or pecans for extra crunch. For a fresh variation, serve it in lettuce cups.

CHICKEN BREAKFAST BURRITO

Per 1 serving (estimated):

Calories 540

Protein 48g | Fat 25 g | Carbs 27 g

PREP: 5 MIN

COOK: 15 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Whole-grain tortilla (8-inch)	1	2	
Large eggs	2	4	
Cooked chicken breast, shredded	3 oz	6 oz	
Cheddar cheese, shredded	1/4 cup	1/2 cup	
Olive oil	1 tsp	2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. In a small bowl, whisk the eggs with a pinch of salt and black pepper until well combined.
2. Heat the olive oil in a nonstick skillet over medium heat. Pour in the egg mixture and scramble until cooked through but still soft. Remove from the heat.
3. Warm the whole-grain tortilla in a dry skillet over medium heat for about 30 seconds per side, or until pliable.
4. Lay the warmed tortilla flat. Spoon the scrambled eggs onto the center. Top with the chicken and cheddar cheese.
5. Fold in the sides of the tortilla, then roll it up tightly from the bottom to form a burrito.
6. Serve immediately.

TIP:

Add salsa, diced avocado, or chopped fresh cilantro before rolling for extra flavor.

CHICKEN VEGGIE WRAP

Per 1 serving (estimated):

Calories 380

Protein 38g | Fat 12 g | Carbs 30 g



PREP: 5 MIN

COOK: 0 MIN (IF CHICKEN IS PRE-COOKED)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
*Whole-grain tortilla (8-inch)	1	2	
*Cooked chicken breast, shredded	4 oz	8 oz	
Lettuce leaves	1 cup	2 cups	
Tomato, sliced	1/2 medium	1 medium	
Cucumber, sliced	1/2 cup	1 cup	
Light Greek yogurt-based sauce	2 tbsp	4 tbsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If not already prepared, cook the chicken breast by boiling or baking until fully cooked. Shred or slice into bite-size pieces.
2. Lay the whole-grain tortilla flat on a clean surface.
3. Spread the Greek yogurt-based sauce evenly over the tortilla, leaving a small border around the edges.
4. Arrange the chicken, lettuce, tomato, and cucumber over the sauce.
5. Season with salt and black pepper to taste.
6. Roll up the tortilla tightly, tucking in the sides as you go to create a secure wrap.
7. Cut in half diagonally, if desired.
8. Serve immediately.

TIP:

For extra flavor and crunch, lightly toast the tortilla in a dry skillet for 30 seconds per side before assembling the wrap.

ROAST BEEF AND EGG BREAKFAST PLATE

Per 1 serving (estimated):

Calories 232

Protein 22g | Fat 8 g | Carbs 16 g



PREP: 5 MIN

COOK: 2 MIN (FOR TOASTING)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Thinly sliced roast beef	2 oz	4 oz	
Large boiled egg	1	2	
Whole-grain bread	1 slice	2 slices	
Radishes, sliced	1/2 cup	1 cup	
Fresh arugula	1 cup	2 cups	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Lightly toast the whole-grain bread until golden brown.
2. Arrange the roast beef on a plate.
3. Halve or quarter the boiled egg and place it alongside the roast beef.
4. Add the sliced radishes and fresh arugula to the plate.
5. Serve the toasted bread on the side or as a base for the roast beef.
6. Season with salt and black pepper to taste.
7. Serve immediately.

TIP:

Add a squeeze of fresh lemon juice or a light vinaigrette before serving for extra flavor.

TURKEY AVOCADO EGG WRAP

Per 1 serving (estimated):
Calories 525
Protein 47g | Fat 33 g | Carbs 15 g

PREP: 10 MIN
COOK: 5-7 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Large eggs	2	4	
Cooked turkey breast, sliced	3 oz	6 oz	
Avocado, sliced	1/4 medium	1/2 medium	
Bell pepper, thinly sliced	1/4 cup	1/2 cup	
Tomato, diced	1/4 cup	1/2 cup	
Lean cheese, shredded	1/4 cup	1/2 cup	
Hummus	2 tbsp	4 tbsp	
Extra-virgin olive oil	1 tsp	2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. In a small bowl, whisk the eggs with a pinch of salt and black pepper until well combined.
2. Heat the extra-virgin olive oil in a nonstick skillet over medium-low heat. Pour in the egg mixture, swirling to create a thin, even layer, similar to a crepe. Cook for 2–3 minutes, or until set and lightly golden on the bottom. Carefully flip and cook for 1 more minute. Remove from the heat and transfer to a plate.
3. Spread the hummus evenly over one side of the cooked egg wrap.
4. Arrange the turkey, avocado, bell pepper, tomato, and shredded cheese over the hummus.
5. Carefully roll up the egg wrap tightly. Cut in half diagonally, if desired.
6. Serve immediately.

TIP:

Add a handful of spinach or arugula before rolling for extra freshness and flavor

TURKEY HUMMUS SANDWICH

Per 1 serving (estimated):

Calories 350

Protein 30g | Fat 10 g | Carbs 35 g

PREP: 5-7 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Whole-grain bread	2 slices	4 slices	
Roasted turkey breast, sliced	3 oz	6 oz	
Hummus	2 tbsp	4 tbsp	
Lettuce leaves	2-3 leaves	4-6 leaves	
Tomato, sliced (optional)	2 slices	4 slices	
Cucumber, sliced (optional)	1/4 cup	1/2 cup	
Black pepper	to taste	to taste	

DIRECTIONS

1. Lay out two slices of whole-grain bread on a clean surface.
2. Spread the hummus evenly on one side of each slice of bread.
3. On one slice of bread, layer the roasted turkey breast, lettuce leaves, and, if using, the tomato and cucumber.
4. Season with black pepper to taste.
5. Place the second slice of bread, hummus-side down, on top to complete the sandwich.
6. Cut in half diagonally, if desired.
7. Serve immediately.

TIP:

Add a few slices of bell pepper or some shredded carrots for extra crunch.

SHRIMP AVOCADO SALAD

Per 1 serving (estimated):

Calories 285

Protein 26g | Fat 17 g | Carbs 10 g

PREP: 10 MIN

COOK: 0 MIN (USING PRE-COOKED SHRIMP)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cooked shrimp, peeled and deveined	4 oz	8 oz	
Ripe avocado, diced	1/2 medium	1 medium	
Fresh lime juice	1 tbsp	2 tbsp	
Fresh cilantro, chopped	2 tbsp	1/4 cup	
Extra-virgin olive oil	1 tsp	2 tsp	
Red onion, finely minced (optional)	1 tbsp	2 tbsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If using frozen cooked shrimp, make sure they are fully thawed and patted dry.
2. In a medium bowl, combine the shrimp and avocado.
3. Drizzle with lime juice and extra-virgin olive oil.
4. Add the cilantro and red onion, if using.
5. Gently toss until well combined, being careful not to mash the avocado.
6. Season with salt and black pepper to taste.
7. Serve immediately, or spoon into lettuce cups if desired.

TIP:

Add a pinch of red pepper flakes or a little diced jalapeño for extra heat.

SARDINE EGG SPREAD TOAST

Per 1 serving (estimated):

Calories 365

Protein 26g | Fat 18 g | Carbs 22 g

PREP: 10 MIN

COOK: 0 MIN)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Sardines in water or olive oil, drained	1 can (3.75 oz)	2 cans (7.5 oz total)	
Hard-boiled eggs	2	4	
Whole-grain bread, toasted	2 slices	4 slices	
Dijon mustard	1 tsp	2 tsp	
Lemon juice	1 tsp	2 tsp	
Paprika	1/8 tsp	1/4 tsp	
Black pepper	to taste	to taste	
Fresh parsley, chopped (optional)	1 tsp	2 tsp	

DIRECTIONS

1. In a medium bowl, mash the hard-boiled eggs with a fork.
2. Add the drained sardines and mash again until the mixture becomes smooth and spreadable, like a pate.
3. Stir in the Dijon mustard, lemon juice, paprika, and black pepper until well combined.
4. If using, fold in the chopped parsley.
5. Spread the sardine and egg mixture evenly over the toasted whole-grain bread and serve immediately.

TIP:

For a smoother spread, mash the mixture a little longer or pulse it briefly with a hand blender. Add a few cucumber slices or extra parsley on top for freshness.

SMOKED SALMON SCRAMBLE

Per 1 serving (estimated):

Calories 356

Protein 31g | Fat 23 g | Carbs 4 g

PREP: 5 MIN

COOK: 8 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Large eggs	3	6	
Smoked salmon (lox-style), flaked	2 oz	4 oz	
Fresh dill, chopped	1 tbsp	2tbsp	
Red onion, finely diced	1 tbsp	2 tbsp	
Capers, drained	1 tsp	2tsp	
Extra-virgin olive oil	1 tsp	2tsp	
Plain nonfat Greek yogurt	1 tbsp	2tsp	
Black pepper	to taste	to taste	

DIRECTIONS

1. In a medium bowl, whisk together the eggs, Greek yogurt, and black pepper until well combined.
2. Heat the olive oil in a nonstick skillet over medium heat. Add the red onion and sauté for 1–2 minutes, until softened.
3. Pour the egg mixture into the skillet. As the eggs begin to set, gently push them from the edges toward the center with a spatula, allowing the uncooked egg to flow underneath.
4. Continue cooking, stirring gently, until the eggs are cooked to your desired consistency but still slightly moist.
5. Remove from the heat. Gently fold in the smoked salmon, dill, and capers.
6. Serve immediately.

TIP:

Serve with a few slices of avocado for extra creaminess and healthy fats.

TUNA WHITE BEAN SALAD

Per 1 serving (estimated):

Calories 280

Protein 42g | Fat 2 g | Carbs 21 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Canned tuna in water, drained	5 oz can	2 (5 oz) cans	
Canned white beans (cannellini), rinsed and drained	1/2 cup	1 cup	
Fresh lemon juice	1 tbsp	2 tbsp	
Fresh parsley, chopped	2 tbsp	1/4 cup	
Extra-virgin olive oil (optional)	1 tsp	2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. In a medium bowl, combine the tuna and white beans.
2. Add the lemon juice and parsley. If desired, drizzle with the olive oil.
3. Season with salt and black pepper to taste.
4. Gently mix until well combined.
5. Serve immediately.

TIP

For a richer flavor, use tuna packed in olive oil and reduce or omit the added olive oil. Add the parsley just before serving for the freshest flavor.

Plant-Forward Breakfasts

EDAMAME WITH SEA SALT AND SESAME

Per 1 serving (estimated):

Calories 246

Protein 18g | Fat 14g | Carbs 16g

PREP: 2 MIN

COOK: 5 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Frozen shelled edamame	1 cup	2 cups	
Toasted sesame oil	1 tsp	2 tsp	
Sesame seeds	1 tsp	2 tsp	
Flaky sea salt	to taste	to taste	

DIRECTIONS

1. Cook the frozen shelled edamame according to package directions, usually by boiling in lightly salted water for 3–5 minutes or steaming until tender-crisp.
2. Drain thoroughly.
3. In a medium bowl, toss the warm edamame with the toasted sesame oil and sesame seeds.
4. Sprinkle with flaky sea salt to taste.
5. Serve immediately.

TIP

For extra flavor, lightly toast the sesame seeds in a dry skillet for 1–2 minutes before adding them to the edamame.

QUINOA WITH WALNUTS AND CINNAMON

Per 1 serving (estimated):

Calories 524

Protein 18 g | Fat 20 g | Carbs 73 g

PREP: 5 MIN

COOK: 15 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Quinoa, dry	1/2 cup	1 cup	
Water or unsweetened almond milk	1 cup	2 cups	
Walnuts, chopped	2 tbsp	4 tbsp	
Hemp seeds	1 tbsp	2 tbsp	
Apple, diced	1/2 medium	1 medium	
Ground cinnamon	1/2 tsp	1 tsp	
Salt	pinch	1/4 tsp	

DIRECTIONS

1. Rinse the quinoa thoroughly under cold water using a fine-mesh strainer to remove any bitterness.
2. In a small saucepan, combine the rinsed quinoa, water or almond milk, and a pinch of salt. Bring to a boil over medium-high heat.
3. Reduce the heat to low, cover, and simmer for 12-15 minutes, or until the liquid is fully absorbed and the quinoa is tender.
4. Remove from the heat and let stand, covered, for 5 minutes. Fluff with a fork.
5. Stir in the diced apple, walnuts, hemp seeds, and cinnamon until well combined.
6. Serve warm in a bowl.

TIP:

For a softer apple texture, add the diced apple during the last 5 minutes of cooking. Toasted walnuts also add deeper flavor.

SESAME TEMPEH AND BROCCOLI PLATE

Per 1 serving (estimated):

Calories 280

Protein 22 g | Fat 14 g | Carbs 20 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Tempeh, cubed	4 oz	8 oz	
Broccoli florets	1 1/2 cups	3 cups	
Low-sodium soy sauce	2 tbsp	4 tbsp	
Sesame oil	1 tsp	2 tsp	
Garlic, minced	1 clove	2 cloves	
Fresh ginger, grated	1/2 tsp	1 tsp	
Toasted sesame seeds	1 tsp	2 tsp	

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, whisk together the soy sauce, sesame oil, garlic, and ginger.
3. Place the cubed tempeh on a baking sheet and toss with half of the sauce. Roast for 15-20 minutes, flipping halfway, until golden brown and slightly crisp.
4. Steam or roast the broccoli until tender-crisp.
5. Arrange the roasted tempeh and broccoli on a serving plate.
6. Drizzle with the remaining sauce and sprinkle with the toasted sesame seeds.
7. Serve immediately.

TIP:

For extra heat, add a pinch of red pepper flakes to the sauce before serving.

SOY MILK CHIA PUDDING WITH ALMONDS

Per 1 serving (estimated):

Calories 338

Protein 16 g | Fat 20 g | Carbs 30 g

PREP: 5 MIN

COOK: 0 MIN

CHILL: 4 HOURS (OR OVERNIGHT)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Chia seeds	3 tbsp	6 tbsp	
Unsweetened soy milk	1 cup	2 cups	
Sliced or slivered almonds	1 tbsp	2 tbsp	
Fresh mixed berries (blueberries, raspberries, or strawberries)	1/2 cup	1 cup	
Vanilla extract (optional)	1/4 tsp	1/2 tsp	
Ground cinnamon (optional)	1/8 tsp	1/4 tsp	

DIRECTIONS

1. In a small bowl or mason jar, combine the chia seeds and soy milk.
2. If using, add the vanilla extract and ground cinnamon.
3. Stir thoroughly until the chia seeds are evenly distributed and no clumps remain.
4. Cover and refrigerate for at least 4 hours, or overnight, until thickened.
5. Stir again before serving.
6. Top with the berries and almonds.
7. Serve chilled.

TIP:

Stir the pudding again after the first 30 minutes of chilling for a smoother texture. For extra flavor, lightly toast the almonds in a dry skillet for 2-3 minutes before serving.

TURMERIC TOFU SCRAMBLE WITH WHOLE-GRAIN TOAST

Per 1 serving (estimated):

Calories 320

Protein 25 g | Fat 14 g | Carbs 28 g

PREP: 10 MIN

COOK: 15 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
◆ Extra-firm tofu, pressed and crumbled	7 oz	14 oz	
◆ Olive oil	1 tbsp	2 tbsp	
◆ Yellow onion, finely diced	1/4 cup	1/2 cup	
◆ Bell pepper, finely diced	1/4 cup	1/2 cup	
◆ Turmeric powder	1/2 tsp	1 tsp	
◆ Nutritional yeast	1 tbsp	2 tbsp	
◆ Garlic powder	1/4 tsp	1/2 tsp	
◆ Black salt (kala namak), optional	1/4 tsp	1/2 tsp	
◆ Salt	to taste	to taste	
◆ Black pepper	to taste	to taste	
◆ Whole-grain bread, toasted	1 slice	2 slices	
◆ Fresh parsley or chives, chopped	1 tbsp	2 tbsp	

DIRECTIONS

1. Heat the olive oil in a nonstick skillet over medium heat. Add the onion and bell pepper, and sauté for 5-7 minutes, until softened.
2. Add the crumbled tofu to the skillet. Break it up further with a spoon or spatula, so it resembles scrambled eggs.
3. Stir in the turmeric, nutritional yeast, garlic powder, black salt, if using, salt, and black pepper. Cook for 5-8 minutes, stirring occasionally, until the tofu is heated through and lightly golden.
4. While the tofu scramble cooks, toast the whole-grain bread.
5. Serve the tofu scramble with the toast and garnish with parsley or chives, if desired.

TIP:

Add spinach, kale, or mushrooms during the last few minutes of cooking for extra vegetables. Leftovers can be refrigerated in an airtight container for up to 3 days.

WHITE BEAN SPREAD ON WHOLE-GRAIN CRACKERS

Per 1 serving (estimated):

Calories 246

Protein 9 g | Fat 10 g | Carbs 31 g



PREP: 5 MIN

COOK: 0 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Canned whitebeans, drained and rinsed	1/2 cup	1 cup	
Garlic, minced	1 clove	2 cloves	
Extra-virgin olive oil	1 tsp	2 tsp	
Walnuts, chopped	1 tbsp	2 tbsp	
Whole-grain crackers	2	4	
Fresh lemon juice (optional)	1/2 tsp	1 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. In a small bowl, combine the white beans, garlic, extra-virgin olive oil, walnuts, and lemon juice, if using.
2. Mash with a fork or potato masher until you reach your desired consistency. Leave it slightly chunky for a rustic spread, or mash until mostly smooth.
3. Season with salt and black pepper to taste. Stir well to combine.
4. Spoon the white bean spread onto the whole-grain crackers.
5. Serve immediately.

TIP:

For a smoother spread, blend the mixture in a food processor. This spread can also be used as a sandwich filling or a dip for vegetables.

Yogurt & Cottage Cheese Breakfasts

TUNA COTTAGE CHEESE BOWL

Per 1 serving (estimated):

Calories 275

Protein 50g | Fat 4g | Carbs 10g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient

- Low-fat cottage cheese (2% milkfat)
- Canned light tuna in water, drained
- Fresh dill, chopped
- Green onions, thinly sliced
- Lemon juice
- Black pepper
- Salt (optional)

1 Serving

- 1 cup
- 1 can (5 oz)
- 1 tbsp
- 1 tbsp
- 1 tsp
- to taste
- to taste

2 Servings

- 2 cups
- 2 cans (10 oz total)
- 2 tbsp
- 2 tbsp
- 2 tsp
- to taste
- to taste

Your Choice

DIRECTIONS

1. Open the canned tuna and drain thoroughly. Flake the tuna with a fork.
2. In a medium bowl, add the cottage cheese.
3. Top with the flaked tuna.
4. Sprinkle the dill and green onions over the tuna and cottage cheese.
5. Drizzle with lemon juice.
6. Season with salt and black pepper, if desired.
7. Stir gently to combine, or enjoy as a layered bowl.
8. Serve immediately.

TIP

Serve with a few whole-grain crackers or sliced cucumbers for extra crunch. For a creamier texture, stir the tuna and herbs directly into the cottage cheese before serving.

TROPICAL YOGURT BOWL

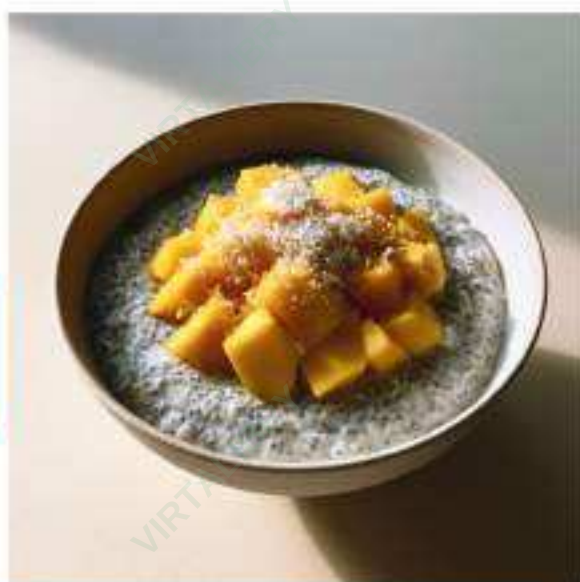
Per 1 serving (estimated):

Calories 335

Protein 24g | Fat 13 g | Carbs 29 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Plain Greek yogurt (2% fat)	1 cup	2 cup	
Mango, diced	1/2 cup	1 cup	
Unsweetened shredded coconut	1 tbsp	2 tbsp	
Chia seeds	1 tbsp	2 tbsp	

DIRECTIONS

1. In a bowl, combine the Greek yogurt, mango, shredded coconut, and chia seeds.
2. Stir gently until well combined.
3. Let the bowl sit for 5–10 minutes to allow the chia seeds to slightly expand and thicken the texture.
4. Serve immediately.

TIP

For an extra-chilled bowl, refrigerate for 15–20 minutes before serving.

SAVORY COTTAGE CHEESE TOMATO BOWL

Per 1 serving (estimated):

Calories 310

Protein 33g | Fat 5 g | Carbs 28 g

PREP: 10 MIN

COOK: 2 MIN (FOR TOASTING)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
• Low-fat cottage cheese (2% milkfat)	1 cup	2 cups	
• Plain nonfat Greek yogurt	1/4 cup	1/2 cup	
• Cherry tomatoes, halved	1/2 cup	1 cup	
• Cucumber, diced	1/2 cup	1 cup	
• Whole-grain bread	1 slice	2 slices	
• Ground black pepper	1/4 tsp	1/2 tsp	
• Salt (optional)	to taste	to taste	
• Fresh herbs (parsley or chives), chopped	1 tbsp	2 tbsp	

DIRECTIONS

1. Lightly toast the whole-grain bread until golden brown and crisp.
2. In a medium bowl, combine the cottage cheese and Greek yogurt. Stir gently until creamy and well blended.
3. Top with the cherry tomatoes and cucumber.
4. Sprinkle with the black pepper and fresh herbs.
5. Season with salt, if desired.
6. Serve immediately with the toasted whole-grain bread on the side.

TIP

For extra flavor, toss the tomatoes and cucumber with a pinch of black pepper before adding them to the bowl.

OVERNIGHT GREEK YOGURT OAT BOWL

Per 1 serving (estimated):

Calories 385

Protein 26g | Fat 15 g | Carbs 38 g

PREP: 5 MIN(PLUS OVERNIGHT CHILLING)

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Plain Greek yogurt (2% fat)	1 cup	2 cups	
Old-fashioned rolled oats	1/2 cup	1 cup	
Walnuts, chopped	2 tbsp	1/4 cup	
Fresh fruit (berries, sliced banana, or apple)	1/2 cup	1 cup	
Honey or maple syrup (optional)	1 tsp	2 tsp	
Ground cinnamon (optional)	1/4 tsp	1/2 tsp	

DIRECTIONS

1. In a medium bowl or mason jar, combine the Greek yogurt and rolled oats. Stir well until evenly mixed.
2. If using, stir in the ground cinnamon and honey or maple syrup.
3. Cover the bowl or seal the jar tightly and refrigerate overnight, or for at least 6 hours.
4. In the morning, stir again. If needed, add a splash of milk or water to reach your desired consistency.
5. Top with the fresh fruit and chopped walnuts.
6. Serve chilled.

TIP

Add the fruit just before serving for the freshest texture. For a warmer breakfast, microwave the soaked oats for 30–60 seconds before adding the toppings.

GREEK YOGURT WALNUT BOWL

Per 1 serving (estimated):

Calories 385

Protein 24g | Fat 22 g | Carbs 26 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Plain Greek yogurt (0%-2% milkfat)	1 cup	2 cups	
Walnuts, chopped	1/4 cup	1/2 cup	
Chia seeds	1 tbsp	2 tbsp	
Fresh blueberries	1/2 cup	1 cup	
Ground cinnamon (optional)	1/4 tsp	1/2 tsp	

DIRECTIONS

1. Spoon the Greek yogurt into a bowl.
2. Top with the blueberries.
3. Sprinkle the walnuts and chia seeds evenly over the top.
4. If desired, add a light dusting of ground cinnamon.
5. Stir gently before eating, or enjoy as a layered bowl.
6. Serve immediately.

TIP

For a softer texture, stir the chia seeds into the yogurt 5–10 minutes before serving.

GREEK YOGURT FLATBREAD

Per 1 serving (estimated):

Calories 275

Protein 18g | Fat 4 g | Carbs 45 g

PREP: 10 MIN

COOK: 10-15 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Thick Greek yogurt (2%-5% fat)	1 cup (8 oz)	2 cups (16 oz)	
Whole-wheat or all-purpose flour	1 cup (4.25oz)	2 cups (8.5 oz)	
Baking powder	1 tsp	2 tsp	
Salt	1/4 tsp	1/2 tsp	
Finely chopped fresh herbs (dill, parsley, or chives)	2 tbsp	1/4 cup	
Olive oil (for cooking)	1 tsp	2 tsp	

DIRECTIONS

1. In a medium bowl, combine the Greek yogurt, flour, baking powder, and salt. Mix until a shaggy dough forms.
2. Add the chopped fresh herbs and knead the dough gently for 1–2 minutes, until it comes together and is smooth. If the dough is too sticky, add a little more flour, 1 tbsp at a time.
3. Divide the dough into 2 equal portions for 1 serving, or 4 portions for 2 servings. On a lightly floured surface, roll each portion into a flatbread about 1/4 inch thick.
4. Heat the olive oil in a nonstick skillet over medium heat.
5. Cook each flatbread for 2–4 minutes per side, or until golden brown and cooked through. The flatbreads should puff up slightly.
6. Remove from the skillet. Serve warm.

TIP

For extra flavor, stir 2 tbsp of grated Parmesan cheese into the dough per serving.

FLOURLESS COTTAGE CHEESE PANCAKES

Per 1 serving (estimated):

Calories 315

Protein 30g | Fat 14 g | Carbs 14 g

PREP: 5 MIN

COOK: 10 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Low-fat cottage cheese (2% or 4%)	1/2 cup	1 cup	
Large eggs	2	4	
Oat bran	2 tbsp	1/4 cup	
Ground cinnamon	1/2 tsp	1 tsp	
Vanilla extract (optional)	1/4 tsp	1/2 tsp	
Plain nonfat Greek yogurt	1/4 cup	1/2 cup	
Cooking spray or butter	for the pan	for the pan	

DIRECTIONS

1. In a medium bowl, whisk the eggs until well beaten.
2. Stir in the cottage cheese, oat bran, ground cinnamon, and vanilla extract, if using, until well combined. For a smoother texture, pulse the mixture in a blender for a few seconds.
3. Heat a nonstick skillet or griddle over medium heat. Lightly coat with cooking spray or a small amount of butter.
4. Pour about 1/4 cup of batter onto the skillet for each pancake.
5. Cook for 3–4 minutes, or until small bubbles form on the surface and the edges appear set.
6. Carefully flip the pancakes and cook for another 2–3 minutes, until golden brown and cooked through.
7. Transfer to a plate.
8. Top with the Greek yogurt. Serve warm.

TIP

Top with fresh berries or a sprinkle of cinnamon before serving.

COTTAGE CHEESE AVOCADO BOWL

Per 1 serving (estimated):

Calories 360

Protein 28g | Fat 22 g | Carbs 12 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cottage cheese (2% or 4% fat)	1 cup	2 cups	
Avocado, diced	1/2 medium	1 medium	
Smoked paprika	1/2 tsp	1 tsp	
Sunflower seeds, unsalted	1 tbsp	2 tbsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

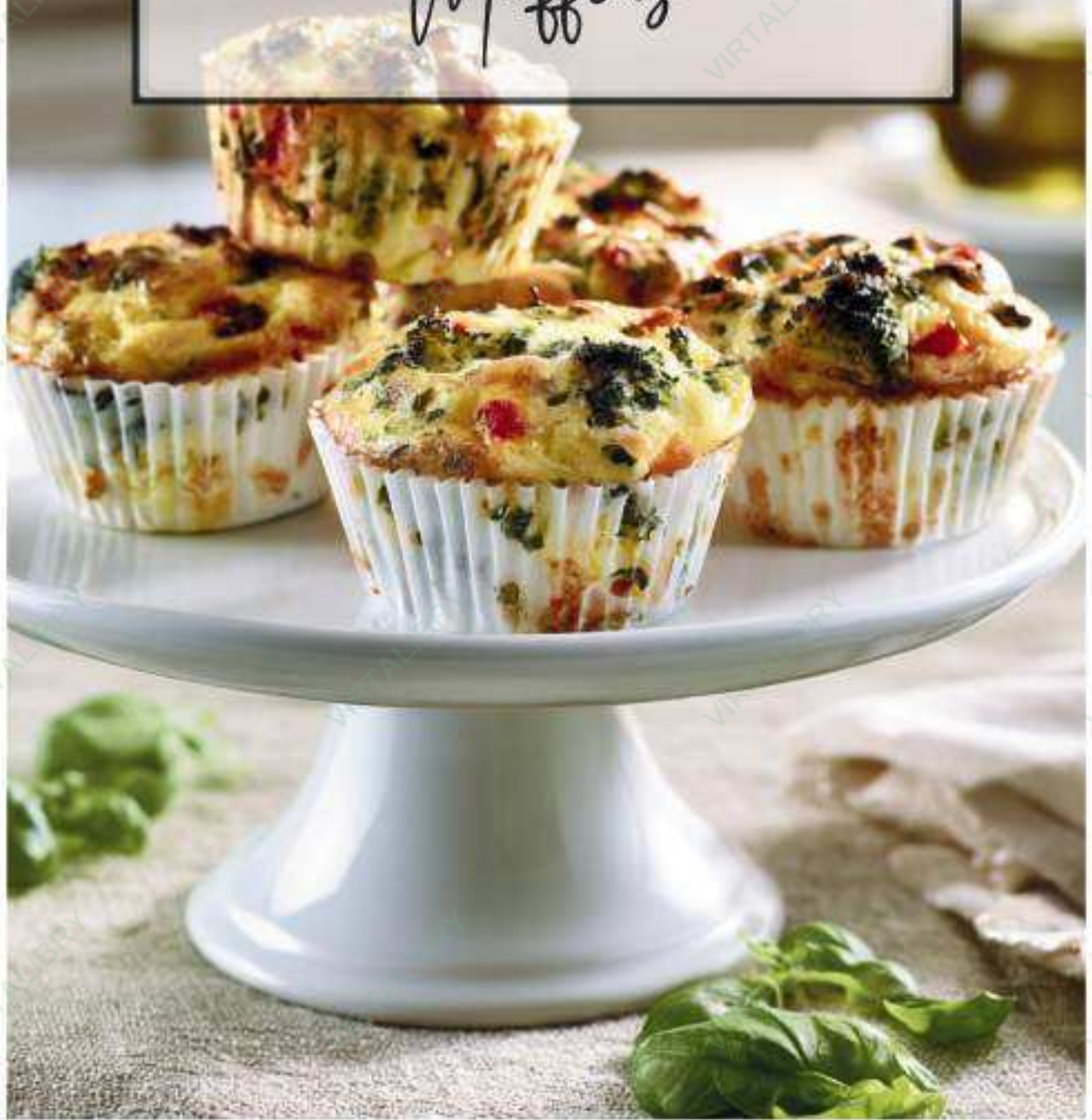
DIRECTIONS

1. In a medium bowl, combine the cottage cheese, avocado, smoked paprika, and sunflower seeds.
2. Season with salt and black pepper to taste.
3. Gently stir until well combined.
4. Serve immediately.

TIP

Add a squeeze of fresh lime juice before serving for a brighter flavor.

High-Protein Muffins



CHICKEN BLACK BEAN MUFFINS

Per 1 serving (estimated):

Calories 220

Protein 20 g | Fat 8 g | Carbs 18 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

◆ ◆ ◆ ◆ ◆ ◆ Ingredient

1 Serving (2 muffins)

2 Servings (4 muffins)

Your Choice

- Ground chicken, cooked and crumbled
- Black beans, mashed
- Large eggs
- Canned corn, drained
- Cumin
- Chili powder
- Salt
- Black pepper

1/2 cup

1 cup

1/4 cup

1/2 cup

2

4

1/4 cup

1/2 cup

1/4 tsp

1/2 tsp

1/4 tsp

1/2 tsp

1/4 tsp

1/2 tsp

1/8 tsp

1/4 tsp

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. In a large bowl, whisk the eggs until well combined.
3. Add the ground chicken, mashed black beans, corn, cumin, chili powder, salt, and black pepper. Mix until well combined.
4. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
5. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
6. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

For extra heat, add a pinch of cayenne pepper or a few dashes of hot sauce.

TURKEY HAM CHEESE EGG MUFFINS

Per 1 serving (estimated):

Calories 190

Protein 18 g | Fat 11 g | Carbs 4 g

PREP:10MIN

COOK:20 MIN



INGREDIENTS

Ingredient	1 Serving (2 muffins)	2 Servings (4 muffins)	Your Choice
Diced turkey ham	1/2 cup	1 cup	
Large eggs	2	4	
Shredded hard cheese (such as cheddar or Swiss)	1/4 cup	1/2 cup	
Green onions, sliced	2 tbsp	1/4 cup	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. Cut the turkey ham into small squares.
3. In a large bowl, whisk the eggs until well combined.
4. Stir in the turkey ham, cheese, green onions, salt, and black pepper.
5. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
6. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
7. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

Mozzarella works well here for a milder flavor.

TURKEY BELL PEPPER EGG MUFFINS

Per 1 serving (estimated):

Calories 195

Protein 20 g | Fat 9 g | Carbs 7 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

Ingredient

Ground turkey, cooked and crumbled
Large eggs
Bell pepper, finely diced
Small onion, finely diced
Salt
Black pepper
Paprika

**1 Serving
(2 muffins)**

1/2 cup
2
1/2 cup
1/4 onion
1/4 tsp
1/8 tsp
1/8 tsp

**2 Servings
(4 muffins)**

1 cup
4
1 cup
1/2 onion
1/2 tsp
1/4 tsp
1/4 tsp

Your Choice

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. In a large bowl, whisk the eggs until well combined.
3. Stir in the cooked ground turkey, bell pepper, onion, salt, black pepper, and paprika.
4. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
5. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
6. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

Make sure the ground turkey is fully cooked and well drained before adding it to the mixture. For a little heat, add a pinch of red pepper flakes.

TURKEY VEGGIE EGG MUFFINS

Per 1 serving (estimated):

Calories 290

Protein 30 g | Fat 19 g | Carbs 8 g



PREP: 10 MIN

COOK: 15-20 MIN

INGREDIENTS

Ingredient	1 Serving (3 muffins)	2 Servings (6 muffins)	Your Choice
Large eggs	3	6	
Diced turkey ham	1/4 cup	1/2 cup	
Zucchini, finely diced	1/4 cup	1/2 cup	
Carrot, finely shredded	1/4 cup	1/2 cup	
Milk (any type)	1 tbsp	2 tbsp	
Olive oil (for greasing)	1/2 tsp	1 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Preheat the oven to 350°F(175°C). Lightly grease a 6-cup muffin tin with olive oil or line with paper liners.
2. Grate the zucchini and gently squeeze out excess moisture using a clean kitchen towel or paper towels to prevent watery muffins.
3. In a medium bowl, whisk the large eggs with milk, salt, and black pepper until well combined.
4. Stir in the diced turkey ham, zucchini, and finely shredded carrot into the egg mixture.
5. Evenly divide the egg mixture among the prepared muffin cups, filling each about two-thirds full.
6. Bake for 15-20 minutes, or until the egg muffins are set in the center and lightly golden brown on top.
7. Remove from the oven and let cool in the muffin tin for a few minutes before transferring to a wire rack.
8. Serve warm or at room temperature.

TIP:

These egg muffins are excellent for meal prep. Cook a larger batch, let them cool completely, and store them in an airtight container in the refrigerator for up to 3-4 days. Reheat gently in the microwave for a quick and healthy breakfast or snack. Feel free to customize with other finely diced vegetables like bell peppers or spinach.

TUNA CORN EGG MUFFINS

Per 1 serving (estimated):

Calories 190

Protein 25 g | Fat 6 g | Carbs 10 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

Ingredient	1 Serving (2 muffins)	2 Servings (4 muffins)	Your Choice
Canned tuna in water, drained	1 (5 oz) can	2 (5 oz) cans	
Large eggs	2	4	
Canned corn, drained	1/2 cup	1 cup	
Green onions, sliced	2 tbsp	1/4 cup	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. In a large bowl, whisk the eggs until well combined.
3. Flake the tuna with a fork and add it to the eggs along with the corn, green onions, salt, and black pepper.
4. Mix gently until well combined.
5. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
6. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
7. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

For a creamier texture, add 1 tbsp of light mayonnaise or Greek yogurt to the mixture.

SALMON DILL EGG MUFFINS

Per 1 serving (estimated):

Calories 200

Protein 20 g | Fat 12 g | Carbs 5 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS



Ingredient	1 Serving (2 muffins)	2 Servings (4 muffins)	Your Choice
Canned salmon, drained and flaked	1/2 cup	1 cup	
Large eggs	2	4	
Fresh dill, chopped	1 tbsp	2 tbsp	
Light cream cheese	2 tbsp	1/4 cup	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. In a large bowl, whisk the eggs until well combined.
3. Add the salmon, dill, cream cheese, salt, and black pepper. Mix gently until well combined.
4. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
5. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
6. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

Add a squeeze of lemon juice to the mixture for a brighter flavor.

BROCCOLI CHEDDAR EGG MUFFINS

Per 1 serving (estimated):

Calories 185

Protein 19 g | Fat 11 g | Carbs 4 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

Ingredient	1 Serving (2 muffins)	2 Servings (4 muffins)	Your Choice
Large eggs	2	4	
Large egg whites	2	4	
Broccoli florets, finely chopped	1/2 cup	1 cup	
Sharp cheddar cheese, shredded	3 tbsp	6 tbsp	
Yellow onion, finely diced	2 tbsp	1/4 cup	
Garlic, minced	1/2 clove	1 clove	
Dijon mustard	1/4 tsp	1/2 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. Chop the broccoli florets into very small, fine pieces so they distribute evenly through the muffins.
3. In a large bowl, whisk together the whole eggs and egg whites until well combined.
4. Stir in the chopped broccoli, shredded cheddar, diced onion, minced garlic, Dijon mustard, salt, and black pepper. Mix until evenly combined.
5. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
6. Bake for 18-22 minutes, or until the muffins are set and lightly golden on top. A toothpick inserted into the center should come out clean.
7. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

Chop the broccoli as finely as possible; small pieces bind better into the muffin and give a more even texture in every bite. These muffins keep well in the refrigerator for up to 3-4 days and reheat beautifully in the microwave for 30-40 seconds.

HERBED COTTAGE CHEESE MUFFINS

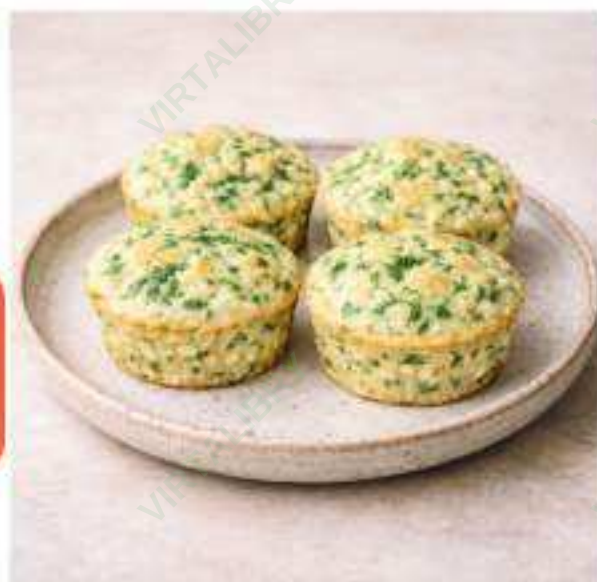
Per 1 serving (estimated):

Calories 160

Protein 18 g | Fat 5 g | Carbs 10 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS



◆ + + + ————— +
+ Ingredient

◆
+ Low-fat cottage cheese
+ Large eggs
+ Fresh dill, chopped
+ Fresh parsley, chopped
+ Whole-wheat flour
+ Salt
+ Black pepper

**1 Serving
(2 muffins)**

1/2 cup
2
1 tbsp
1 tbsp
2 tbsp
1/4 tsp
1/8 tsp

**2 Servings
(4 muffins)**

1 cup
4
2 tbsp
2 tbsp
1/4 cup
1/2 tsp
1/4 tsp

Your Choice

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. In a large bowl, whisk the eggs until well combined.
3. Add the cottage cheese, dill, parsley, whole-wheat flour, salt, and black pepper. Mix until just combined.
4. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
5. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
6. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

Chives or basil also work well in this recipe.

LENTIL VEGGIE MUFFINS

Per 1 serving (estimated):

Calories 170

Protein 12 g | Fat 6 g | Carbs 18 g



PREP: 10 MIN

COOK: 20 MIN

INGREDIENTS

Ingredient	1 Serving (2 muffins)	2 Servings (4 muffins)	Your Choice
Cooked lentils	1/2 cup	1 cup	
Large eggs	2	4	
Carrot, grated	1/4 cup	1/2 cup	
Zucchini, grated	1/4 cup	1/2 cup	
Onion powder	1/8 tsp	1/4 tsp	
Garlic powder	1/8 tsp	1/4 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin or line with paper liners.
2. In a large bowl, whisk the eggs until well combined.
3. Stir in the lentils, carrot, zucchini, onion powder, garlic powder, salt, and black pepper. Mix until well combined.
4. Divide the mixture evenly among the muffin cups, filling each about two-thirds full.
5. Bake for 18-22 minutes, or until the muffins are set and lightly golden brown. A toothpick inserted into the center should come out clean.
6. Let cool in the muffin tin for a few minutes before transferring to a wire rack.

TIP:

Squeeze excess moisture from the grated vegetables before mixing to keep the muffins from getting soggy.



Main Dishes



Meat Dishes

CHICKEN AND WHITE BEAN SKILLET

Per 1 serving (estimated):

Calories 450

Protein 50g | Fat 12g | Carbs 35g

PREP: 10 MIN

COOK: 20-25 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
◆ ◆ ◆ ◆ ◆ Boneless, skinless chicken breast	6 oz	12 oz	
◆ Canned white beans, rinsed and drained	1/2 can (7.5 oz)	1 can (15oz)	
◆ Unsweetened tomato sauce	1/2 cup	1 cup	
◆ Onion, chopped	1/4 cup	1/2 cup	
◆ Olive oil	1 tsp	2 tsp	
◆ Garlic powder	1/2 tsp	1 tsp	
◆ Ground cumin	1/4 tsp	1/2 tsp	
◆ Paprika	1/4 tsp	1/2 tsp	
◆ Salt	to taste	to taste	
◆ Black pepper	to taste	to taste	

DIRECTIONS

1. Pat the chicken dry with paper towels and season with salt, black pepper, garlic powder, cumin, and paprika.
2. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook for 5–7 minutes per side, or until golden brown and cooked through to 165°F (74°C). Remove from the skillet and set aside.
3. In the same skillet, add the onion and sauté for 3–5 minutes, until softened.
4. Stir in the tomato sauce and beans. Bring to a simmer, then reduce the heat to low, cover, and cook for 5–7 minutes to let the flavors meld.
5. Slice the cooked chicken and return it to the skillet with the bean mixture. Stir gently to combine and heat through.
6. Serve immediately.

TIP:

For extra heat, add a pinch of cayenne or a few dashes of hot sauce to the bean mixture.

CHICKEN SAUSAGE WITH SAUTÉED KALE

Per 1 serving (estimated):

Calories 310

Protein 24 g | Fat 18 g | Carbs 12 g

PREP: 10 MIN

COOK: 15 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Natural chicken sausages, no sugar added	2 links (about 4 oz)	4 links (about 8 oz)	
Fresh kale, stems removed and chopped	4 cups	8 cups	
Garlic, minced	2 cloves	4 cloves	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Water or low-sodium chicken broth	2 tbsp	1/4 cup	
Red pepper flakes (optional)	Pinch	1/4 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Slice the chicken sausages into 1/2-inch rounds.
2. Heat 1/2 tbsp of the olive oil in a large skillet over medium-high heat. Add the sausage slices and cook for 5-7 minutes, turning occasionally, until browned and cooked through. Remove from the skillet and set aside.
3. In the same skillet, add the remaining olive oil and the minced garlic. Sauté for about 1 minute, until fragrant, being careful not to burn the garlic.
4. Add the chopped kale to the skillet in batches, tossing it with the garlic and oil as it begins to wilt.
5. Pour in the water or chicken broth and cover the skillet with a lid. Let the kale steam for 3-5 minutes, until wilted and tender.
6. Remove the lid and return the cooked chicken sausage to the skillet. Add the red pepper flakes, if using.
7. Season with salt and black pepper to taste. Toss everything together and cook for another 1-2 minutes, until heated through.
8. Serve warm.

TIP:

For extra flavor, add a squeeze of fresh lemon juice over the kale just before serving.



CHOPPED CHICKEN PATTIES WITH ROASTED BROCCOLI

Per 1 serving (estimated):

Calories 430

Protein 48 g | Fat 18 g | Carbs 14 g

PREP: 15 MIN

COOK: 25 MIN

INGREDIENTS

Ingredient
♦ Boneless, skinless chicken breast, finely
♦ diced Large egg
♦ Yellow onion, finely diced
♦ Garlic, minced, or garlic powder
♦ Whole-wheat flour
♦ Turmeric
♦ Fresh parsley, finely chopped
♦ Salt
♦ Black pepper
♦ Olive oil
♦ Broccoli florets
♦ Lemon juice, fresh

1 Serving

8 oz
1
2 tbsp
1 clove or 1/4 tsp
1 tbsp
1/4 tsp
1 tbsp
to taste
to taste
1 tbsp
2 cups
1 tbsp

2 Servings

16 oz
2
1/4 cup
2 cloves or 1/2 tsp
2 tbsp
1/2 tsp
2 tbsp
to taste
to taste
2 tbsp
4 cups
2 tbsp

Your Choice



DIRECTIONS

1. Preheat the oven to 400°F (200°C). Spread the broccoli florets on a baking sheet lined with parchment paper. Drizzle with half of the olive oil, season with salt and black pepper, and toss to coat. Roast for 18–20 minutes, turning once halfway through, until the edges are lightly golden and crispy.
2. While the broccoli roasts, prepare the patty mixture. Using a sharp knife, cut the chicken breast into very small, fine cubes, about 1/4 inch, so the mixture holds together well. In a medium bowl, combine the diced chicken, egg, finely diced onion, garlic (minced or powder), whole-wheat flour, turmeric, chopped parsley, salt, and black pepper. Mix until evenly combined.
3. Heat the remaining olive oil in a nonstick skillet over medium heat until properly preheated. Using a large spoon, drop portions of the mixture onto the hot skillet and gently press each into a round patty.
4. Cook for 4–5 minutes on the first side without moving them, until a golden crust forms.
5. Flip the patties and reduce the heat to medium-low. Cook for another 4–5 minutes until cooked through to 165°F (74°C) and no longer pink in the center.
6. Remove the broccoli from the oven and drizzle with fresh lemon juice.
7. Serve the chicken patties warm with the roasted broccoli on the side.

TIP

For an even crust, make sure the skillet is properly preheated before adding the patties.

CHICKEN AND BROCCOLI RICE BOWL

Per 1 serving (estimated):

Calories 410

Protein 46 g | Fat 15 g | Carbs 24 g

PREP: 10 MIN

COOK: 15-20 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Boneless, skinless chicken breast	6 oz	12 oz	
Cooked brown rice	1/2 cup	1 cup	
Broccoli florets	1.5 cups	3 cups	
Olive oil	1 tbsp	2 tbsp	
Lemon zest	1 tsp	2 tsp	
Lemon juice	1 tbsp	2 tbsp	
Black pepper	1/2 tsp	1 tsp	
Salt	to taste	to taste	

DIRECTIONS

- Season the chicken breast with salt and half of the black pepper.
- Heat a grill pan or skillet over medium-high heat. Cook the chicken for 6-8 minutes per side, or until golden brown and cooked through to 165°F (74°C). Remove from heat, let it rest for 5 minutes, then slice.
- While the chicken is cooking, steam the broccoli florets for 5-7 minutes until tender-crisp and bright green.
- In a small bowl, whisk together the olive oil, lemon zest, lemon juice, and the remaining black pepper to create a light dressing.
- In a serving bowl, place the warm cooked brown rice as the base.
- Arrange the sliced grilled chicken and steamed broccoli on top of the rice.
- Drizzle the lemon-olive oil dressing evenly over the chicken and broccoli.
- Serve warm.

TIP:

For extra flavor, you can add a pinch of red pepper flakes or a clove of minced garlic to the dressing. If you prefer a bit of crunch, top with a teaspoon of toasted sesame seeds.



CHICKEN AVOCADO CRUNCH SALAD

Per 1 serving (estimated):

Calories 500

Protein 47 g | Fat 30 g | Carbs 12 g



PREP: 15 MIN

COOK: 12-15 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
♦ Boneless, skinless chicken breast	6 oz	12 oz	
♦ Romaine lettuce, chopped	2 cups	4 cups	
Cucumber, diced	1/2 cup	1 cup	
Celery, sliced	1/4 cup	1/2 cup	
Avocado, sliced	1/2 medium	1 medium	
Sunflower seeds	1 tbsp	2 tbsp	
Olive oil	1 tbsp	2 tbsp	
Lemon juice	1 tbsp	2 tbsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

- Season the chicken breast with salt and black pepper.
- Heat a grill pan or skillet over medium-high heat. Cook the chicken for 6-7 minutes per side, or until golden brown and cooked through to 165°F (74°C). Let it rest for 5 minutes, then slice into strips.
- In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create the dressing.
- In a large salad bowl, combine the chopped romaine lettuce, diced cucumber, and sliced celery.
- Add the sliced grilled chicken and avocado to the bowl.
- Sprinkle the sunflower seeds over the top for added crunch.
- Drizzle the lemon-olive oil dressing over the salad and toss gently to combine.
- Serve immediately.

TIP:

To keep the avocado from browning, toss the slices in a little extra lemon juice before adding them to the salad. For an extra flavor boost, add a pinch of dried oregano to the dressing.

CHICKEN WITH ROASTED CAULIFLOWER AND QUINOA

Per 1 serving (estimated):

Calories 550

Protein 50 g | Fat 25 g | Carbs 45 g



PREP: 15 MIN

COOK: 35-40 MIN

INGREDIENTS

◆ ◆ ◆ ◆

- | Ingredient | 1 Serving | 2 Servings | Your Choice |
|-----------------------------------|--------------------------------------|--------------------------------------|-------------|
| Boneless, skinless chicken breast | 6 oz (170g) | 12 oz (340g) | |
| Cauliflower, florets | 1/2 head (approx. 7-9 oz / 200-250g) | 1 head (approx. 14-18 oz / 400-500g) | |
| Quinoa | 1/4 cup dry (50g) | 1/2 cup dry (100g) | |
| Arugula | 1.5 oz (40g) | 3 oz (80g) | |
| Olive oil | 1.5 tbsp | 3 tbsp | |
| Lemon | 1/4 pc | 1/2 pc | |
| Dried herbs (oregano, thyme) | 1/2 tsp | 1 tsp | |
| Salt | to taste | to taste | |
| Black pepper | to taste | to taste | |

DIRECTIONS

1. Rinse the quinoa under cold water.
2. In a small saucepan, combine the quinoa with 1/2 cup water for 1 serving or 1 cup water for 2 servings. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes. Let it stand, covered, for 5 minutes, then fluff with a fork.
3. Preheat the oven to 400°F (200°C).
4. Toss the cauliflower with 1 tbsp olive oil for 1 serving or 2 tbsp for 2 servings, plus salt, black pepper, and half of the dried herbs. Spread on a parchment-lined baking sheet.
5. Pat the chicken dry and season with the remaining olive oil, salt, black pepper, and the rest of the dried herbs. Wrap the chicken loosely in foil and place it on the same baking sheet beside the cauliflower.
6. Roast for 20 to 25 minutes, until the cauliflower is tender and lightly golden and the chicken is nearly cooked through.
7. Carefully open the foil and check the chicken. If needed, return it to the oven uncovered for 5 to 10 more minutes, until fully cooked through and the internal temperature reaches 165°F (74°C). Let the chicken rest for 5 minutes, then slice.
8. Arrange the quinoa, roasted cauliflower, and arugula on a plate. Top with the sliced chicken, squeeze over the lemon juice, and serve immediately.

TIP:

The chicken can also be boiled or cooked in a grill pan or skillet while the cauliflower roasts in the oven.

TURKEY AND SWEET POTATO SALAD PLATE

Per 1 serving (estimated):

Calories 420

Protein 48 g | Fat 14 g | Carbs 32 g

PREP: 10 MIN

COOK: 20-25 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
• Cooked turkey breast, cubed or sliced	6 oz	12 oz	
• Sweet potato, peeled and cubed	1 medium (approx. 6 oz)	2 medium (approx. 12 oz)	
• Mixed salad greens (spinach, arugula, or spring mix)	2 cups	4 cups	
• Red onion, thinly sliced	2 tbsp	1/4 cup	
• Olive oil	1 tbsp	2 tbsp	
• Lemon juice or balsamic vinegar	1 tsp	2 tsp	
• Dried cranberries (optional)	1 tbsp	2 tbsp	
• Salt	to taste	to taste	
• Black pepper	to taste	to taste	

DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. Toss the cubed sweet potatoes with half of the olive oil, salt, and pepper. Spread them in a single layer on a baking sheet.
3. Roast the sweet potatoes for 20-25 minutes, or until tender and slightly browned, flipping halfway through. Let them cool slightly.
4. In a small bowl, whisk together the remaining olive oil, lemon juice (or vinegar), salt, and pepper to create the dressing.
5. In a large bowl or on a plate, arrange the mixed salad greens as a base.
6. Top the greens with the cooked turkey breast, roasted sweet potatoes, red onion, and dried cranberries.
7. Drizzle the dressing over the salad and toss gently to combine.
8. Serve immediately.

TIP:

For added crunch and healthy fats, sprinkle a tablespoon of toasted pecans or walnuts over the salad before serving.



TURKEY GRAIN BOWL WITH HUMMUS

Per 1 serving (estimated):

Calories 580

Protein 45 g | Fat 22 g | Carbs 40 g



PREP: 15 MIN

COOK: 0 MIN (ASSUMING PRE-COOKED FARRO AND TURKEY)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Sliced turkey breast, cooked	6 oz	12 oz	
Cooked farro	1/2 cup	1 cup	
Hummus	1/4 cup	1/2 cup	
Cucumber, diced	1/2 cup	1 cup	
Cherry tomatoes, halved	1/2 cup	1 cup	
Fresh spinach	1 cup	2 cups	
Olive oil	1 tbsp	2 tbsp	
Fresh parsley, chopped	2 tbsp	1/4 cup	
Lemon juice	1 tsp	2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If your farro and turkey are not pre-cooked, prepare them according to package instructions and let them cool slightly.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create a simple dressing.
3. In a large bowl or deep plate, create a base with the fresh spinach.
4. Arrange the cooked farro and sliced turkey breast on top of the spinach.
5. Add the diced cucumber and halved cherry tomatoes to the bowl.
6. Place a generous scoop of hummus in the center or on the side of the bowl.
7. Drizzle the olive oil dressing over the vegetables and grains.
8. Garnish with freshly chopped parsley.
9. Serve immediately, mixing the hummus into the bowl as you eat for a creamy texture.

TIP:

For extra flavor, you can use a flavored hummus, such as roasted red pepper or garlic. If you don't have farro, quinoa, or brown rice, make excellent substitutes.

TURKEY AND WHITE BEAN SALAD BOWL

Per 1 serving (estimated):

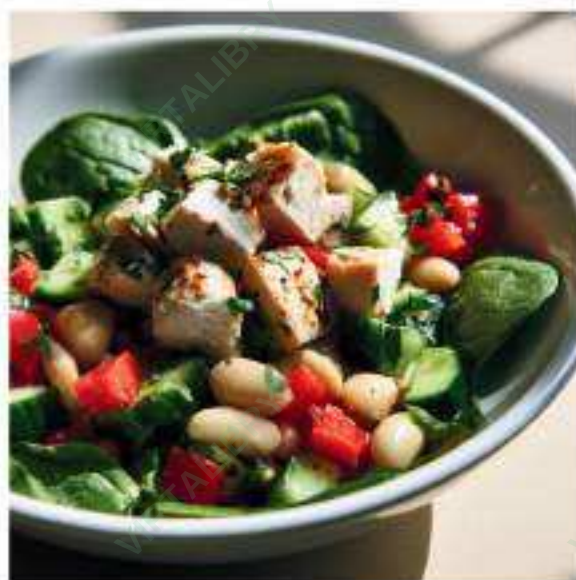
Calories 500

Protein 54 g | Fat 16 g | Carbs 32 g

PREP: 15 MIN

COOK: 0 MIN

(ASSUMING PRE-COOKED TURKEY)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cooked turkey breast, cubed	170 g (6 oz)	340 g (12 oz)	
White beans, rinsed and drained	130 g (about 3/4 cup)	260 g (about 1 1/2 cups)	
Fresh spinach	2 cups	4 cups	
Cucumber, chopped	1/2 cup	1 cup	
Red bell pepper, diced	1/2 cup	1 cup	
Olive oil	1 tbsp	2 tbsp	
Fresh parsley, chopped	2 tbsp	1/4 cup	
Lemon juice	1 tbsp	2 tbsp	
Dijon mustard *(optional)*	1 tsp	2 tsp	
Garlic, minced *(optional)*	1 small clove	2 small cloves	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper. If using, whisk in the Dijon mustard and/or minced garlic.
2. In a large salad bowl, combine the spinach, cucumber, and red bell pepper.
3. Add the white beans and toss gently with the vegetables.
4. Top with the cubed turkey breast.
5. Drizzle the dressing over the salad.
6. Sprinkle with the chopped parsley.
7. Toss gently to combine and coat evenly.
8. Serve immediately.

TIP:

For the best flavor, use freshly squeezed lemon juice. To support a more heart-friendly profile, choose low-sodium white beans and low-sodium turkey whenever possible.

TURKEY ZUCCHINI PATTIES WITH ASPARAGUS

Per 1 serving (estimated):

Calories 490

Protein 47 g | Fat 24 g | Carbs 17 g

PREP: 15 MIN

COOK: 15-18 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Ground turkey	250 g	500 g	
Zucchini	1 medium	2 medium	
Carrot, grated	1 small	2 small	
Egg	1	2	
Onion, finely chopped	2 tbsp	4 tbsp	
Garlic, minced	1 clove	2 cloves	
Paprika	1/2 tsp	1 tsp	
Olive oil	1 tbsp	2 tbsp	
Breadcrumbs or coarse whole-wheat flour, for coating	as needed	as needed	
Asparagus, trimmed and peeled on the lower part	120 g	240 g	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Grate the zucchini on a medium grater, sprinkle lightly with salt, and leave for 5-10 minutes. Then squeeze out as much liquid as possible.
2. Peel and grate the carrot on a medium grater.
3. Put the ground turkey, squeezed zucchini, grated carrot, egg, onion, garlic, paprika, salt, and black pepper in a bowl. Mix well.
4. Form the mixture into patties and coat each one in breadcrumbs or coarse whole-wheat flour.
5. Trim the asparagus. Use a knife or vegetable peeler to gently scrape or peel the skin from the lower part of each stalk.
6. Heat half of the olive oil in a frying pan over medium heat. Add the patties and cook for 2 minutes.
7. Reduce the heat to very low, turn the patties, and continue cooking for 4-5 minutes per side, until browned and cooked through.
8. While the patties are frying, heat the remaining olive oil in another pan. Add the asparagus and cook for 4-6 minutes, turning a few times, until just tender and lightly browned.
9. Serve the turkey zucchini patties warm with the asparagus on the side.

TIP: Do not skip squeezing the zucchini well, or the patties may turn too soft.



TURKEY WITH BRAISED CABBAGE

Per 1 serving (estimated):

Calories 340

Protein 42 g | Fat 12 g | Carbs 14 g



PREP: 10 MIN

COOK: 20-25 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Turkey fillet, diced	6 oz	12 oz	
Green cabbage, shredded	2 cups	4 cups	
Carrot, grated	1/2	1	
Onion, sliced	medium	medium	
Tomato paste	1/2 small	1 small	
Olive oil	1 tbsp	2 tbsp	
Water or broth	1 tbsp	2 tbsp	
Salt	1/4 cup	1/2 cup	
Black pepper	to taste	to taste	
Paprika	to taste	to taste	
	1/4 tsp	1/2 tsp	

DIRECTIONS

1. Cut the turkey fillet into small cubes. Season with salt, black pepper, and paprika.
2. Heat olive oil in a deep skillet over medium heat.
3. Add the turkey and cook for 5-7 minutes, stirring occasionally, until lightly browned on all sides.
4. Add the sliced onion and cook for 2-3 minutes, until softened.
5. Stir in the grated carrot and cook for another 2 minutes.
6. Add the shredded green cabbage in batches, stirring as it softens and reduces in volume.
7. Mix in the tomato paste.
8. Add the water or broth in small portions, stirring between additions. The exact amount may vary depending on how juicy the cabbage is.
9. Stir well, cover the skillet with a lid, and cook over low heat for 10-12 minutes, until the cabbage is tender and the flavors are well combined.
10. Taste and adjust with extra salt and black pepper if needed.
11. Serve hot.

TIP:

For a deeper flavor, let the dish cook uncovered for the last 2-3 minutes so the extra liquid evaporates slightly. You can also add a little garlic or dried herbs for more aroma.

CHEESY TURKEY CASSEROLE

Per 1 serving (estimated):

Calories 480

Protein 45 g | Fat 28 g | Carbs 10 g

PREP: 15 MIN

COOK: 35-45 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Ground turkey (lean)	8 oz	16 oz (1 lb)	
Carrot, shredded	1/2 cup	1 cup	
Onion, chopped	1/2 medium	1 medium	
Large eggs	2	4	
Mozzarella cheese, shredded	1 cup	2 cups	
Salt	1/8 tsp, or to taste	1/4 tsp, or to taste	
Black pepper	1/8 tsp, or to taste	1/4 tsp, or to taste	
Dill, fresh chopped or dried	1 tbsp fresh or 1 tsp dried	2 tbsp fresh or 2 tsp dried	

DIRECTIONS

1. Preheat your oven to 350°F (180°C).
2. In a large skillet, cook the ground turkey over medium heat, breaking it apart with a spoon, until browned and fully cooked. Remove from the heat and let it cool slightly.
3. In the same skillet, sauté the chopped onion and shredded carrot over medium heat until softened, about 5-7 minutes.
4. In a large mixing bowl, combine the cooked turkey, sautéed onion and carrot, eggs, shredded mozzarella, dill, a small amount of salt, and black pepper.
5. Using an immersion blender or a regular blender, blend until the mixture becomes smooth and uniform.
6. Pour the mixture into a baking pan or oven-safe casserole dish lined with parchment paper, then spread it evenly.
7. Bake for 35-45 minutes, or until golden on top.
8. Let it cool for a few minutes, then slice into pieces and serve with any salad.

TIP:

Use only a tiny amount of salt, or skip it altogether, depending on how salty your mozzarella is. Fresh dill gives a brighter flavor, while dried dill works well too. This casserole is great for meal prep: make a larger batch, cut it into pieces, enjoy it for dinner, or pack it to take with you the next day. This dish is also great served with sauerkraut or kimchi.



BEEF CHILI MAC

Per 1 serving (estimated):

Calories 490

Protein 38 g | Fat 15 g | Carbs 50 g

PREP: 10 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Lean ground beef	5 oz	10 oz	
Whole-wheat elbow pasta	1/2 cup (dry)	1 cup (dry)	
Kidney beans, canned, rinsed, and drained	1/2 cup	1 cup	
Diced tomatoes, canned, undrained	1/2 cup	1 cup	
Onion, chopped	1/4 cup	1/2 cup	
Olive oil	1 tsp	2 tsp	
Chili powder	1 tsp	2 tsp	
Cumin	1/2 tsp	1 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	
Plain Greek yogurt	2 tbsp	4 tbsp	

DIRECTIONS

1. Cook whole-wheat elbow pasta according to package directions until al dente. Drain and set aside.
2. While pasta is cooking, heat olive oil in a large skillet or Dutch oven over medium heat. Add chopped onion and cook until softened, about 3-5 minutes.
3. Add lean ground beef to the skillet, breaking it apart with a spoon. Cook until browned and no longer pink, about 6-8 minutes. Drain any excess fat.
4. Stir in chili powder, cumin, salt, and black pepper. Cook for 1 minute, stirring constantly, until fragrant.
5. Add the rinsed kidney beans and diced tomatoes (with their liquid) to the skillet. Bring to a simmer, then reduce the heat to low, cover, and cook for 10-15 minutes, allowing the flavors to meld.
6. Stir the cooked pasta into the chili mixture.
7. Serve hot, topped with a dollop of plain Greek yogurt.

TIP:

For a thicker chili, you can mash a portion of the kidney beans before adding them to the pot. If you prefer a milder flavor, reduce the amount of chili powder.

BEEF BURRITO BOWL

Per 1 serving (estimated):

Calories 530

Protein 36 g | Fat 17 g | Carbs 58 g

PREP: 10 MIN (PLUS SOAKING TIME)

COOK: 45 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Lean ground beef, 90% lean	6 oz	12 oz	
Brown rice, uncooked	1/4 cup	1/2 cup	
Water	1/2 cup	1 cup	
Black beans, canned, drained and rinsed	1/3 cup	2/3 cup	
Sweet corn kernels, canned, drained	1/3 cup	2/3 cup	
Salsa	1/4 cup	1/2 cup	
Olive oil	1 tsp	2 tsp	
Chili powder	1/2 tsp	1 tsp	
Ground cumin	1/4 tsp	1/2 tsp	
Garlic powder	1/4 tsp	1/2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	
Fresh cilantro, chopped	1 tbsp	2 tbsp	
Lime wedges (optional)	1-2 wedges	2-4 wedges	

DIRECTIONS

- For the best texture and a shorter cooking time, soak the brown rice overnight or for at least 30 minutes before cooking.
- Cook the rice according to the package directions. In most cases, this means combining the rice with water in a 1:2 ratio, bringing it to a boil, then reducing the heat and simmering for 35-45 minutes, or until tender.
- While the rice is cooking, heat the olive oil in a medium skillet over medium heat.
- Add the lean ground beef, chili powder, cumin, garlic powder, salt, and black pepper. Cook for 6-8 minutes, breaking up the meat with a spoon, until browned and fully cooked.
- Warm the black beans and canned sweet corn kernels in a small saucepan or in the microwave until heated through.
- Spoon the cooked brown rice into a serving bowl, spreading it evenly to form the base.
- Arrange the cooked beef, black beans, corn, and salsa in separate sections in the bowl.
- Sprinkle with chopped cilantro and serve with lime wedges, if desired.

TIP: For extra flavor, use fire-roasted salsa. To make this bowl meal-prep friendly, store the salsa separately and add it just before serving.

Fish Dishes

SALMON QUINOA LUNCH BOWL

Per 1 serving (estimated):

Calories 575

Protein 33 g | Fat 32 g | Carbs 40 g



PREP: 15 MIN

COOK: 25 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
salmon fillet	4 oz	8 oz	
quinoa, uncooked	1/4 cup	1/2 cup	
zucchini, chopped	1/2 cup	1 cup	
bell peppers (any colour), chopped	1/2 cup	1 cup	
cucumber, diced	1/2 cup	1 cup	
mixed greens	2 cups	4 cups	
olive oil	1 tbsp	2 tbsp	
lemon, juiced	1/2	1	
fresh parsley, chopped	1 tbsp	2 tbsp	
salt	1/4 tsp	1/2 tsp	
black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat the oven to 400°F (200 °C). Line a baking sheet with parchment paper.
2. In a bowl, toss the zucchini and bell peppers with half the olive oil, a pinch of salt, and pepper. Spread in a single layer on the prepared baking sheet. Roast for 15-20 minutes, until tender-crisp and lightly caramelized.
3. While the vegetables are roasting, cook the quinoa: combine the dry quinoa with double its volume of water in a small saucepan. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes, until all liquid is absorbed. Fluff with a fork.
4. Season the salmon fillet with salt and black pepper. Heat the remaining olive oil in a non-stick skillet over medium-high heat. Cook the salmon for 4-6 minutes per side, until cooked through, and it flakes easily with a fork.
5. In a large bowl, combine the cooked quinoa, roasted vegetables, diced cucumber, and mixed greens.
6. Drizzle with the lemon juice, sprinkle with the chopped parsley, and toss gently to combine.
7. Place the pan-seared salmon fillet on top. Serve immediately.

TIP:

Add a sprinkle of feta cheese or a few cherry tomatoes for extra colour and flavour.

BAKED SALMON WITH ROASTED VEGETABLES AND FARRO

Per 1 serving (estimated):

Calories 550-650

Protein 40-50 g | Fat 25-35 g | Carbs 40-50 g

PREP: 15 MIN

COOK: 30-35 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Salmon fillet, skin on or off	6 oz	12 oz	
Brussels sprouts, trimmed and halved	1 cup	2 cups	
Cauliflower florets	1 cup	2 cups	
Farro, uncooked	1/4 cup	1/2 cup	
Olive oil	1 tbsp	2 tbsp	
Lemon, thinly sliced	2-3 slices	4-6 slices	
Fresh dill, chopped	1 tbsp	2 tbsp	
Garlic powder	1/2 tsp	1 tsp	
Onion powder	1/2 tsp	1 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	
Water or vegetable broth (for farro)	3/4 cup	1 1/2 cups	

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup.
2. In a small saucepan, combine the uncooked farro with water or vegetable broth (1:3 ratio). Bring to a boil, then reduce the heat to low, cover, and simmer for 25-30 minutes, or until tender and the liquid is absorbed. Fluff with a fork and set aside.
3. On the prepared baking sheet, toss the Brussels sprouts and cauliflower florets with 1/2 tbsp of olive oil (for 1 serving, 1tbsp for 2 servings), 1/4 teaspoon garlic powder, 1/4 teaspoon onion powder, 1/8 teaspoon salt, and a pinch of black pepper. Spread them in a single layer.
4. Roast the vegetables for 15 minutes.
5. While vegetables are roasting, pat the salmon fillet(s) dry with a paper towel. Season with remaining garlic powder, onion powder, salt, and pepper. Drizzle with the remaining olive oil. Top each fillet with lemon slices and fresh dill.
6. After the vegetables have roasted for 15 minutes, make space on the baking sheet and add the seasoned salmon fillets. Continue roasting for another 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork (the internal temperature should reach 145°F).
7. Place the cooked farro on a plate. Top with roasted Brussels sprouts, cauliflower, and the salmon fillet. Garnish with extra fresh dill if desired.

TIP:

For an added probiotic boost and a tangy, spicy kick, consider serving a spoonful of kimchi alongside your meal. Its fermented goodness can complement the rich salmon and earthy vegetables.

TUNA STUFFED AVOCADO

Per 1 serving (estimated):

Calories 400

Protein 35 g | Fat 20-25 g | Carbs 15-20 g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Canned tuna in water, drained	5 oz	10 oz	
Avocado, ripe	1 medium	2 medium	
Cucumber, diced	1/4 cup	1/2 cup	
Celery, finely chopped	1/4 cup	1/2 cup	
Plain Greek yogurt	2 tbsp	4 tbsp	
Lemon juice, fresh	1 tbsp	2 tbsp	
Black pepper, freshly ground	1/4 tsp	1/2 tsp	
Salt, to taste	Pinch	1/4 tsp	
Mixed greens, for serving	1 cup	2 cups	

DIRECTIONS

1. Halve the avocado lengthwise and carefully remove the pit. Scoop out some of the avocado flesh from the center of each half, leaving a sturdy shell. Dice the scooped-out avocado flesh and set aside.
2. In a medium bowl, combine the drained canned tuna, diced cucumber, finely chopped celery, plain Greek yogurt, fresh lemon juice, black pepper, and salt. Add the diced avocado flesh and gently mix until well combined.
3. Spoon the tuna mixture generously into the hollowed-out avocado halves.
4. Serve immediately on a bed of fresh mixed greens.

TIP:

For an extra boost of flavor and texture, you can sprinkle a few toasted sesame seeds or chopped fresh chives over the tuna mixture before serving.

SESAME-GINGER SHRIMP BOWLS

Per 1 serving (estimated):

Calories 450

Protein 35 g | Fat 18 g | Carbs 35 g

PREP: 20 MIN

COOK: 20-25 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Large shrimp, peeled and deveined	6 oz	12 oz	
Broccoli florets	1 cup	2 cups	
Quinoa	1/2 cup dry or 1 cup cooked	1 cup dry or 2 cups cooked	
Shelled edamame (frozen, thawed)	1/2 cup	1 cup	
Shredded carrots	1/4 cup	1/2 cup	
Garlic, minced	1 clove	2 cloves	
Fresh ginger, grated	1 tsp	2 tsp	
Low-sodium soy sauce or tamari	1 tbsp	2 tbsp	
Toasted sesame oil	1 tsp	2 tsp	
Lime juice, fresh	1 tbsp	2 tbsp	
Olive oil or avocado oil	1 tbsp	2 tbsp	
Sesame seeds, for garnish	1 tsp	2 tsp	
Green onions, sliced, for garnish	1 tbsp	2 tbsp	

DIRECTIONS

1. Cook the quinoa according to the package directions. If needed, use a basic method: rinse the quinoa well, combine with water in a 1:2 ratio, bring to a boil, reduce the heat, cover, and simmer for about 12-15 minutes, or until the liquid is absorbed. Remove from the heat and let stand for 5 minutes, then fluff with a fork.
2. In a small bowl, whisk together the low-sodium soy sauce (or tamari), toasted sesame oil, lime juice, minced garlic, and grated fresh ginger to create the sesame-ginger dressing. Set aside.
3. Heat the olive oil or avocado oil in a large skillet or wok over medium-high heat. Add the broccoli florets and cook for 3-5 minutes, stirring occasionally, until tender-crisp. Remove from skillet and set aside.
4. Add the shrimp to the same skillet and cook for 2-3 minutes per side, or until pink and opaque. Do not overcook.
5. Add the cooked quinoa to a serving bowl. Top with the cooked shrimp, broccoli, shelled edamame, and shredded carrots.
6. Drizzle the sesame-ginger dressing over the bowl.
7. Garnish with sesame seeds and sliced green onions before serving.

TIP: For extra flavor, add a squeeze of fresh lime juice just before serving. If you like a little heat, stir a pinch of red pepper flakes into the dressing.

SHRIMP AND LENTIL BOWL

Per 1 serving (estimated):

Calories 500

Protein 35 g | Fat 18 g | Carbs 45 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Large shrimp, peeled and deveined	4 oz	8 oz	
Green or brown lentils, dry	1/4 cup	1/2 cup	
Cherry tomatoes, halved	1/2 cup	1 cup	
Cucumber, diced	1/2 cup	1 cup	
Fresh parsley, chopped	2 tbsp	1/4 cup	
Fresh spinach	1 cup	2 cups	
Olive oil	1 tbsp	2 tbsp	
Lemon, half	1/2	1	
Garlic, minced	1 clove	2 cloves	
Dried oregano	1/4 tsp	1/2 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	
Water or vegetable broth (for lentils)	3/4 cup	1 1/2 cups	

DIRECTIONS

1. Rinse the lentils thoroughly under cold water. In a small saucepan, combine the rinsed lentils with water or vegetable broth (a 1:3 ratio of dry lentils to liquid). Bring to a boil, then reduce the heat to low, cover, and simmer for 20-25 minutes, or until tender. Drain any excess liquid and set aside.
2. While the lentils are cooking, prepare the shrimp. Pat the shrimp dry with a paper towel. In a medium bowl, toss the shrimp with 1/2 tbsp olive oil (1 tbsp for 1 serving, 2 tbsp for 2 servings), minced garlic, dried oregano, 1/8 teaspoon salt, and a pinch of black pepper.
3. Heat a skillet over medium-high heat. Add the seasoned shrimp and cook for 2-3 minutes per side, or until pink and opaque. Do not overcook.
4. In a large bowl, combine the cooked lentils, halved cherry tomatoes, diced cucumber, chopped fresh parsley, and fresh spinach. Squeeze the juice from half a lemon (for 1 serving, use a whole lemon for 2 servings) over the mixture, then drizzle with the remaining olive oil. Season with salt and black pepper to taste and toss gently to combine.
5. Transfer the lentil and vegetable mixture to a serving bowl. Top with the cooked shrimp. Serve immediately.

TIP: For an extra layer of flavor, consider adding a sprinkle of crumbled feta cheese or a few Kalamata olives to your bowl. If you prefer a warmer dish, gently warm the spinach with the lentils before adding the other fresh ingredients. For better texture and easier digestion, soak the lentils before cooking whenever possible.

FISH PATTIES WITH VEGETABLE MASH

Per 1 serving (estimated):

Calories 380

Protein 30 g | Fat 18 g | Carbs 25 g

PREP: 15 MIN

COOK: 20-25 MIN



INGREDIENTS

◆ ◆ ◆ ◆ Ingredient ◆ ◆ ◆ ◆	1 Serving	2 Servings	Your Choice
◆ White fish fillet (cod or hake)	5 oz	10 oz	
◆ Egg	1 small	1 large	
◆ Onion, finely minced	2 tbsp	1/4 cup	
◆ Broccoli florets	1 cup	2 cups	
◆ Cauliflower florets	1 cup	2 cups	
◆ Olive oil	1 tbsp	2 tbsp	
◆ Garlic powder	1/4 tsp	1/2 tsp	
◆ Dried dill	1/2 tsp	1 tsp	
◆ Salt	1/4 tsp	1/2 tsp	
◆ Black pepper, freshly ground	1/8 tsp	1/4 tsp	
◆ Milk or vegetable broth (optional, for mash)	2 tbsp	1/4 cup	

DIRECTIONS

1. Steam or boil the broccoli and cauliflower florets until very tender, about 10-12 minutes. Drain them thoroughly and set aside.
2. While the vegetables are cooking, prepare the fish patties. If using raw fish, gently poach or steam it until cooked through and easily flake. Flake the cooked fish into a medium bowl. Add the egg, finely minced onion, garlic powder, dried dill, 1/8 teaspoon salt, and a pinch of black pepper. Mix well to combine. Form the mixture into two patties (for 1 serving) or four patties (for 2 servings).
3. Heat 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings) in a nonstick skillet over medium heat. Carefully place the fish patties in the skillet and cook for 4-5 minutes per side, or until golden brown and heated through. Set aside on a plate.
4. Return the steamed broccoli and cauliflower to the saucepan. Add the remaining 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings), the remaining salt and black pepper, and the optional milk or vegetable broth. Mash with a potato masher or fork until smooth and creamy. Adjust seasoning to taste.
5. Serve the warm fish patties alongside the vegetable mash on a single plate.

TIP: For the best texture, drain the broccoli and cauliflower very well before mashing, and let the fish mixture rest for 5 minutes before shaping the patties. This helps the patties hold together better and keeps the vegetable mash creamy instead of watery.

BAKED COD WITH ASPARAGUS AND TOMATOES

Per 1 serving (estimated):

Calories 280

Protein 30 g | Fat 12 g | Carbs 8 g

PREP: 10 MIN

COOK: 15-20 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cod fillet	6 oz	12 oz	
Asparagus spears, trimmed	1 cup	2 cups	
Cherry tomatoes, halved	1/2 cup	1 cup	
Lemon, half	1/2	1	
Olive oil	1 tbsp	2 tbsp	
Dried Italian herbs	1/2 tsp	1 tsp	
Garlic powder	1/4 tsp	1/2 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup.
2. On the prepared baking sheet, toss the asparagus spears and halved cherry tomatoes with 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings), dried Italian herbs, 1/8 teaspoon salt, and a pinch of black pepper. Spread them in a single layer.
3. Roast the vegetables for 10 minutes.
4. While the vegetables are roasting, pat the cod fillet(s) dry with a paper towel. Season the cod with garlic powder, the remaining 1/8 teaspoon salt, and a pinch of black pepper. Drizzle with the remaining 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings).
5. After the vegetables have roasted for 10 minutes, make space on the baking sheet and place the seasoned cod fillet(s) among the vegetables. Squeeze half a lemon (for 1 serving, a whole lemon for 2 servings) over the cod and vegetables.
6. Continue to roast for another 8-10 minutes, or until the cod is cooked through and flakes easily with a fork (internal temperature should reach 145°F).
7. Serve the baked cod with the roasted asparagus and tomatoes on a single plate.

TIP:

For a brighter flavor, add a sprinkle of fresh chopped parsley or basil after baking. To prevent overcooking the fish, ensure the asparagus and tomatoes are spread in a single layer for even roasting, and check the fish for flakiness at the minimum cook time.

BAKED WHITE FISH WITH VEGETABLES

Per 1 serving (estimated):

Calories 350

Protein 35 g | Fat 15 g | Carbs 20 g

PREP: 10 MIN

COOK: 20-25 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
White fish fillet (cod or hake)	6 oz	12 oz	
Broccoli florets	1 cup	2 cups	
Cauliflower florets	1 cup	2 cups	
Carrot, sliced or chopped	1/2 cup	1 cup	
Lemon, half	1/2	1	
Olive oil	1 tbsp	2 tbsp	
Dried Italian herbs	1/2 tsp	1 tsp	
Garlic powder	1/4 tsp	1/2 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

- Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup.
- On the prepared baking sheet, combine the broccoli florets, cauliflower florets, and sliced carrots. Drizzle with 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings), and season with 1/4 teaspoon of dried Italian herbs, 1/8 teaspoon garlic powder, 1/8 teaspoon salt, and a pinch of black pepper. Toss to coat evenly and spread in a single layer.
- Roast the vegetables for 10-12 minutes.
- While the vegetables are roasting, pat the white fish fillet(s) dry with a paper towel. Season the fish with the remaining 1/4 teaspoon of dried Italian herbs, 1/8 teaspoon garlic powder, 1/8 teaspoon salt, and a pinch of black pepper. Drizzle with the remaining 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings).
- After the vegetables have roasted for 10-12 minutes, make space on the baking sheet and place the seasoned fish fillet(s) among the vegetables. Squeeze half a lemon (for 1 serving, a whole lemon for 2 servings) over the fish and vegetables.
- Continue to roast for another 10-12 minutes, or until the fish is cooked through and flakes easily with a fork (internal temperature should reach 145°F).
- Serve the baked white fish with the roasted vegetables on a single plate.

TIP:

For extra flavor, sprinkle fresh chopped parsley or dill over the dish just before serving. To ensure even cooking, cut vegetables into similar-sized pieces. If your fish is thinner, reduce the final cooking time to prevent it from drying out.

TOMATO-CRUSTED WHITE FISH WITH BULGUR

Per 1 serving (estimated):

Calories 380

Protein 35 g | Fat 18 g | Carbs 25 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
White fish fillet (cod or hake)	6 oz	12 oz	
Bulgur, uncooked	1/4 cup	1/2 cup	
Cherry tomatoes, sliced	1/2 cup	1 cup	
Shredded cheese (e.g., mozzarella, cheddar)	2 tbsp	1/4 cup	
Lemon, half	1/2	1	
Olive oil	1 tbsp	2 tbsp	
Garlic, minced	1 clove	2 cloves	
Dried Italian herbs	1/2 tsp	1 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	
Water or vegetable broth (for bulgur)	1/2 cup	1 cup	

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper for easy cleanup.
2. In a small saucepan, combine the uncooked bulgur with water or vegetable broth (a 1:2 ratio of bulgur to liquid). Bring to a boil, then reduce the heat to low, cover, and simmer for 12-15 minutes, or until tender and the liquid is absorbed. Fluff with a fork and set aside.
3. While the bulgur cooks, prepare the fish. In a shallow dish, whisk together 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings), the juice of half a lemon (for 1 serving, a whole lemon for 2 servings), minced garlic, 1/4 teaspoon dried Italian herbs, 1/8 teaspoon salt, and a pinch of black pepper. Add the white fish fillet(s) and marinate for 15-20 minutes.
4. Place the marinated fish fillet(s) on the prepared baking sheet. Top each fillet with sliced cherry tomatoes.
5. Bake for 15 minutes. After 15 minutes, remove the baking sheet from the oven, and sprinkle the shredded cheese over the tomato-topped fish.
6. Return to the oven and bake for another 5-7 minutes, or until the fish is cooked through and flakes easily with a fork (internal temperature should reach 145°F) and the cheese is melted and bubbly.
7. Serve the tomato-crusted white fish hot alongside the fluffy bulgur on a single plate.

TIP:

Pat the fish dry before marinating so it bakes rather than steams, and add the cheese only at the end to keep the tomatoes juicy and the topping lightly golden. Fresh basil or oregano can be added after baking for a burst of fresh aroma.

WHITE FISH FRITTERS WITH DILL AND ONION AND BAKED SWEET POTATO

Per 1 serving (estimated):

Calories 420

Protein 30 g | Fat 15 g | Carbs 45 g

PREP: 15 MIN

COOK: 40-50 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
White fish fillet (cod or hake), boneless	6 oz	12 oz	
Sweet potato, medium	1 medium	2 medium	
Egg, large	1	2	
Onion, finely diced	1/4 cup	1/2 cup	
Fresh dill, chopped	2 tbsp	1/4 cup	
Whole-wheat flour	2 tbsp	1/4 cup	
Greek yogurt (for serving)	2 tbsp	1/4 cup	
Olive oil (for frying and sweet potato)	1 tbsp	2 tbsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat oven to 400°F (200°C). Pierce the sweet potato(es) several times with a fork. Rub each sweet potato with 1/2 teaspoon of olive oil and a pinch of salt and black pepper. Place directly on the oven rack or on a baking sheet. Bake for 40-50 minutes, or until very tender when squeezed.
2. While the sweet potato bakes, prepare the fish fritters. Dice the boneless white fish fillet(s) into very small cubes and transfer to a medium bowl. Add the finely diced onion, fresh chopped dill, 1/8 teaspoon black pepper, and 1/8 teaspoon salt. Crack in the egg. Gradually add the whole-wheat flour, mixing until the mixture is thick enough to form patties, similar to pancake batter consistency.
3. Heat 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings) in a large nonstick skillet over medium heat. Drop spoonfuls of the fish mixture into the hot skillet, forming small fritters. Cook for 3-4 minutes per side, or until golden brown and cooked through.
4. Once the sweet potato is tender, carefully remove it from the oven. Slice it lengthwise and fluff the inside with a fork.
5. Serve the warm fish fritters alongside the baked sweet potato with Greek yogurt.

TIP:

These fish fritters can be made in a larger batch and stored in an airtight container in the refrigerator for up to 2 days. They are also convenient to take on the go when needed, since they taste good even cold.

SEA BREAM OVEN-BAKED

Per 1 serving (estimated): Calories
370
Protein 30 g | Fat 23 g | Carbs 9 g

PREP: 10 MIN
COOK: 30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Whole sea bream, cleaned and scaled	1 (about 10 oz)	2 (about 10 oz each)	
Roma tomatoes	2 medium	4 medium	
Garlic cloves	2	4	
Fresh cilantro, loosely packed	1/4 cup	1/2 cup	
Fresh dill, loosely packed	1/4 cup	1/2 cup	
Olive oil	1 1/2 tbsp	3 tbsp	
Lemon, juiced	1/2	1	
Harissa paste	1/2 tsp (or to taste)	1 tsp (or to taste)	
Ground cumin	1/2 tsp	1 tsp	
Sweet paprika	1/2 tsp	1 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	
Cooking spray or neutral oil	for the pan	for the pan	

DIRECTIONS

1. Preheat oven to 350°F(175°C). Lightly grease a baking dish or rimmed baking sheet with cooking spray or a thin coat of neutral oil.
2. Slice the Roma tomatoes into 1/4-inch thick rounds. Arrange them in a single overlapping layer across the bottom of the prepared baking dish - they will act as a bed for the fish and keep it moist during baking.
3. Rinse the fish under cold water and pat completely dry with paper towels. Season the inside cavity generously with salt and black pepper. Using a sharp knife, make three diagonal incisions about 1/2 inch deep on each side of the fish.
4. Peel the garlic. Combine the garlic cloves, cilantro, dill, olive oil, lemon juice, harissa paste, cumin, and paprika in a food processor or blender. Process until a smooth, thick paste forms.
5. Rub the herb paste firmly into the incisions on both sides of the fish, making sure it gets deep into the cuts. Place the fish on top of the tomato layer in the baking dish. Spoon any remaining paste evenly over the top of the fish.
6. Bake for 30 minutes, or until the fish is opaque throughout and the flesh separates easily from the bone when tested with a fork.

TIP:

For extra color and brightness, squeeze a little fresh lemon juice over the fish right before serving.

WHOLE-GRAIN-CRUSTED WHITE FISH WITH GREEN BEANS

Per 1 serving (estimated):

Calories 380

Protein 38 g | Fat 18 g | Carbs 25 g



PREP: 10 MIN

COOK: 15-20 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
White fish fillets (such as cod, tilapia, or haddock)	6 oz	12 oz	
Whole-grain flour	1/4 cup	1/2 cup	
Large egg, beaten	1	2	
Olive oil	1 tbsp	2 tbsp	
Fresh green beans, trimmed	1 cup	2 cups	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Cut the white fish fillets into 2-inch pieces. Pat them dry with a paper towel.
2. Place the whole-grain flour in a shallow dish and the beaten egg in another shallow dish. Season the flour with 1/8 teaspoon of salt and a pinch of black pepper.
3. Dip each fish piece first into the seasoned whole-grain flour, ensuring it's fully coated, then into the beaten egg, letting any excess drip off.
4. Heat 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings) in a large nonstick skillet over medium heat. Carefully place the coated fish pieces in the skillet, ensuring you do not overcrowd the pan. You may need to cook in batches.
5. Pan-fry for 3-4 minutes per side, or until golden brown and cooked through. The fish should flake easily with a fork. Remove the cooked fish from the skillet and place it on a paper towel-lined plate to absorb excess oil.
6. While the fish is cooking, bring a small pot of lightly salted water to a boil. Add the trimmed green beans and boil for 3-5 minutes, or until just tender-crisp. Drain thoroughly.
7. In a separate skillet, or in the same skillet after washing it, heat the remaining 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings) over medium heat. Add the drained green beans and sauté for 3-5 minutes until lightly browned and slightly caramelized. Season with the remaining 1/8 teaspoon of salt and a pinch of black pepper.
8. Serve the whole-grain-crusted white fish hot alongside the sautéed green beans on a single plate.

TIP:

If you prefer, you can lightly steam the green beans instead of boiling them before sautéing.

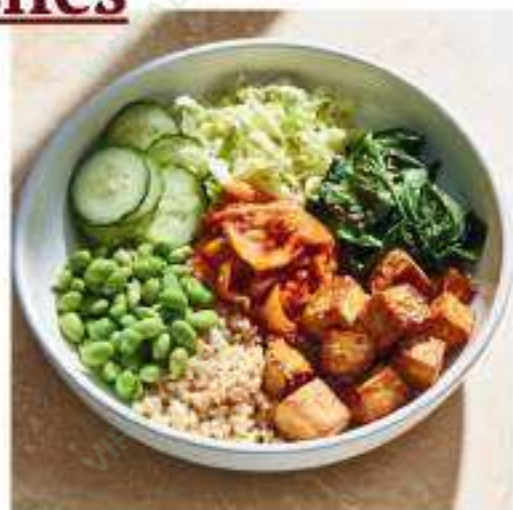
Meatless Dishes

TOFU AND EDAMAME VEGGIE BOWL

Per 1 serving (estimated):

Calories 420

Protein 25 g | Fat 18 g | Carbs 45 g



PREP: 15 MIN

COOK: 30-35 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Extra-firm tofu, pressed and cubed	4 oz	8 oz	
Shelled edamame, frozen	1/2 cup	1 cup	
Brown rice, uncooked	1/2 cup	1 cup	
Fresh spinach	2 cups	4 cups	
Cucumber, thinly sliced	1/2 cup	1 cup	
Shredded cabbage	1 cup	2 cups	
Kimchi	1/4 cup	1/2 cup	
Sesame seeds	1 tsp	2 tsp	
Olive oil	1 tbsp	2 tbsp	
Soy sauce or tamari	1 tbsp	2 tbsp	
Rice vinegar	1 tbsp	2 tbsp	
Maple syrup or honey	1 tsp	2 tsp	
Garlic powder	1/4 tsp	1/2 tsp	
Salt	1/8 tsp	1/4 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. In a medium bowl, toss cubed tofu with 1/2 tsp olive oil (1 tsp for 1 serving, 2 tsp for 2 servings), 1/2 tsp soy sauce, 1/8 tsp garlic powder, and a pinch of black pepper. Spread in a single layer on the prepared baking sheet.
2. Bake for 25-30 minutes, flipping halfway through, until golden brown and slightly crispy.
3. While tofu bakes, cook brown rice according to package directions. Typically, combine 1/2 cup uncooked brown rice (1 cup for 2 servings) with 1 cup water (2 cups for 2 servings) and a pinch of salt in a saucepan. Bring to a boil, then reduce the heat, cover, and simmer for 20-25 minutes, or until the water is absorbed. Let stand, covered, for 5 minutes, then fluff with a fork.
4. Steam or microwave shelled edamame until tender-crisp, about 3-5 minutes. Drain any excess water.
5. In a small bowl, whisk together the remaining 1/2 tsp of olive oil (for 1 serving, 1 tsp for 2 servings), 1/2 tsp of soy sauce, rice vinegar, maple syrup or honey, and the remaining 1/8 teaspoon of garlic powder and a pinch of black pepper to create the dressing.
6. Transfer the brown rice, spinach, cucumber, shredded cabbage, edamame, and baked tofu to a serving bowl or plate. Drizzle with the dressing, then top with kimchi and sesame seeds. Serve immediately.

TIP:

Ensure tofu is well-pressed before baking to achieve a crispier texture. For better texture and more even cooking, soak the brown rice for at least 30 minutes before cooking; overnight soaking works especially well. Adjust the amount of kimchi to your preferred level of spice and tang.

VEGETARIAN CHILI WITH PINTO BEANS

Per 1 serving (estimated):

Calories 390

Protein 20 g | Fat 10 g | Carbs 60 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Pinto beans, canned, rinsed and drained	1/2 cup	1 cup	
Black beans, canned, rinsed and drained	1/2 cup	1 cup	
Diced tomatoes, canned, undrained	1 cup	2 cups	
Tomato paste	1 tbsp	2 tbsp	
Onion, chopped	1/2 cup	1 cup	
Zucchini, diced	1/2 cup	1 cup	
Red bell pepper, diced	1/2 cup	1 cup	
Corn, frozen or canned, drained	1/2 cup	1 cup	
Garlic, minced	1 clove	2 cloves	
Chili powder	1 tsp	2 tsp	
Cumin, ground	1/2 tsp	1 tsp	
Olive oil	1 tbsp	2 tbsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Heat 1tbsp of olive oil (for 1 serving, 2 tbsp for 2 servings) in a large pot or Dutch oven over medium heat. Add chopped onion, diced zucchini, and diced red bell pepper. Sauté for 5-7 minutes, until vegetables are softened.
2. Add minced garlic, chili powder, and ground cumin to the pot. Cook for 1 minute more, stirring constantly, until fragrant.
3. Stir in the rinsed and drained pinto beans, black beans, diced tomatoes (undrained), and tomato paste. Bring the mixture to a simmer.
4. Reduce the heat to low, cover, and let the chili simmer for 15-20 minutes, stirring occasionally, to allow the flavors to meld. If the chili becomes too thick, add a splash of water or vegetable broth.
5. Stir in the corn and cook for another 5 minutes, or until heated through. Season with 1/4 teaspoon salt and 1/8 teaspoon black pepper (for 1 serving; 1/2 teaspoon salt and 1/4 teaspoon black pepper for 2 servings), adjusting to taste.
6. Serve the vegetarian chili hot.

TIP:

For a thicker chili, mash a portion of the beans against the side of the pot before simmering. To add a smoky flavor, include a pinch of smoked paprika with the other spices. This chili tastes even better the next day, making it a great option for meal prepping. Garnish with fresh cilantro, a dollop of plain Greek yogurt, or a sprinkle of shredded cheese if desired.

TEMPEH QUINOA BROCCOLI BOWL

Per 1 serving (estimated):

Calories 450

Protein 28 g | Fat 20 g | Carbs 45 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Quinoa, uncooked	1/2 cup	1 cup	
Vegetable broth or water	1 cup	2 cups	
Tempeh, firm	4 oz	8 oz	
Broccoli florets	1.5 cups	3 cups	
Shredded carrots	1/2 cup	1 cup	
Olive oil	1 tbsp	2 tbsp	
Lemon juice, fresh	1 tbsp	2 tbsp	
Sesame seeds	1 tsp	2 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Rinse quinoa thoroughly under cold water. In a small saucepan, combine quinoa with vegetable broth or water and 1/8 teaspoon of salt. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes, or until all liquid is absorbed. Let stand, covered, for 5 minutes, then fluff with a fork.
2. While quinoa cooks, cut tempeh into 1/2-inch cubes. Heat 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings) in a large nonstick skillet over medium heat. Add tempeh cubes and pan-sear for 5-7 minutes, turning occasionally, until golden brown and slightly crispy. Season with 1/8 teaspoon of salt and a pinch of black pepper. Remove tempeh from the skillet and set aside.
3. Add the remaining 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings) to the same skillet. Add broccoli florets and sauté for 5-7 minutes, or until tender-crisp and bright green. Season with 1/8 teaspoon of salt and a pinch of black pepper.
4. In a small bowl, whisk together fresh lemon juice and the remaining 1/8 teaspoon of salt and a pinch of black pepper.
5. Serve the tempeh quinoa broccoli bowl on a single plate, garnished with sesame seeds.

TIP:

For extra flavor, marinate the tempeh in a mixture of soy sauce, ginger, and garlic for at least 15 minutes before pan-searing. To ensure broccoli is tender-crisp, avoid overcooking. If you prefer a softer texture, steam the broccoli before sautéing. Adding a dash of red pepper flakes can introduce a subtle heat.

TEMPEH GRAIN BOWL WITH BRUSSELS SPROUTS

Per 1 serving (estimated):

Calories 410

Protein 26 g | Fat 17 g | Carbs 42 g



PREP: 15 MIN

COOK: 30-35 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Farro, uncooked	1/2 cup	1 cup	
Vegetable broth or water	1 cup	2 cups	
Tempeh, firm	4 oz	8 oz	
Brussels sprouts, trimmed and halved	1.5 cups	3 cups	
Mixed greens	2 cups	4 cups	
Olive oil	1 tbsp	2 tbsp	
Lemon, juiced	1/2	1	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small saucepan, combine farro with vegetable broth or water and 1/8 teaspoon of salt. Bring to a boil, then reduce the heat to low, cover, and simmer for 20-25 minutes, or until farro is tender and liquid is absorbed. Let stand, covered, for 5 minutes, then fluff with a fork.
3. While farro cooks, cut tempeh into 1/2-inch cubes. In a medium bowl, toss tempeh cubes with 1/2 tbsp olive oil (1 tbsp for 1 serving, 1 tbsp for 2 servings), 1/8 teaspoon salt, and a pinch of black pepper. Spread on one half of the prepared baking sheet.
4. On the other half of the baking sheet, toss the halved Brussels sprouts with the remaining 1/2 tbsp of olive oil (for 1 serving, 1 tbsp for 2 servings), 1/8 teaspoon of salt, and a pinch of black pepper.
5. Roast the tempeh and Brussels sprouts for 20-25 minutes, flipping halfway through, until the tempeh is golden brown and the Brussels sprouts are tender and slightly caramelized.
6. In a small bowl, whisk together the juice from half a lemon (for 1 serving, a whole lemon for 2 servings) with the remaining 1/8 teaspoon of salt and a pinch of black pepper to create a simple dressing.
7. In a large bowl, combine the cooked farro, roasted tempeh, roasted Brussels sprouts, and mixed greens. Drizzle with the lemon dressing and toss gently to combine.
8. Serve the tempeh grain bowl with Brussels sprouts on a single plate.

TIP:

For crispier Brussels sprouts, ensure they are dry before tossing with oil and roasting. If you prefer a softer texture for tempeh, steam it for 10 minutes before cubing and roasting. Adding a sprinkle of toasted nuts or seeds can provide extra crunch and healthy fats.

COTTAGE CHEESE STUFFED SWEET POTATOES

Per 1 serving (estimated):

Calories 350

Protein 20 g | Fat 10 g | Carbs 45 g

PREP: 10 MIN

COOK: 45-60 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Medium sweet potato	1	2	
Cottage cheese, low-fat	1/2 cup	1 cup	
Black beans, canned, rinsed and drained	1/4 cup	1/2 cup	
Baby spinach	1 cup	2 cups	
Salsa	2 tbsp	4 tbsp	
Green onions, sliced	1 tbsp	2 tbsp	
Pumpkin seeds (pepitas)	1 tbsp	2 tbsp	
Olive oil	1 tsp	2 tsp	
Salt	1/8 tsp	1/4 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Preheat oven to 400°F (200°C). Pierce sweet potatoes several times with a fork.
2. Place sweet potatoes directly on the oven rack and bake for 45-60 minutes, or until very tender when squeezed. Alternatively, microwave for 5-10 minutes until tender.
3. While sweet potatoes are baking, gently warm the black beans in a small saucepan or microwave until heated through. If using fresh spinach, lightly sauté it in 1 teaspoon of olive oil (for 1 serving, 2 teaspoons for 2 servings) until just wilted, about 1-2 minutes. If using pre-washed baby spinach, no cooking is needed.
4. Once sweet potatoes are cooked, carefully slice them lengthwise down the middle, being careful not to cut all the way through. Fluff the inside flesh with a fork.
5. In a small bowl, combine the cottage cheese, warmed black beans, and wilted (or fresh) baby spinach. Season with 1/8 teaspoon of salt and a pinch of black pepper.
6. Spoon the cottage cheese and bean mixture into the opened sweet potatoes. Top each potato with salsa, sliced green onions, and pumpkin seeds.
7. Serve warm.

TIP:

Ensure sweet potatoes are fully tender for the best texture. Adjust the amount of salsa to your preferred level of spice and flavor. To enhance the flavor of pumpkin seeds, lightly toast them in a dry skillet for a few minutes until fragrant. Pair the cottage cheese-stuffed sweet potatoes with a simple green salad.

Soups



If there's one category of food that does more quiet, unglamorous work than it gets credit for, it's soup. Not the glamorous kind — not the restaurant-plated bisque with a swirl of cream on top. Just a proper, protein-forward, vegetable-packed bowl of something warm. For women over 50, soup belongs in regular rotation, and here's why.

First, hydration. Most women over 50 are mildly dehydrated more often than they realize — and the thirst mechanism becomes less reliable with age. A bowl of soup contributes meaningfully to your 1.8–2.2 liter daily target without requiring you to track a single glass of water. The liquid is already built in.

Second, satiety. Warm, thick soups trigger stronger hunger-suppressing hormones — specifically CCK and GLP-1 — than cold foods at the same calorie count. Research published in the *British Journal of Nutrition* found that regular soup consumers had lower body weight, smaller waist circumference, and lower total calorie intake over time compared to non-consumers. The mechanism is straightforward: the volume, warmth, and fiber content slow gastric emptying, meaning you stay full longer on fewer calories.

Third, gut health. A vegetable soup that combines three or more distinct fiber sources — say, carrots, lentils, and spinach — feeds multiple strains of beneficial gut bacteria simultaneously. A 2024 analysis found that people who regularly ate multi-fiber soups showed greater gut microbial diversity and reduced markers of systemic inflammation. After 50, when estrogen-driven gut protection naturally declines, this matters more than most women are told.

Fourth, protein delivery. Soup is one of the easiest ways to hit your protein targets without thinking too hard about it. Add chicken, turkey, legumes, eggs, or cottage cheese — and a single bowl can carry 25–35 grams of protein alongside a full serving of vegetables. That combination supports muscle maintenance, blood sugar stability, and energy throughout the day.

And practically speaking: soups batch-cook beautifully, freeze well, and reheat in four minutes. For a busy week, one large pot on Sunday is three lunches solved.

Meat and Fish Soups

CHICKEN VEGETABLE SOUP WITH WHOLE-WHEAT PASTA

Per 1 serving (estimated):

Calories 295

Protein 31 g | Fat 4 g | Carbs 31 g

PREP: 10 MIN

COOK: 20-25 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Chicken breast, boneless and skinless	4 oz	8 oz	
Carrot, peeled and diced	1/4 cup	1/2 cup	
Celery, diced	1/4 cup	1/2 cup	
Onion, chopped	1/4 cup	1/2 cup	
Whole-wheat pasta, dry	1/3 cup	2/3 cup	
Chicken broth	2 cups	4 cups	

DIRECTIONS

1. Bring a small pot of water to a boil and cook the whole-wheat pasta according to the package directions until just tender. Drain and set aside.
2. Dice the chicken breast into small bite-size pieces. Set aside.
3. Pour the chicken broth into a medium pot or Dutch oven and bring it to a gentle simmer over medium heat.
4. Add chopped onion, diced carrot, and diced celery. Cook for 5-6 minutes until the vegetables begin to soften.
5. Add the chicken pieces and simmer for 6-8 minutes until the chicken is cooked through.
6. Stir in the cooked pasta, mix gently, and turn off the heat right away.
7. Taste and adjust with a little extra broth if needed.
8. Serve hot.

TIP:

Choose a small pasta shape so it blends well with the chicken and vegetables and is easy to eat in each spoonful. Add the pasta only at the end to help keep it from becoming too soft. The pasta can absorb more liquid if the soup sits for a longer time.

CHICKEN AND CHICKPEA SOUP

Per 1 serving (estimated):

Calories 350

Protein 35 g | Fat 8 g | Carbs 30 g



PREP: 15 MIN

COOK: 25-30 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Chicken breast, boneless and skinless	4 oz	8 oz	
Chickpeas, canned, rinsed and drained	1/2 cup	1 cup	
Carrot, peeled and diced	1/4 cup	1/2 cup	
Celery, diced	1/4 cup	1/2 cup	
Onion, chopped	1/4 cup	1/2 cup	
Diced tomatoes, canned	1/2 cup	1 cup	
Garlic, minced	1 clove	2 cloves	
Olive oil	1 tsp	2 tsp	
Chicken broth	2 cups	4 cups	
Paprika	1/2 tsp	1 tsp	
Dried herbs (e.g., oregano, thyme)	1/4 tsp	1/2 tsp	

DIRECTIONS

1. Dice the chicken breast into small bite-size pieces. Set aside.
2. Heat the olive oil in a medium pot or Dutch oven over medium heat.
3. Add chopped onion, diced carrot, and diced celery. Cook for 5-7 minutes until the vegetables begin to soften.
4. Stir in the minced garlic and paprika. Cook for another minute until fragrant.
5. Add the diced chicken pieces and cook for 5-7 minutes, stirring occasionally, until lightly browned.
6. Pour in the chicken broth and diced tomatoes. Bring to a simmer.
7. Add the rinsed and drained chickpeas and dried herbs. Continue to simmer for 10-15 minutes, or until the chicken is cooked through and the flavors have melded.
8. Taste and adjust seasonings as needed.
9. Serve hot.

TIP:

For a thicker soup, you can mash some of the chickpeas against the side of the pot. A squeeze of fresh lemon juice at the end can brighten the flavors. This soup freezes well; portion into individual containers for quick meals.

TURKEY MEATBALL AND VEGETABLE SOUP WITH DILL

Per 1 serving (estimated):

Calories 320

Protein 30 g | Fat 15 g | Carbs 18 g



PREP: 20 MIN

COOK: 25-30 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Ground turkey	4 oz	8 oz	
Hot water	2 cups	4 cups	
Yukon Gold potato, peeled and diced	1/2 cup	1 cup	
Cauliflower florets, cut into small pieces	1/2 cup	1 cup	
Yellow onion, finely chopped	1/4 cup	1/2 cup	
Carrot, grated	1/4 cup	1/2 cup	
Ghee or olive oil	1/4 tbsp	1/2 tbsp	
Salt	1/2 tsp	1 tsp	
Black pepper	1/8 tsp	1/4 tsp	
Fresh dill, chopped	1/2 tbsp	1 tbsp	

DIRECTIONS

1. Shape the ground turkey into very small meatballs, about 1 inch wide.
2. Bring about 2 cups of water to a boil in a medium pot. Carefully add the turkey meatballs and boil for 5 minutes.
3. Drain off that water, then return the meatballs to the pot and pour in 2 cups of fresh hot water.
4. Add the diced potatoes and cauliflower to the pot.
5. In a small skillet over medium heat, sauté the onion and grated carrot in the ghee or olive oil until softened and fragrant, about 5-7 minutes.
6. Add the sautéed vegetables to the soup. Season with salt and black pepper.
7. Simmer until the potatoes and cauliflower are tender and the meatballs are fully cooked, about 15-20 minutes.
8. Stir in the fresh dill at the very end, just before serving.
9. Serve hot.

TIP:

Consider making a larger batch of meatballs from the entire package of ground turkey and freezing the uncooked extras for future meals. This saves time on busy days. A squeeze of fresh lemon juice can brighten the flavors of the soup just before serving.

CREAMY TURKEY VEGETABLE SOUP

Per 1 serving (estimated):

Calories 450

Protein 45 g | Fat 18 g | Carbs 28 g



PREP: 15 MIN

COOK: 30-35 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
◆ Ground turkey, lean	8 oz	1 lb	
◆ Olive oil	1/2 tbsp	1 tbsp	
◆ Yellow onion, chopped	1/4 cup	1/2 cup	
◆ Garlic, minced	1 clove	2 cloves	
◆ Carrots, chopped	1/2 cup	1 cup	
◆ Celery, chopped	1/4 cup	1/2 cup	
◆ Cauliflower, florets cut into small pieces	1 cup	2 cups	
◆ Potato, diced	1/2 cup	1 cup	
◆ Chicken broth	2 cups	4 cups	
◆ Dried thyme	1/2 tsp	1 tsp	
◆ Dried oregano	1/2 tsp	1 tsp	
◆ Smoked paprika	1/2 tsp	1 tsp	
◆ Salt	1/2 tsp	1 tsp	
◆ Black pepper	1/4 tsp	1/2 tsp	
◆ Cottage cheese, low-fat	1/4 cup	1/2 cup	
◆ Greek yogurt, plain	1/8 cup	1/4 cup	
◆ Lemon juice, fresh	1/2 tbsp	1 tbsp	

DIRECTIONS

1. Heat the olive oil in a large soup pot over medium heat. Add the onion and cook for 3 to 4 minutes, until softened.
2. Add the ground turkey and cook for 5 to 6 minutes, breaking it up with a spoon, until no longer pink. Stir in the garlic and cook for 30 seconds.
3. Add the carrots, celery, cauliflower, potato, chicken broth, thyme, oregano, smoked paprika, salt, and black pepper. Bring to a boil.
4. Reduce the heat to low, cover partially, and simmer for 20 to 25 minutes, until the vegetables are very tender.
5. Remove the pot from the heat. Stir in the cottage cheese, Greek yogurt, and lemon juice.
6. Using an immersion blender, blend until smooth and creamy. If using a standard blender, blend carefully in batches, then return the soup to the pot.
7. Warm gently over low heat for 2 to 3 minutes if needed. Do not boil after blending.
8. Taste and adjust the seasoning. Serve warm with parsley, chives, or black pepper if desired.

TIP:

For an extra boost of flavor, roast the vegetables before adding them to the soup. If you prefer a thinner consistency, add a little more chicken broth until the desired thickness is reached. This soup can be stored in an airtight container in the refrigerator for up to 1-2 days.

COD AND TOMATO VEGETABLE SOUP

Per 1 serving (estimated):

Calories 320

Protein 28 g | Fat 10 g | Carbs 30 g



PREP: 15 MIN

COOK: 25-30 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cod fillet, skinless	4 oz	8 oz	
Potato, diced (about 1/2-inch cubes)	1/2 cup	1 cup	
Carrot, peeled and diced	1/4 cup	1/2 cup	
Celery, diced	1/4 cup	1/2 cup	
Onion, chopped	1/4 cup	1/2 cup	
Garlic, minced	1 clove	2 cloves	
Olive oil	1 tsp	2 tsp	
Diced tomatoes, canned, undrained	1 cup	2 cups	
Tomato paste	1 tbsp	2 tbsp	
Fish or vegetable broth	1 cup	2 cups	
Fresh parsley, chopped	1 tbsp	2 tbsp	
Lemon juice, fresh	1 tsp	2 tsp	
Dried oregano	1/4 tsp	1/2 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Cut the cod fillet into 1-inch pieces. Season lightly with a pinch of salt and black pepper. Set aside.
2. Heat 1 teaspoon of olive oil (for 1 serving, 2 teaspoons for 2 servings) in a medium pot or Dutch oven over medium heat. Add chopped onion, diced carrot, and diced celery. Sauté for 5-7 minutes until vegetables begin to soften.
3. Add minced garlic and dried oregano. Cook for 1 minute more until fragrant.
4. Stir in the diced potato, canned diced tomatoes (undrained), tomato paste, and fish or vegetable broth. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for 10-15 minutes, or until potatoes are tender.
5. Gently add the seasoned cod pieces to the simmering soup. Cook for 5-7 minutes, or until the cod is cooked through and flakes easily with a fork.
6. Stir in the fresh chopped parsley and fresh lemon juice. Season with the remaining salt and black pepper to taste.
7. Serve the cod and tomato vegetable soup hot.

TIP:

For a richer tomato flavor, you can lightly brown the tomato paste for a minute before adding the diced tomatoes and broth. If you prefer a thicker soup, you can mash some of the cooked potatoes against the side of the pot. This soup can be adapted to suit your taste. You can add other seafood, such as shrimp or mussels, to make the dish even more varied.

SALMON AND VEGETABLE SOUP

Per 1 serving (estimated):

Calories 380

Protein 32 g | Fat 17 g | Carbs 22 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Salmon fillet, skinless	4 oz	8 oz	
Potato, diced (or cauliflower florets)	1 cup	2 cups	
Carrot, peeled and sliced	1/2 cup	1 cup	
Leek, white and light green parts, sliced	1/4 cup	1/2 cup	
Celery, sliced	1/4 cup	1/2 cup	
Fresh dill, chopped	1 tbsp	2 tbsp	
Olive oil	1 tsp	2 tsp	
Vegetable or fish broth	1.5 cups	3 cups	
Lemon juice, fresh	1 tbsp	2 tbsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Cut the salmon fillet into 1-inch pieces. Season lightly with a pinch of salt and black pepper. Set aside.
2. Heat 1 teaspoon of olive oil (for 1 serving, 2 teaspoons for 2 servings) in a medium pot or Dutch oven over medium heat. Add sliced leek, celery, and carrot. Sauté for 5-7 minutes until vegetables begin to soften.
3. Add diced potato (or cauliflower florets) and vegetable or fish broth to the pot. Bring to a boil, then reduce the heat, cover, and simmer for 10-15 minutes, or until potatoes are tender.
4. Gently add the salmon pieces to the simmering soup. Cook for 5-7 minutes, or until the salmon is cooked through and flakes easily with a fork.
5. Stir in the fresh dill and lemon juice. Season with the remaining salt and black pepper to taste.
6. Serve the salmon and vegetable soup hot.

TIP:

For a creamier soup, you can mash some of the cooked potatoes against the side of the pot before adding the salmon. If using cauliflower, ensure florets are cut into small, even pieces for consistent cooking. Avoid overcooking the salmon to keep it moist and tender. Fresh dill adds a bright flavor, but dried dill can be used in a smaller quantity (about 1/3 of fresh).

CREAMY COD CHOWDER WITH LEEK AND POTATO

Per 1 serving (estimated):

Calories 390

Protein 30 g | Fat 15 g | Carbs 32 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
◆ Cod fillet, skinless	4 oz	8 oz	
◆ Potato, peeled and diced (about 1/2-inch cubes)	1 cup	2 cups	
◆ Leek, white and light green parts, sliced	1/2 cup	1 cup	
◆ Celery, diced	1/4 cup	1/2 cup	
◆ Olive oil	1 tbsp	2 tbsp	
◆ Fish or vegetable broth	1.5 cups	3 cups	
◆ Milk (low-fat or whole)	1/2 cup	1 cup	
◆ Fresh parsley or chives, chopped	1 tbsp	2 tbsp	
◆ Lemon juice, fresh	1 tsp	2 tsp	
◆ Salt	1/4 tsp	1/2 tsp	
◆ Black pepper, freshly ground	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Cut the cod fillet into 1-inch pieces. Season lightly with a pinch of salt and black pepper. Set aside.
2. Heat 1 tbsp of olive oil (for 1 serving, 2 tbsp for 2 servings) in a medium pot or Dutch oven over medium heat. Add sliced leek and diced celery. Sauté for 5-7 minutes until vegetables begin to soften.
3. Add diced potato and fish or vegetable broth to the pot. Bring to a boil, then reduce the heat, cover, and simmer for 10-15 minutes, or until potatoes are tender.
4. Stir in the milk.
5. Gently add the seasoned cod pieces to the simmering chowder. Cook for 5-7 minutes, or until the cod is cooked through and flakes easily with a fork.
6. Stir in the fresh chopped parsley or chives and fresh lemon juice. Season with the remaining salt and black pepper to taste.
7. Serve the creamy cod chowder hot on a single plate.

TIP:

For a thicker chowder, you can mash some of the cooked potatoes against the side of the pot before adding the milk and cod. Avoid overcooking the cod to ensure it remains tender and moist. If you prefer a richer flavor, use whole milk or a splash of heavy cream. Fresh herbs like parsley or chives add a bright finish; add them just before serving.

TOMATO WHITE BEAN SOUP WITH TUNA

Per 1 serving (estimated):

Calories 345

Protein 31 g | Fat 10 g | Carbs 32 g



PREP: 10 MIN

COOK: 20-25 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Tuna, drained	4 oz	8 oz	
White beans, canned, drained and rinsed	1/2 cup	1 cup	
Canned tomatoes in juice	1 cup	2 cups	
Onion, chopped	1/4 cup	1/2 cup	
Celery, diced	1/4 cup	1/2 cup	
Carrot, peeled and diced	1/4 cup	1/2 cup	
Garlic, minced	1 clove	2 cloves	
Olive oil	1 tsp	2 tsp	
Dried basil	1/4 tsp	1/2 tsp	
Dried oregano	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Drain the tuna and flake it gently with a fork. Set aside.
2. Heat 1 teaspoon of olive oil (for 1 serving, 2 teaspoons for 2 servings) in a medium pot or Dutch oven over medium heat. Add chopped onion, diced celery, and diced carrot. Sauté for 5-7 minutes until the vegetables begin to soften.
3. Add minced garlic, dried basil, dried oregano, and black pepper. Cook for 1 minute more until fragrant.
4. Stir in the canned tomatoes with their juice and the white beans. Bring the mixture to a gentle boil, then reduce the heat to low and simmer uncovered for 10-12 minutes so the flavors can blend.
5. Add the tuna and stir gently to combine. Cook for 2-3 minutes more until heated through.
6. Taste and adjust black pepper if needed.
7. Serve hot.

TIP:

For a thicker texture, lightly mash some of the white beans in the pot before adding the tuna. For a brighter flavor, stir in a small spoonful of chopped fresh basil just before serving.

Vegetarian Soups

CREAMY BROCCOLI SOUP

Per 1 serving (estimated):

Calories 210

Protein 14 g | Fat 9 g | Carbs 16 g

PREP: 10 MIN

COOK: 20 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Broccoli florets, fresh or frozen	2 cups	4 cups	
Yellow onion, chopped	1/4 medium	1/2 medium	
Garlic, minced	1 clove	2 cloves	
Celery, diced	1 stalk	2 stalks	
Low-sodium vegetable broth	1 1/2 cups	3 cups	
Plain Greek yogurt	3 tbsp	6 tbsp	
Sharp cheddar cheese, shredded	2 tbsp	1/4 cup	
Olive oil	1 tsp	2 tsp	
Garlic powder	1/4 tsp	1/2 tsp	
Onion powder	1/4 tsp	1/2 tsp	
Salt	to taste	to taste	
Black pepper, freshly ground	to taste	to taste	

DIRECTIONS

1. Heat the olive oil in a medium pot or Dutch oven over medium heat. Add the chopped onion and diced celery and cook for 4-5 minutes, stirring occasionally, until softened and translucent.
2. Add the minced garlic and cook for 1 more minute until fragrant, being careful not to let it brown.
3. Add the broccoli florets and pour in the vegetable broth. Stir in the garlic powder, onion powder, salt, and black pepper.
4. Bring to a boil, then reduce the heat to low, cover, and simmer for 12-15 minutes until the broccoli is completely tender when pierced with a fork.
5. Remove the pot from the heat and let it cool for 2-3 minutes. Using an immersion blender, blend the soup directly in the pot until smooth and creamy. Alternatively, transfer in batches to a standard blender, blend until smooth, and return to the pot.
6. Stir in the Greek yogurt and mix well until fully incorporated. Do not return to a boil after adding the yogurt; use gentle heat only to prevent curdling.
7. Taste and adjust the seasoning with salt and black pepper as needed.
8. Pour into a bowl and top with shredded sharp cheddar cheese.
9. Serve hot.

TIP:

The key to a vibrant green color is not overcooking the broccoli; 12 to 15 minutes of simmering is enough to make it perfectly tender without losing its color. If you like a little texture, set aside a few small florets before blending and add them back at the end as a garnish.

CREAMY PUMPKIN SOUP WITH SEEDS

Per 1 serving (estimated):

Calories 200

Protein 8 g | Fat 10 g | Carbs 20 g

PREP: 10 MIN

COOK: 20-25 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Canned pumpkin puree	1 cup	2 cups	
Carrot, peeled and diced	1/2 cup	1 cup	
Yellow onion, chopped	1/4 cup	1/2 cup	
Vegetable broth	1.5 cups	3 cups	
Pumpkin seeds, raw	1 tbsp	2 tbsp	
Greek yogurt, plain (for serving)	1 tbsp	2 tbsp	
Olive oil	1 tsp	2 tsp	
Garlic, minced	1 clove	2 cloves	
Ground nutmeg	Pinch	1/8 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Heat the olive oil in a medium pot or Dutch oven over medium heat. Add the chopped onion and diced carrot. Cook for 5-7 minutes until softened.
2. Stir in the minced garlic, ground nutmeg, salt, and black pepper. Cook for another minute until fragrant.
3. Add the canned pumpkin puree and vegetable broth to the pot. Bring to a gentle simmer.
4. Reduce the heat to low, cover, and simmer for 10-15 minutes, or until the vegetables are very tender.
5. Remove the pot from the heat. Using an immersion blender, blend until the soup is smooth and creamy. If using a standard blender, blend carefully in batches, then return the soup to the pot.
6. Taste and adjust seasonings as needed.
7. Serve hot, topped with a dollop of Greek yogurt and a sprinkle of pumpkin seeds.

TIP:

For an extra layer of flavor, roast the pumpkin seeds in a dry skillet for a few minutes until lightly golden and fragrant before sprinkling them on top. If you prefer a thinner soup, add a little more vegetable broth until your desired consistency is reached.

TOMATO LENTIL SOUP

Per 1 serving (estimated):

Calories 250

Protein 15 g | Fat 5 g | Carbs 35 g



PREP: 10 MIN

COOK: 25-30 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Canned diced tomatoes in juice	1 cup	2 cups	
Red lentils, dry, rinsed	1/2 cup	1 cup	
Carrot, peeled and diced	1/2 cup	1 cup	
Yellow onion, chopped	1/4 cup	1/2 cup	
Garlic, minced	1 clove	2 cloves	
Vegetable broth	2 cups	4 cups	
Olive oil	1 tsp	2 tsp	
Dried basil	1/2 tsp	1 tsp	
Salt	1/4 tsp	1/2 tsp	
Black pepper	1/8 tsp	1/4 tsp	

DIRECTIONS

1. Heat the olive oil in a medium pot or Dutch oven over medium heat. Add the chopped onion and diced carrot. Cook for 5-7 minutes until softened.
2. Stir in the minced garlic and dried basil. Cook for another minute until fragrant.
3. Add the rinsed red lentils, canned diced tomatoes (with their juice), and vegetable broth to the pot. Bring to a boil.
4. Reduce the heat to low, cover, and simmer for 20-25 minutes, or until the lentils are very tender and have broken down.
5. Taste and adjust seasonings with salt and black pepper as needed.
6. Serve hot.

TIP:

For a smoother soup, you can use an immersion blender to blend a portion or all of the soup directly in the pot. This soup can be easily customized with other vegetables like spinach or zucchini added during the last 10 minutes of simmering. It stores well in the refrigerator for up to 4 days and can be frozen for longer periods.

HOMEMADE CREAMY MUSHROOM SOUP

Per 1 serving (estimated):

Calories 300

Protein 8 g | Fat 20 g | Carbs 22 g

PREP: 15 MIN

COOK: 25-30 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
• Olive oil	1/2 tbsp	1 tbsp	
• Yellow onion, chopped	1/2 cup	1 cup	
• Garlic, minced	1 clove	2 cloves	
• Button or cremini mushrooms, sliced	4 oz	8 oz	
• Potatoes, peeled and diced	1/2 cup	1 cup	
• Low-sodium vegetable broth	2 cups	4 cups	
• Heavy cream or half-and-half	1/4 cup	1/2 cup	
• Salt	1/2 tsp	1 tsp	
• Black pepper	1/4 tsp	1/2 tsp	
• Dried thyme	1/2 tsp	1 tsp	
• Fresh parsley, chopped (for garnish)	1 tbsp	2 tbsp	
• Croutons (for serving)	1/8 cup	1/4 cup	

DIRECTIONS

1. Heat the olive oil in a large soup pot or Dutch oven over medium heat. Add the chopped yellow onion and cook for 3 to 4 minutes, until softened.
2. Add the sliced mushrooms and cook for 5 to 7 minutes, stirring occasionally, until they release their liquid and begin to brown. Stir in the minced garlic and cook for 30 seconds until fragrant.
3. Add the diced potatoes, low-sodium vegetable broth, dried thyme, salt, and black pepper. Bring to a boil.
4. Reduce the heat to low, cover partially, and simmer for 15 to 20 minutes, or until the potatoes are very tender.
5. Remove the pot from the heat. Stir in the heavy cream or half-and-half.
6. Using an immersion blender, blend until the soup is smooth and creamy. If using a standard blender, blend carefully in batches, then return the soup to the pot.
7. Warm gently over low heat for 2 to 3 minutes if needed. Do not boil after blending.
8. Taste and adjust the seasoning. Serve hot, garnished with fresh parsley and croutons.

TIP:

For a richer mushroom flavor, consider sautéing a small amount of finely chopped shallots along with the onion. If you don't have an immersion blender, a regular blender works well; just be sure to blend in batches and be cautious with hot liquids. Add crunchy whole-grain crackers to the bowl just before serving. This soup can be stored in an airtight container in the refrigerator for up to 3 days.



Salads



Salads have a reputation problem. For decades, they've been associated with deprivation — a pile of iceberg lettuce eaten reluctantly by someone who really wanted pasta. That version of a salad isn't what we're talking about here. A properly built salad is one of the most nutritionally efficient meals you can put on the table: high volume, high fiber, high micronutrient density, and surprisingly satisfying when put together with some intention. And then there's the practical argument, which honestly might be the strongest one. A salad is the most forgiving meal format that exists. Half an avocado that needs to be used. Leftover roasted chicken. A handful of cherry tomatoes. Some chickpeas from a can. A few walnuts. Dress it with olive oil, lemon juice, and whatever spice you like — and dinner is done in four minutes. The refrigerator gets cleaned out, nothing goes to waste, and the result is genuinely nourishing.

There's one idea I find personally compelling, though I'll be honest — I haven't yet been able to fully confirm it from my own practice. The theory goes that the human body is calibrated to feel satisfied not just by calories, but by the physical weight and volume of food consumed in a day. Some nutrition researchers suggest that adults naturally feel complete when they've eaten approximately 1.5 to 2 kg of actual food — regardless of caloric density. If that's true, then the strategy becomes clear: fill a meaningful portion of that volume with food that weighs a lot and costs you very few calories. Salads are almost perfectly designed for exactly that. A large bowl of vegetables, greens, legumes, and protein can weigh 400–500 grams and deliver enormous nutritional value for relatively modest caloric investment — leaving room in your daily "food budget" for the more calorie-dense meals that also belong on your plate. Whether or not that specific theory holds up under scrutiny for you personally, the underlying logic is sound: volume and variety in salads work in your favor, not against you.

Meat Salads

GRILLED CHICKEN GREEK SALAD

Per 1 serving (estimated):

Calories 510

Protein 43 g | Fat 31 g | Carbs 14 g



PREP: 15 MIN

COOK: 0 MIN (IF CHICKEN IS PRE-COOKED)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Grilled chicken breast	4 oz	8 oz	
Romaine lettuce, chopped	2 cups	4 cups	
Cucumber, diced	1/2 cup	1 cup	
Cherry tomatoes, halved	1/2 cup	1 cup	
Red onion, thinly sliced	1/4 cup	1/2 cup	
Kalamata olives, pitted and halved	1/4 cup	1/2 cup	
Feta cheese, crumbled	1/4 cup	1/2 cup	
Olive oil	1 tbsp	2 tbsp	
Lemon juice, fresh	1 tbsp	2 tbsp	
Dried oregano	1/2 tsp	1 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If not already grilled, cook the chicken breast until thoroughly done. Let it rest for a few minutes, then slice or dice it into bite-sized pieces.
2. In a large bowl, combine the chopped romaine lettuce, diced cucumber, halved cherry tomatoes, thinly sliced red onion, and pitted Kalamata olives.
3. In a small bowl, whisk together the olive oil, fresh lemon juice, dried oregano, salt, and black pepper to create the dressing.
4. Add the sliced or diced grilled chicken to the bowl with the vegetables. Sprinkle the crumbled feta cheese over the salad.
5. Pour the dressing over the salad and toss gently to combine all ingredients evenly.
6. Serve immediately.

TIP:

For the best flavor, ensure all vegetables are fresh and crisp. If preparing ahead, keep the dressing separate and add it just before serving to prevent the lettuce from wilting. Leftover grilled chicken can be a great time-saver for this recipe.

TURKEY AND APPLE WALNUT SALAD

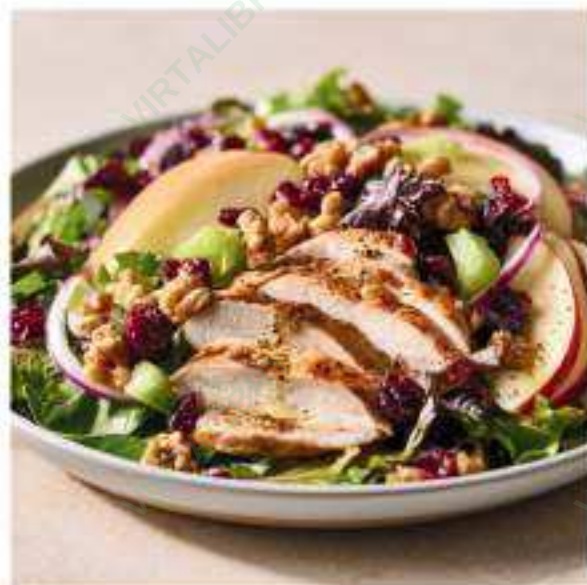
Per 1 serving (estimated):

Calories 420

Protein 33 g | Fat 23 g | Carbs 19 g

PREP: 15 MIN

COOK: 0 MIN (IF TURKEY IS PRE-COOKED)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cooked turkey breast, sliced or diced	4 oz	8 oz	
Mixed salad greens	2 cups	4 cups	
Apple, thinly sliced	1/2 medium	1 medium	
Celery, thinly sliced	1/4 cup	1/2 cup	
Walnuts, chopped	2 tbsp	1/4 cup	
Dried cranberries	1 tbsp	2 tbsp	
Red onion, thinly sliced	2 tbsp	1/4 cup	
Olive oil	1 tbsp	2 tbsp	
Apple cider vinegar	1 tbsp	2 tbsp	
Dijon mustard	1 tsp	2 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If not already cooked, prepare the turkey breast until thoroughly done. Let it cool slightly, then slice or dice it into bite-sized pieces.
2. In a large bowl, combine the mixed salad greens, thinly sliced apple, celery, chopped walnuts, dried cranberries, and red onion.
3. In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and black pepper to make the dressing.
4. Add the sliced or diced turkey to the bowl with the salad ingredients.
5. Pour the dressing over the salad and toss gently until everything is evenly coated.
6. Serve immediately.

TIP:

For the best texture, slice the apple just before serving to keep it fresh and crisp. If making the salad ahead of time, store the dressing separately and add it right before eating. Rotisserie turkey or leftover roasted turkey works well for a quick and convenient option.

STEAK AND ARUGULA SALAD

Per 1 serving (estimated):

Calories 390

Protein 32 g | Fat 26 g | Carbs 9 g

PREP: 15 MIN

COOK: 10 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Beef steak, cooked and sliced	4 oz	8 oz	
Arugula	2 cups	4 cups	
Cherry tomatoes, halved	1/2 cup	1 cup	
Cucumber, sliced	1/2 cup	1 cup	
Red onion, thinly sliced	2 tbsp	1/4 cup	
Parmesan cheese, shaved	2 tbsp	1/4 cup	
Olive oil	1 tbsp	2 tbsp	
Balsamic vinegar	1 tbsp	2 tbsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. Season the beef steak with salt and black pepper. Cook it in a skillet or on a grill over medium-high heat until it reaches your desired doneness.
2. Let the steak rest for 5 minutes, then slice it thinly against the grain.
3. In a large bowl, combine the arugula, cherry tomatoes, cucumber, and red onion.
4. In a small bowl, whisk together the olive oil and balsamic vinegar to make the dressing.
5. Add the sliced steak to the salad and drizzle with the dressing.
6. Top with shaved Parmesan and toss gently, or leave layered for serving.
7. Serve immediately.

TIP:

For the best flavor, use steak that has rested before slicing so the juices stay in the meat. Add the Parmesan just before serving to keep its texture fresh, and use a good-quality balsamic vinegar for a richer finish.

TURKEY COBB SALAD

Per 1 serving (estimated):

Calories 480

Protein 44 g | Fat 29 g | Carbs 11 g

PREP: 15 MIN

COOK: 0 MIN (IF TURKEY AND EGGS ARE PRE-COOKED)



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cooked turkey breast, sliced or diced	4 oz	8 oz	
Romaine lettuce, chopped	2 cups	4 cups	
Hard-boiled eggs, quartered	1 large	2 large	
Avocado, diced	1/2 medium	1 medium	
Cherry tomatoes, halved	1/2 cup	1 cup	
Turkey bacon, cooked and crumbled	2 strips	4 strips	
Blue cheese, crumbled	2 tbsp	1/4 cup	
Red onion, thinly sliced	2 tbsp	1/4 cup	
Olive oil	1 tbsp	2 tbsp	
Red wine vinegar	1 tbsp	2 tbsp	
Dijon mustard	1/2 tsp	1 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If not already cooked, prepare the turkey breast until thoroughly cooked. Let it cool slightly, then slice or dice it into bite-sized pieces. Cook the turkey bacon in a skillet over medium heat until crispy, then transfer to a paper towel-lined plate and crumble once cooled.
2. Arrange the chopped romaine lettuce as the base on a large plate or in a wide, shallow bowl.
3. Arrange the toppings in separate rows or sections over the lettuce: the sliced turkey, quartered hard-boiled eggs, diced avocado, halved cherry tomatoes, crumbled turkey bacon, blue cheese, and red onion.
4. In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, salt, and black pepper until the dressing is smooth and slightly emulsified.
5. Drizzle the dressing evenly over the salad just before serving.
6. Serve immediately.

TIP:

The classic Cobb presentation, with toppings arranged in neat rows, is not just for looks. It lets each person mix and choose their own combination with every bite. Add the avocado just before serving to keep it fresh and green. If you prefer a creamier dressing, stir in 1 tbsp of plain Greek yogurt into the vinaigrette.

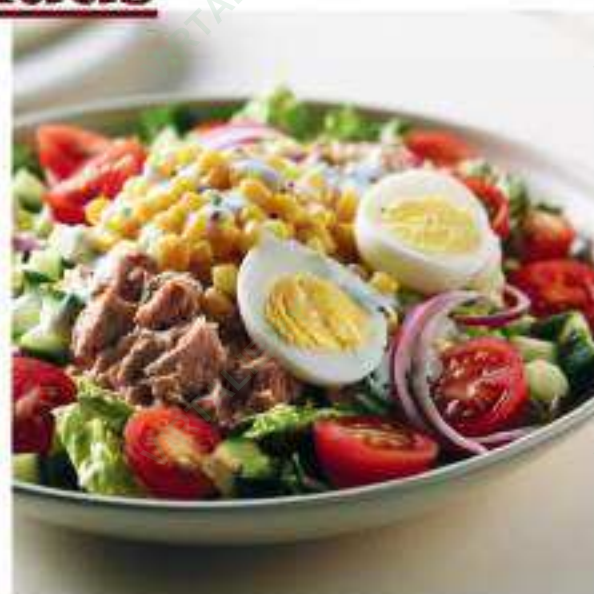
Fish Salads

TUNA, CORN, AND EGG SALAD

Per 1 serving (estimated):

Calories 370

Protein 36 g | Fat 15 g | Carbs 18 g



PREP: 10 MIN

COOK: 0 MIN (IF EGGS ARE PRE-COOKED)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Canned tuna in water, drained	4 oz	8 oz	
Large hard-boiled eggs, quartered	2	4	
Canned corn, drained	1/3 cup	2/3 cup	
Romaine lettuce, chopped	2 cups	4 cups	
Cherry tomatoes, halved	1/2 cup	1 cup	
Cucumber, diced	1/4 cup	1/2 cup	
Red onion, thinly sliced	2 tbsp	1/4 cup	
Plain Greek yogurt	1 tbsp	2 tbsp	
Olive oil	1 tbsp	2 tbsp	
Lemon juice, fresh	1 tbsp	2 tbsp	
Dijon mustard	1/2 tsp	1 tsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If not already cooked, place the eggs in a small saucepan, cover with cold water, and bring to a boil. Turn off the heat, cover, and let sit for 10 minutes. Transfer to an ice bath, peel, and quarter.
2. Drain the tuna and flake it gently with a fork into bite-sized pieces. Drain the corn and set aside.
3. In a small bowl, whisk together the Greek yogurt, olive oil, lemon juice, Dijon mustard, salt, and black pepper until the dressing is smooth and creamy.
4. Arrange the chopped romaine lettuce as the base on a serving plate or in a wide bowl.
5. Top with the flaked tuna, quartered eggs, corn, halved cherry tomatoes, diced cucumber, and thinly sliced red onion.
6. Drizzle the dressing evenly over the salad just before serving.
7. Serve immediately.

TIP:

Use tuna packed in water for a lighter result, and pat it dry before adding it to keep the salad from getting watery. The Greek yogurt dressing gives all the creaminess of a classic tuna salad without any mayonnaise, and adds a boost of protein as a bonus.

SARDINE MEDITERRANEAN SALAD

Per 1 serving (estimated):

Calories 390

Protein 28 g | Fat 20 g | Carbs 21 g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Sardines, drained	1 can (about 3.75 oz)	2 cans (about 7.5 oz)	
Arugula	2 cups	4 cups	
Tomatoes, chopped or halved	1/2 cup	1 cup	
Cucumber, sliced	1/2 cup	1 cup	
Olives	2 tbsp	1/4 cup	
Red onion, thinly sliced	2 tbsp	1/4 cup	
White beans, drained and rinsed	1/2 cup	1 cup	
Olive oil	1 tbsp	2 tbsp	
Lemon juice	1 tbsp	2 tbsp	
Black pepper	to taste	to taste	
Salt	to taste	to taste	

DIRECTIONS

1. Drain the sardines and place them in a medium bowl. Break them gently into large bite-sized pieces with a fork.
2. Add the white beans, chopped tomatoes, sliced cucumber, olives, and thinly sliced red onion to the bowl.
3. In a small bowl, whisk together the olive oil, lemon juice, black pepper, and a little salt if needed.
4. Pour the dressing over the sardine mixture and toss gently to combine.
5. Arrange the arugula on a plate or in a serving bowl.
6. Spoon the sardine and vegetable mixture over the arugula.
7. Serve immediately.

TIP:

For the best flavor, use sardines packed in olive oil and drain them lightly to keep them tender. Add the salt carefully because the sardines and olives may already be salty, and toss the salad gently to keep the fish in larger pieces.

SHRIMP AND CITRUS SALAD

Per 1 serving (estimated):

Calories 340

Protein 27 g | Fat 19 g | Carbs 14 g



PREP: 15 MIN

COOK: 5 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Shrimp, peeled and deveined	4 oz	8 oz	
Mixed greens	2 cups	4 cups	
Orange, segmented	1/2 medium	1 medium	
Avocado, diced	1/2 medium	1 medium	
Cucumber, sliced	1/2 cup	1 cup	
Red onion, thinly sliced	2 tbsp	1/4 cup	
Olive oil	1 tbsp	2 tbsp	
Lime juice	1 tbsp	2 tbsp	
Salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If the shrimp is not already cooked, bring a small pot of water to a gentle boil or heat a skillet over medium heat. Cook the shrimp for 2-3 minutes, or until pink and opaque, then let them cool slightly.
2. Arrange the mixed greens in a large bowl or on a serving plate.
3. Top with the orange segments, diced avocado, sliced cucumber, and thinly sliced red onion.
4. Add the cooked shrimp over the salad ingredients.
5. In a small bowl, whisk together the olive oil, lime juice, salt, and black pepper to make the dressing.
6. Drizzle the dressing over the salad just before serving.
7. Toss gently if desired, or leave layered for serving.
8. Serve immediately.

TIP:

For the best flavor, chill the cooked shrimp slightly before adding them to the salad. Carefully segment the orange to remove excess membrane, and add the avocado just before serving to keep it fresh and creamy.

SMOKED SALMON BEET AND BEAN SALAD

Per 1 serving (estimated):

Calories 410

Protein 24 g | Fat 22 g | Carbs 27 g

PREP: 15 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Smoked salmon, sliced	3 oz	6 oz	
Mixed salad greens	2 cups	4 cups	
Cooked beets, sliced or cubed	1/2 cup	1 cup	
Canned white beans, drained and rinsed	1/2 cup	1 cup	
Red onion, thinly sliced	2 tbsp	1/4 cup	
Cashews, roughly chopped	1 tbsp	2 tbsp	
Plain yogurt	1 1/2 tbsp	3 tbsp	
Olive oil	1 tbsp	2 tbsp	
Red wine vinegar	1 tbsp	2 tbsp	
Chili pepper, finely chopped	to taste	to taste	
Sea salt	to taste	to taste	
Black pepper	to taste	to taste	

DIRECTIONS

1. If needed, cook the beets ahead of time until tender, then let them cool and slice or cube them into bite-sized pieces.
2. Place the thinly sliced red onion in a small bowl with the red wine vinegar and let it sit for 5 minutes to soften slightly.
3. In another small bowl, whisk together the olive oil, yogurt, sea salt, black pepper, and a little of the vinegar from the onion bowl until smooth.
4. Arrange the mixed salad greens on a serving plate or in a large bowl.
5. Top with the cooked beets, white beans, smoked salmon, and the marinated red onion.
6. Sprinkle with chopped cashews and finely chopped chili pepper to taste.
7. Drizzle the yogurt dressing over the salad just before serving.
8. Serve immediately.

TIP:

Be sure to drizzle the dressing over the salad right before serving. If added too early, the dressing can become too runny and lose its creamy consistency. Add the cashews at the last moment as well so they stay crisp and give the salad a better texture.

Meatless Salads

GREEK WHITE BEAN SALAD

Per 1 serving (estimated):

Calories 320

Protein 12 g | Fat 18 g | Carbs 28 g



PREP: 10 MIN

COOK: 0 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
◆◆◆ Cannellini beans, drained and rinsed	1/2 cup	1 cup	
◆ Cucumber, chopped	1/2 cup	1 cup	
◆ Tomatoes, chopped	1/2 cup	1 cup	
◆ Red bell pepper, chopped	1/4 cup	1/2 cup	
◆ Red onion, thinly sliced	2 tbsp	1/4 cup	
◆ Fresh parsley, chopped	1 tbsp	2 tbsp	
◆ Feta cheese, crumbled	2 tbsp	1/4 cup	
◆ Olive oil	1 tbsp	2 tbsp	
◆ Lemon juice	1 tbsp	2 tbsp	
◆ Salt	to taste	to taste	
◆ Black pepper	to taste	to taste	

DIRECTIONS

1. Drain and rinse the cannellini beans, then place them in a medium bowl.
2. Add the chopped cucumber, tomatoes, red bell pepper, thinly sliced red onion, and fresh parsley.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to make the dressing.
4. Pour the dressing over the bean and vegetable mixture, then toss gently to combine.
5. Transfer the salad to a serving bowl or plate.
6. Top with the crumbled feta cheese.
7. Serve immediately.

TIP:

For the best flavor, let the salad sit for 5 minutes before serving so the beans can absorb the dressing. Add the feta just before serving to keep its texture fresh, and use ripe tomatoes for the most balanced and juicy taste.

CAPRESE SALAD

Per 1 serving (estimated):

Calories 310

Protein 14 g | Fat 25 g | Carbs 8 g



PREP: 10 MIN

COOK: 0 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Tomatoes, sliced	1 medium	2 medium	
Fresh mozzarella, sliced	3 oz	6 oz	
Fresh basil leaves	6-8 leaves	12-16 leaves	
Black olives, sliced or whole	2 tbsp	1/4 cup	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Balsamic vinegar	1 tsp	2 tsp	
Black pepper	to taste	to taste	
Salt	to taste	to taste	

DIRECTIONS

1. Slice the tomatoes and fresh mozzarella into even rounds.
2. Arrange the tomato slices and mozzarella slices on a serving plate, alternating them slightly.
3. Tuck the fresh basil leaves between the slices or scatter them over the top.
4. Add the black olives over and around the salad.
5. Drizzle the extra-virgin olive oil and balsamic vinegar evenly over the salad.
6. Season with black pepper and a little salt to taste.
7. Serve immediately.

TIP:

For the best flavor, use ripe tomatoes and fresh mozzarella at room temperature. Drizzle the olive oil and balsamic vinegar just before serving so the salad stays fresh, and the tomatoes do not release too much liquid.

CUCUMBER TOMATO SALAD

Per 1 serving (estimated):

Calories 120

Protein 2 g | Fat 9 g | Carbs 8 g



PREP: 10 MIN

COOK: 0 MIN

INGREDIENTS

Ingredient
Cucumber, sliced
Tomatoes, chopped or sliced
Red onion, thinly sliced
Fresh parsley, chopped
Fresh dill, chopped
Olive oil
Lemon juice
Salt
Black pepper

1 Serving

1 medium
1 medium
2 tbsp
1 tbsp
1 tbsp
1 tbsp
1 tbsp
to taste
to taste

2 Servings

2 medium
2 medium
1/4 cup
2 tbsp
2 tbsp
2 tbsp
2 tbsp
to taste
to taste

Your Choice

DIRECTIONS

1. Slice the cucumber and chop or slice the tomatoes into bite-sized pieces.
2. Thinly slice the red onion and place it in a large bowl.
3. Add the cucumber, tomatoes, chopped parsley, and chopped dill to the bowl.
4. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to make the dressing.
5. Pour the dressing over the vegetables and toss gently until everything is evenly coated.
6. Serve immediately.

TIP:

For the best texture, slice the vegetables just before serving and toss the salad gently. Add the dressing right before serving so the tomatoes and cucumbers do not release too much liquid and the salad stays fresh and crisp.

CABBAGE AND CARROT SALAD WITH OLIVES

Per 1 serving (estimated):

Calories 110

Protein 2 g | Fat 8 g | Carbs 8 g



PREP: 10 MIN

COOK: 0 MIN

INGREDIENTS



Ingredient	1 Serving	2 Servings	Your Choice
*Green cabbage, finely shredded	1 cup	2 cups	
*Carrot, grated	1/4 cup	1/2 cup	
Olives, sliced	2 tbsp	1/4 cup	
Olive oil	1/2 tbsp	1 tbsp	
Apple cider vinegar	1/4 tbsp	1/2 tbsp	
Sesame seeds (optional)	1/4 tsp	1/2 tsp	
Salt	to taste	to taste	
Sugar	A pinch	A pinch	

DIRECTIONS

1. Finely shred the cabbage and place it in a large bowl.
2. Sprinkle the cabbage lightly with salt, then press and toss it gently with your hands for 1-2 minutes until it begins to soften and release a little moisture.
3. Grate the carrot on a coarse grater and add it to the bowl.
4. Slice the olives into rings and add them to the cabbage and carrot mixture.
5. In a small bowl, whisk together the olive oil, apple cider vinegar, a little salt, and a pinch of sugar.
6. Pour the dressing over the salad and toss well until everything is evenly combined.
7. Sprinkle with sesame seeds if using.
8. Serve immediately.

TIP:

For the best texture, let the shredded cabbage sit with a little salt for a few minutes before mixing the salad. Add the dressing just before serving so the vegetables stay crisp and fresh, and sprinkle the sesame seeds on top at the end for a light crunch.

APPLE AND CELERY SALAD

Per 1 serving (estimated):

Calories 180

Protein 2 g | Fat 9 g | Carbs 21 g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS



Ingredient	1 Serving	2 Servings	Your Choice
Apple, grated or cut into thin strips	1 medium	2 medium	
Celery, grated	1/2 cup	1 cup	
Carrot, grated	1 small	2 small	
Fresh parsley, chopped	1 tbsp	2 tbsp	
Olive oil	1 tbsp	2 tbsp	
Lemon juice or vinegar	1 tbsp	2 tbsp	
Black pepper	to taste	to taste	
Salt	to taste	to taste	

DIRECTIONS

1. Grate the apple on a coarse grater or cut it into thin strips.
2. Grate the celery and the small carrot on a coarse grater and place them in a medium bowl.
3. Add the grated or sliced apple and chopped fresh parsley.
4. In a small bowl, whisk together the olive oil, lemon juice or vinegar, salt, and black pepper to make the dressing.
5. Pour the dressing over the salad and toss gently until everything is evenly combined.
6. Serve immediately.

TIP:

For the best texture, prepare the apple just before serving so it stays fresh and does not darken. Add the dressing right before serving to keep the salad crisp and light, and use lemon juice for a brighter, fresher flavor.

ROASTED BEET AND WALNUT SALAD

Per 1 serving (estimated):

Calories 300

Protein 9 g | Fat 21 g | Carbs 21 g



PREP: 10 MIN

COOK: 35 MIN

INGREDIENTS

Ingredient
Beets, peeled and cubed
Baby arugula
Walnuts, roughly chopped
Goat cheese, crumbled
Red onion, thinly sliced
Lemon juice (for marinating onion)
Sugar (for marinating onion)
Extra-virgin olive oil
Balsamic vinegar
Honey
Salt
Black pepper

1 Serving

1 medium
1 cup
2 tbsp
1 oz
2 tbsp
1 tbsp
1/2 tsp
1 tbsp
1 tbsp
1/2 tsp
taste
To taste

2 Servings

2 medium
2 cups
1/4 cup
2 oz
1/4 cup
2 tbsp
1 tsp
2 tbsp
2 tbsp
1 tsp
To taste
To taste

Your Choice

DIRECTIONS

1. Preheat the oven to 400 F (200 C). Peel the beets and cut them into 1-inch cubes.
2. Thinly slice the red onion and place it in a small bowl. Add the lemon juice, sugar, and a pinch of salt. Toss gently, then set aside to marinate while the beets roast.
3. Place the beet cubes on a baking sheet lined with parchment paper. Drizzle with half of the olive oil, season with salt and pepper, and toss to coat evenly.
4. Roast the beets for 30 to 35 minutes, turning once halfway through, until they are tender and slightly caramelized on the edges. Remove from the oven and let them cool for 5 minutes.
5. While the beets cool, arrange the baby arugula on a serving plate.
6. In a small bowl, whisk together the remaining olive oil, balsamic vinegar, honey, salt, and black pepper to make the dressing.
7. Drain the marinated onion of excess liquid. Scatter the warm roasted beets over the arugula, then add the marinated onion and chopped walnuts.
8. Drizzle the dressing evenly over the salad.
9. Top with crumbled goat cheese and serve immediately.

TIP:

Marinating the onion while the beets roast is a perfect use of time - by the time everything is ready, the onion will be soft, sweet, and tangy with no sharp bite. Roasting the beets brings out their natural sweetness, which pairs beautifully with the peppery arugula and tangy goat cheese. For a time-saving shortcut, roast the beets ahead of time and refrigerate them - they work just as well served cold or at room temperature.

WARM ROASTED VEGETABLE SALAD WITH TAHINI DRESSING

Per 1 serving (estimated):

Calories 340

Protein 12 g | Fat 19 g | Carbs 33 g



PREP: 10 MIN

COOK: 25 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Sweet potato, peeled and cubed	1/2 medium	1 medium	
Broccoli florets	1/2 cup	1 cup	
Red bell pepper, chopped	1/4 cup	1/2 cup	
Chickpeas, drained and rinsed	1/3 cup	2/3 cup	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Smoked paprika	1/4 tsp	1/2 tsp	
Tahini	1 tbsp	2 tbsp	
Lemon juice	1 tbsp	2 tbsp	
Garlic, minced	1/2 clove	1 clove	
Water	1 tbsp	2 tbsp	
Pumpkin seeds	1 tbsp	2 tbsp	
Salt	To taste	To taste	
Black pepper	To taste	To taste	

DIRECTIONS

1. Preheat the oven to 400 F (200 C). Peel the sweet potato and cut it into 1-inch cubes. Chop the red bell pepper and separate the broccoli into small florets.
2. Place the sweet potato, broccoli, red bell pepper, and chickpeas on a large baking sheet lined with parchment paper. Drizzle with the olive oil, sprinkle with smoked paprika, salt, and black pepper, and toss everything to coat evenly.
3. Roast for 22 to 25 minutes, turning once halfway through, until the sweet potato is tender and the edges of the vegetables are lightly golden.
4. While the vegetables roast, prepare the tahini dressing. In a small bowl, whisk together the tahini, lemon juice, minced garlic, water, and a pinch of salt until smooth and pourable. Add a little more water if the dressing is too thick.
5. Transfer the warm roasted vegetables and chickpeas to a serving plate.
6. Drizzle the tahini dressing generously over the top.
7. Sprinkle with pumpkin seeds and serve warm.

TIP:

This salad is hearty enough to be a full meal on its own. The tahini dressing can be made ahead and stored in the refrigerator for up to 3 days - just stir in a splash of water before using, as it thickens when cold. For extra protein, add a handful of hemp seeds on top.

MEDITERRANEAN LENTIL SALAD WITH SUN-DRIED TOMATOES

Per 1 serving (estimated):

Calories 310

Protein 14 g | Fat 17 g | Carbs 26 g



PREP: 15 MIN

COOK: 0 MIN (USING PRE-COOKED LENTILS)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Green or brown lentils, cooked	1/2 cup	1 cup	
Sun-dried tomatoes, chopped	2 tbsp	1/4 cup	
Cucumber, diced	1/4 cup	1/2 cup	
Kalamata olives, halved	4-5 olives	8-10 olives	
Fresh mint, chopped	1 tbsp	2 tbsp	
Fresh parsley, chopped	1 tbsp	2 tbsp	
Feta cheese, crumbled	1 oz	2 oz	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Red wine vinegar	1 tbsp	2 tbsp	
Dijon mustard	1/2 tsp	1 tsp	
Garlic, minced	1/2 clove	1 clove	
Salt	To taste	To taste	
Black pepper	To taste	To taste	

DIRECTIONS

1. If using dried lentils, cook them according to package directions until tender but not mushy, then drain and let them cool to room temperature. If using canned lentils, drain and rinse them well.
2. Place the cooked lentils in a large bowl. Add the chopped sun-dried tomatoes, diced cucumber, and halved Kalamata olives, chopped mint, and chopped parsley.
3. In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, minced garlic, salt, and black pepper until the dressing is well combined and slightly emulsified.
4. Pour the dressing over the lentil mixture and toss gently until everything is evenly coated.
5. Transfer to a serving plate and top with crumbled feta cheese.
6. Serve at room temperature.

TIP:

This salad tastes even better after resting in the refrigerator for 30 minutes, as the lentils soak up the dressing and the flavors meld together. Add the feta just before serving to keep its texture. Leftovers store well in the fridge for up to 2 days - making it a perfect meal-prep option.

NAPA CABBAGE SALAD WITH CORN AND CUCUMBER

Per 1 serving (estimated):

Calories 120

Protein 3 g | Fat 7 g | Carbs 14 g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Napa cabbage, thinly shredded	1 1/2 cups	3 cups	
Cucumber, thinly sliced	1/2 medium	1 medium	
Canned or fresh corn kernels	1/4 cup	1/2 cup	
Green onions, sliced	1 stalk	2 stalks	
Fresh dill or parsley, chopped	1 tbsp	2 tbsp	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Apple cider vinegar	1 tsp	2 tsp	
Honey	1/2 tsp	1 tsp	
Garlic, minced	1/4 clove	1/2 clove	
Salt	To taste	To taste	
Black pepper	To taste	To taste	

DIRECTIONS

1. Remove the outer leaves of the napa cabbage. Cut the cabbage in half lengthwise and slice it crosswise into thin shreds. Place in a large salad bowl.
2. Slice the cucumber in half lengthwise, then cut into thin half-moon slices. Add to the bowl.
3. Drain the canned corn (or use fresh kernels) and add to the bowl along with the sliced green onions.
4. In a small bowl, whisk together the olive oil, apple cider vinegar, honey, minced garlic, salt, and black pepper until well combined.
5. Pour the dressing over the salad and toss everything gently to coat evenly.
6. Let the salad rest for 3 to 5 minutes so the cabbage softens slightly and absorbs the dressing.
7. Top with fresh dill or parsley and serve immediately.

TIP:

Napa cabbage is much more tender than regular cabbage, so this salad stays crisp without any wilting. For extra crunch, add a small handful of toasted sunflower seeds or sesame seeds right before serving.

CELERY AND AVOCADO SALAD WITH LEMON DRESSING

Per 1 serving (estimated):

Calories 175

Protein 2 g | Fat 16 g | Carbs 8 g



PREP: 10 MIN

COOK: 0 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Celery stalks, thinly sliced on the diagonal	2 stalks	4 stalks	
Avocado, ripe, cubed	1/2 medium	1 medium	
English cucumber, halved and sliced	1/3 cup	2/3 cup	
Radishes, thinly sliced	3	6	
Fresh dill, chopped	1 tbsp	2 tbsp	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Lemon juice, fresh	1 tbsp	2 tbsp	
Lemon zest	1/4 tsp	1/2 tsp	To taste
Salt	To taste	taste	To taste
Black pepper	To taste	taste	

DIRECTIONS

1. Thinly slice the celery stalks on the diagonal into pieces about 1/4 inch thick. Place them in a medium bowl.
2. Halve the English cucumber lengthwise, then slice it into thin half-moons. Thinly slice the radishes. Add both to the bowl with the celery.
3. In a small bowl, whisk together the olive oil, lemon juice, lemon zest, salt, and black pepper until well combined.
4. Pour the dressing over the vegetables and toss gently to coat everything evenly.
5. Cut the avocado into 1/2-inch cubes and add it to the bowl. Fold it in very gently with a spatula so the pieces stay intact.
6. Sprinkle with fresh chopped dill.
7. Serve immediately.

TIP:

Always add the avocado last and fold it in gently so it doesn't turn to mush. Slice the celery diagonally for a more elegant look and a better bite.

BEET SALAD WITH WALNUTS AND PRUNES

Per 1 serving (estimated):

Calories 220

Protein 5 g | Fat 11 g | Carbs 29 g



PREP: 10 MIN

COOK: 45 MIN (OR 0 MIN IF USING PRE-COOKED BEETS)

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Beets, cooked and coarsely grated	1 medium	2 medium	
Walnuts, roughly chopped	3 tbsp	1/3 cup	
Pitted prunes, roughly chopped	3 tbsp	1/3 cup	
Plain low-fat yogurt or light sour cream	1 tbsp	2 tbsp	
Salt	To taste	To taste	

DIRECTIONS

1. Place the beets in a medium saucepan and cover with cold water. Bring to a boil over high heat, then reduce to medium and cook for 40 to 45 minutes, until a fork slides in easily. Drain and let cool completely. Alternatively, wrap each beet in foil and roast at 400°F (200°C) for 50 to 60 minutes.
2. Once the beets are cool enough to handle, peel off the skin and coarsely grate them into a medium bowl.
3. Roughly chop the walnuts and prunes into small pieces and add them to the bowl with the beets.
4. Add the plain yogurt or light sour cream. Stir everything together until evenly combined.
5. Season with salt to taste and stir once more.
6. Cover and refrigerate for at least 20 to 30 minutes before serving - chilling allows the flavors to meld together beautifully.

TIP:

For the best flavor, cook the beets a day ahead and refrigerate them overnight - they become sweeter and easier to grate. Using plain low-fat yogurt instead of sour cream keeps this salad light and gut-friendly. **A gentle heads-up:** Both beets and prunes are known for their natural laxative effect. If you are trying this salad for the first time, it is a good idea to start with half a serving and see how your body responds before enjoying a full portion.

ROASTED CAULIFLOWER AND RED PEPPER SALAD

Per 1 serving (estimated):

Calories 130

Protein 3 g | Fat 10 g | Carbs 10 g



PREP: 10 MIN

COOK: 20 MIN

INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Cauliflower florets	1 cup	2 cups	
Red bell pepper, cut into strips	1/2 medium	1 medium	
Cherry tomatoes, halved	1/4 cup	1/2 cup	
Fresh parsley, chopped	1 tbsp	2 tbsp	
Capers, drained	1 tsp	2 tsp	
Extra-virgin olive oil	1 tbsp	2 tbsp	
Red wine vinegar	2 tsp	4 tsp	
Garlic, minced	1/2 clove	1 clove	
Smoked paprika	1/4 tsp	1/2 tsp	
Salt	To taste	To taste	
Black pepper	To taste	To taste	

DIRECTIONS

1. Preheat the oven to 425 F (220 C). Break the cauliflower into small, bite-sized florets. Cut the red bell pepper into thin strips.
2. Spread the cauliflower florets and red pepper strips on a baking sheet lined with parchment paper. Drizzle with half of the olive oil, sprinkle with smoked paprika, salt, and black pepper, and toss to coat evenly.
3. Roast for 18 to 20 minutes, turning once halfway through, until the cauliflower is golden brown on the edges and the pepper strips are soft and slightly charred.
4. While the vegetables roast, whisk together the remaining olive oil, red wine vinegar, minced garlic, and a pinch of salt in a small bowl to make the dressing.
5. Remove the roasted vegetables from the oven and let them cool for 3 to 5 minutes - you want them warm, not hot.
6. Transfer the warm vegetables to a serving bowl. Add the halved cherry tomatoes and drained capers.
7. Pour the dressing over the salad and toss gently to combine.
8. Top with fresh chopped parsley and serve warm.

TIP:

The magic here is in the roasting - high heat turns ordinary cauliflower into something nutty, golden, and slightly caramelized. The capers add little bursts of saltiness that bring the whole dish together.



Desserts

Let's address this directly: desserts are in this book on purpose. Not as a guilty concession, not as a cheat meal dressed up in clean-eating language — but as a legitimate and genuinely useful part of how we eat after 50.

Here's why.

On days when vegetables carry most of the meal weight — and they should, regularly — the calorie count often falls short of what your body actually needs. The gap is real. And when that gap exists and goes unaddressed, your brain starts solving it on its own, usually somewhere around 9 p.m. in front of an open cabinet. The choice at that moment is rarely between a carrot and a candy bar. It's between a candy bar and nothing, because willpower has already left the building. A homemade dessert that you planned, prepared, and know the contents of is not a compromise — it's a strategy. It closes the calorie gap on your terms, not on the terms of whatever is most convenient and least nutritious at the moment of weakness.

Then there's the psychology. Research published in *Frontiers in Psychology* confirmed what anyone who has ever tried a strict diet already knows intuitively: selectively restricting a food increases preoccupation with it, heightens cravings, and dramatically raises the probability of eventually eating it in quantities that were never the plan. The restriction-binge cycle is well-documented and very real. Banning sugar entirely doesn't make you stop wanting it — it makes you think about it more. There's an old saying that captures this with uncomfortable accuracy: if you can't defeat something, lead it. Build it in. Give it a shape you control. A planned dessert made with real ingredients is always going to serve you better than a defeated raid on whatever happens to be in the pantry.

There's also a purely physiological argument. Sugar is energy — actual, immediate, usable energy. On days when physical output is higher than usual — a longer walk, a workout, a day on your feet — your body's demand for glucose increases. If you haven't adjusted your meals to match that output, your energy stores run low and the body signals that very clearly and very insistently. A small, well-constructed sweet — something with natural sugars, some protein, a bit of fat to slow the release — addresses that signal directly. It's not indulgence. It's refueling.

And finally, the most honest reason of all: for many of us, sweetness has been woven into the emotional fabric of decades. It's celebration, comfort, reward, and routine. That's not a flaw to be corrected through discipline — it's a pattern to be redirected gradually and without punishment. Cold turkey rarely works with food, and it works even less well with food that carries emotional weight. The desserts in this section are designed to give you what you've always reached for — something sweet, satisfying, and genuinely pleasurable — while being made of ingredients your body can actually work with. That's not compromise. That's how lasting change actually happens.

APRICOT ALMOND ENERGY BITES

Per 1 bite (estimated):

Calories 70

Protein 2 g | Fat 4 g | Carbs 9 g

PREP: 15 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	6 Bites	12 Bites	Your Choice
Dried apricots	1/3 cup	2/3 cup	
Raw almonds	1/4 cup	1/2 cup	
Chia seeds	1 tsp	2 tsp	
Unsweetened coconut flakes	2 tbsp	1/4 cup	
Fresh lemon juice	1 tsp	2 tsp	

DIRECTIONS

1. Place the dried apricots and almonds in a food processor. Pulse several times until they are broken down into coarse crumbs.
2. Add the chia seeds, half of the coconut flakes, and the lemon juice. Continue processing until the mixture starts to clump together and holds its shape when pressed.
3. If the mixture feels too dry to roll, add a few more drops of lemon juice and pulse again.
4. Spread the remaining coconut flakes on a small plate.
5. Scoop out about 1 tablespoon of the mixture at a time and roll into balls. Roll each ball in the coconut flakes to coat.
6. Place on a parchment-lined plate and refrigerate for at least 20 minutes before serving.
7. Store in an airtight container in the refrigerator for up to 1 week.

TIP:

Dried apricots are an excellent source of iron and potassium. Almonds provide vitamin E and calcium, both essential for bone and skin health. Chia seeds add omega-3s and soluble fiber that support gut health and keep you full longer.

BAKED APPLES WITH RAISINS AND PECANS

Per 1 serving (estimated):

Calories 195

Protein 4 g | Fat 7 g | Carbs 33 g

PREP: 10 MIN

COOK: 30 MIN



INGREDIENTS

◆ ◆ ◆ ————— ◆
◆
◆
◆
◆

Ingredient

1 Serving

2 Servings

Your Choice

Apple (such as Honeycrisp or Fuji)

1 medium

2 medium

Raisins

1 tbsp

2 tbsp

Pecans, roughly chopped

1 tbsp

2 tbsp

Ground cinnamon

1/4 tsp

1/2 tsp

Water (for the baking dish)

2 tbsp

1/4 cup

Plain Greek yogurt, for serving

2 tbsp

1/4 cup

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Wash and dry the apple. Using a sharp paring knife or a melon baller, core the apple from the top, leaving the bottom intact to create a cup. Remove the seeds and create enough space to hold the filling.
3. In a small bowl, mix the raisins, chopped pecans, and cinnamon.
4. Place the apple in a small baking dish. Fill the cavity generously with the raisin-pecan mixture, pressing it in gently.
5. Pour the water into the bottom of the baking dish - this helps the apple steam gently and prevents it from drying out.
6. Bake for 25 to 30 minutes, until the apple is tender when pierced with a fork but still holds its shape. The skin may split slightly - that is normal.
7. Let cool for 5 minutes, then serve with a dollop of plain Greek yogurt on the side.

TIP:

Choose a firm variety like Honeycrisp, Fuji, or Braeburn - they hold their shape during baking better than softer varieties.

BAKED COTTAGE CHEESE BAKE

Per 1 serving (estimated):

Calories 230

Protein 22 g | Fat 6 g | Carbs 22 g

PREP: 10 MIN

COOK: 25 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Low-fat cottage cheese	1/2 cup	1 cup	
Egg	1	2	
Plain Greek yogurt	2 tbsp	1/4 cup	
Oat flour	2 tbsp	1/4 cup	
Vanilla extract	1/4 tsp	1/2 tsp	
Raisins or chopped dried apricots	1 tbsp	2 tbsp	
Honey	1/2 tsp	1 tsp	
Fresh berries, for serving	1/4 cup	1/2 cup	

DIRECTIONS

1. Preheat the oven to 350°F (175°C). Lightly grease a small ramekin or a 6-inch baking dish with cooking spray.
2. In a medium bowl, combine the cottage cheese, egg, plain Greek yogurt, oat flour, vanilla extract, and honey. Mix well until the batter is smooth and uniform.
3. Fold in the raisins or chopped dried apricots until evenly distributed.
4. Pour the batter into the prepared dish and smooth the top with a spatula.
5. Bake for 23 to 25 minutes, until the top is lightly golden and the center is set - it should not jiggle when you gently shake the dish.
6. Let cool for 5 minutes before serving. Top with fresh berries and serve warm or at room temperature.

TIP:

For a smoother texture, blend the cottage cheese before mixing. Oat flour can be made at home by blending rolled oats in a blender for 30 seconds.

BAKED PEARS WITH GREEK YOGURT

Per 1 serving (estimated):

Calories 185

Protein 6 g | Fat 6 g | Carbs 30 g

PREP: 5 MIN

COOK: 20 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Ripe pear (such as Bosc or Anjou)	1 medium	2 medium	
Ground cinnamon	1/4 tsp	1/2 tsp	
Pecans, roughly chopped	1 tbsp	2 tbsp	
Plain low-fat Greek yogurt	3 tbsp	1/3 cup	
Water (for the baking dish)	2 tbsp	1/4 cup	

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Wash and dry the pear. Cut it in half lengthwise and use a small spoon or melon baller to scoop out the core and seeds.
3. Place the pear halves, cut side up, in a small baking dish. Sprinkle cinnamon evenly over the cut surface. Scatter the chopped pecans over and around the pear halves.
4. Pour the water into the bottom of the baking dish to prevent sticking and help the pear steam gently.
5. Bake for 18 to 22 minutes, until the pear is tender when pierced with a fork but still holds its shape.
6. Let cool for 3 to 5 minutes, then serve warm with a generous dollop of plain Greek yogurt alongside or on top.

TIP:

Bosc pears are especially good for baking as they hold their shape beautifully - Anjou works well too. Serve warm with cold Greek yogurt for a satisfying contrast of temperatures.

BANANA OAT COOKIES

Per 1 cookie (estimated):

Calories 55

Protein 1 g | Fat 1 g | Carbs 12 g



PREP: 5 MIN

COOK: 12 MIN

INGREDIENTS

Ingredient	6 Cookies	12 Cookies	Your Choice
Ripe banana	1 medium	2 medium	
Rollled oats	1/2 cup	1 cup	
Ground cinnamon	1/4 tsp	1/2 tsp	
Vanilla extract	1/4 tsp	1/2 tsp	
Raisins or dark chocolate chips (optional)	1 tbsp	2 tbsp	

DIRECTIONS

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Peel the banana and place it in a medium bowl. Mash thoroughly with a fork until completely smooth - the riper the banana, the sweeter and easier to mash.
3. Add the rolled oats, cinnamon, and vanilla extract to the mashed banana. Stir until the mixture is fully combined and forms a thick, sticky dough. Fold in the raisins or chocolate chips if using.
4. Scoop out about 1 heaping tablespoon of dough per cookie and place on the prepared baking sheet. Flatten each one slightly with the back of a spoon into a round disc about 1/2 inch thick.
5. Bake for 11 to 13 minutes, until the cookies are set and the bottoms are lightly golden.

TIP:

The cookies firm up as they cool, so let them sit for at least 5 minutes on the baking sheet before moving. They freeze well in an airtight bag for up to 1 month.

BERRY RICOTTA PARFAIT

Per 1 serving (estimated):

Calories 215

Protein 14 g | Fat 7 g | Carbs 24 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Part-skim ricotta cheese	1/2 cup	1 cup	
Honey	1 tsp	2 tsp	
Vanilla extract	1/4 tsp	1/2 tsp	
Mixed fresh berries (blueberries, raspberries, strawberries)	1/2 cup	1 cup	
Rollled oats or granola, for topping	1 tbsp	2 tbsp	
Ground cinnamon, for topping	1 pinch	1/8 tsp	

DIRECTIONS

1. In a small bowl, stir together the ricotta cheese, honey, and vanilla extract until smooth and creamy.
2. Rinse the berries and pat dry. Halve any large strawberries for easier layering.
3. In a glass, jar, or bowl, spoon half of the ricotta cream as the first layer.
4. Add half of the berries on top of the ricotta. Repeat with the remaining ricotta and then the remaining berries.
5. Sprinkle the rolled oats or granola and a pinch of cinnamon over the top.
6. Serve immediately, or cover and refrigerate for up to 2 hours before serving.

TIP:

For a smoother, creamier texture, stir the ricotta well before layering - it loosens nicely with just a spoon. For a more elegant presentation, build the layers in a clear glass. Any combination of fresh berries works well here.

BLUEBERRY LEMON ICE CREAM

Per 1 serving (estimated):

Calories 255

Protein 2 g | Fat 22 g | Carbs 19 g

PREP: 10 MIN

COOK: 0 MIN (PLUS AT LEAST 6 HOURS FREEZING)



INGREDIENTS

Ingredient	1 Batch (6 servings)	2 Batches (12 servings)	Your Choice
Full-fat canned coconut milk	2 cans (13.5 fl oz each)	4 cans	
Fresh lemon juice	3 tbsp	6 tbsp	
Lemon zest	1 tbsp	2 tbsp	
Frozen blueberries	1 cup	2 cups	
Honey, maple syrup, or xylitol	1/4 cup	1/2 cup	
Vanilla extract	1 tsp	2 tsp	
Vanilla or coconut protein powder (optional)	2 tbsp	1/4 cup	

DIRECTIONS

1. Shake or stir each can of coconut milk well before opening. Pour into a blender.
2. Add the frozen blueberries, fresh lemon juice, lemon zest, honey (or maple syrup or xylitol), vanilla extract, and protein powder if using.
3. Blend on high for 60 seconds until the mixture is completely smooth, creamy, and evenly deep purple.
4. Taste the mixture and adjust the sweetness or lemon to your preference before freezing.
5. Pour into a freezer-safe container with a lid and freeze for at least 6 hours or overnight.
6. Remove the container from the freezer 5 minutes before serving to allow the ice cream to soften slightly for easy scooping.
7. Scoop into a bowl and serve immediately. Optionally garnish with a few fresh blueberries and a pinch of lemon zest on top.

TIP:

Lemon zest carries far more flavor than lemon juice alone - don't skip it. Use a fine grater or microplane and zest only the bright yellow outer layer, avoiding the bitter white pith underneath. For an extra creamy result, refrigerate the cans overnight before using - the cold coconut cream blends more smoothly into the base.

CHOCOLATE COTTAGE CHEESE CREAM

Per 1 serving (estimated):

Calories 165

Protein 16 g | Fat 3 g | Carbs 18 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Serving	2 Servings	Your Choice
Low-fat cottage cheese	1/2 cup	1 cup	
Unsweetened cocoa powder	1 tbsp	2 tbsp	
Vanilla extract	1/4 tsp	1/2 tsp	
Honey	1 tsp	2 tsp	
Fresh berries, for topping	1/4 cup	1/2 cup	

DIRECTIONS

1. Place the cottage cheese, unsweetened cocoa powder, vanilla extract, and honey in a blender or food processor. Blend on high for about 1 minute, until completely smooth and creamy with no visible curds.
2. Taste the cream and adjust the sweetness with a little more honey if desired.
3. Transfer to a serving bowl or glass. For the best texture, refrigerate for 15 minutes before serving - chilling makes the cream thicker and more mousse-like.
4. Top with fresh berries just before serving.

TIP:

Blending is the key step - it transforms cottage cheese from grainy to silky smooth in under a minute. For an extra indulgent texture, use full-fat cottage cheese; it blends even creamier. Adjust sweetness with honey to taste before serving.

LAYERED BANANA CHOCOLATE CHEESECAKE

Per 1 serving (estimated):

Calories 195

Protein 7 g | Fat 12 g | Carbs 16 g

PREP: 15 MIN

COOK: 0 MIN (PLUS AT LEAST 5 HOURS CHILLING)



INGREDIENTS

Ingredient	1 Batch (6 servings)	2 Batches (12 servings)	Your Choice
Ripe bananas	2	4	
Neufchâtel cheese, softened	1 1/4 cups	2 1/2 cups	
Unflavored powdered gelatin (e.g. Knox)	2 tbsp	1/4 cup	
Hot water (not boiling)	6 tbsp	3/4 cup	
Unsweetened cocoa powder	1 tbsp	2 tbsp	
Honey	1 tbsp	2 tbsp	
Fresh or frozen berries	3/4 cup	1 1/2 cups	

DIRECTIONS

1. Sprinkle the gelatin over the hot water in a small bowl. Stir immediately and let it sit for 1 to 2 minutes until fully dissolved. Set aside to cool slightly - it should be warm, not steaming, before adding to the cheese.
2. In a blender, combine the bananas and softened Neufchâtel cheese. Blend on high until completely smooth and creamy.
3. With the blender running on low, slowly pour in the dissolved gelatin. Blend until evenly incorporated.
4. Pour exactly half of the mixture into a 9x5-inch loaf pan or an 8x8-inch baking dish. For a taller dessert, use the loaf pan. Smooth the top with a spatula.
5. Refrigerate the first layer for 30 to 40 minutes, until it is just firm enough to hold the second layer without the two mixing.
6. Add the cocoa powder and honey to the remaining half of the mixture in the blender. Blend until smooth and evenly chocolate-colored.
7. Gently pour the chocolate layer over the set first layer. Scatter the berries evenly over the top.
8. Refrigerate for at least 5 hours or overnight, until fully set.
9. Slice into portions and serve cold directly from the pan.

TIP:

Use very ripe bananas - the darker the peel, the sweeter and more flavorful the cheesecake will be without needing extra sweetener. Make sure the gelatin is fully dissolved before adding it to the blender; undissolved gelatin will create rubbery lumps in the finished dessert.

FIG PECAN ENERGY BALLS

Per 1 ball (estimated):

Calories 72

Protein 1 g | Fat 4 g | Carbs 10 g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	6 Balls	12 Balls	Your Choice
Dried figs, stems removed	1/3 cup	2/3 cup	
Pecans	3 tbsp	1/3 cup	
Ground cinnamon	1/8 tsp	1/4 tsp	
Unsweetened coconut flakes, for rolling	2 tbsp	1/4 cup	
Vanilla extract	1/4 tsp	1/2 tsp	

DIRECTIONS

1. Remove any tough stems from the dried figs. If the figs are very dry or hard, soak them in warm water for 5 to 10 minutes, then drain and pat dry.
2. Place the figs and pecans in a food processor. Add the vanilla extract and cinnamon. Pulse until the mixture is well combined and forms a sticky dough that holds its shape when pressed.
3. Spread the unsweetened coconut flakes on a small plate.
4. Scoop out about 1 tablespoon of mixture at a time and roll between your palms into a smooth ball. Roll each ball in the coconut flakes to coat.
5. Place on a parchment-lined plate and refrigerate for at least 20 minutes to firm up.

TIP:

Choose soft, moist dried figs for the easiest blending. The coconut coating keeps the balls from sticking together when stored. Store in an airtight container in the refrigerator for up to 1 week.

CHERRY CHEESECAKE BROWNIES

Per 1 brownie (estimated):

Calories 190

Protein 6 g | Fat 6 g | Carbs 31 g

PREP: 15 MIN

COOK: 30-35 MIN (PLUS 2 HOURS CHILLING)



INGREDIENTS

Ingredient	1 Batch (9 brownies)	2 Batches (18 brownies)	Your Choice
BROWNIE LAYER			
Whole wheat flour	1/2 cup	1 cup	
Unsweetened cocoa powder	5 tbsp	10 tbsp	
Unsweetened applesauce	1/2 cup	1 cup	
Honey	1/2 cup	1 cup	
Large eggs	2	4	
Coconut oil, melted	1 tbsp	2 tbsp	
Baking powder	1/4 tsp	1/2 tsp	
Salt	1/8 tsp	1/4 tsp	
CHEESECAKE LAYER			
Plain Greek yogurt	1 cup	2 cups	
Neufchâtel cheese (or light cream cheese), softened	1/3 cup	2/3 cup	
Honey	2 tbsp	1/4 cup	
Large egg	1	2	
Cherries, pitted and halved (fresh or frozen, thawed)	3/4 cup	1 1/2 cups	
Dark chocolate chips or shavings	1 tbsp	2 tbsp	

DIRECTIONS

1. Preheat the oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper, leaving a slight overhang on the sides for easy removal.
2. Make the brownie layer. In a large bowl, whisk together the whole wheat flour, cocoa powder, baking powder, and salt. Add the applesauce, honey, eggs, and melted coconut oil, and stir until a smooth batter forms with no dry streaks.
3. Pour the brownie batter into the prepared pan and spread it evenly with a spatula. Bake for 10 minutes, then remove from the oven - the layer will still be underbaked at this point, which is intentional.
4. While the brownie base bakes, make the cheesecake layer. In a medium bowl, beat together the Greek yogurt, softened Neufchâtel cheese, honey, and egg until smooth and well combined.
5. Pour the cheesecake mixture evenly over the partially baked brownie base and spread gently to the edges.
6. Scatter the pitted and halved cherries over the top, pressing them in slightly. Sprinkle with dark chocolate chips or shavings.
7. Return the pan to the oven and bake for an additional 20-25 minutes, until the cheesecake layer is set and no longer jiggles in the center when the pan is gently shaken.
8. Remove from the oven and let cool completely at room temperature. Transfer to the refrigerator and chill for at least 2 hours before cutting.
9. Lift the brownies out using the parchment overhang.

TIP: If using frozen cherries, thaw them completely and pat dry with a paper towel before adding, so excess moisture does not make the top layer watery.

CARROT WALNUT SPELT MUFFINS

Per 1 serving (estimated):

Calories 190

Protein 4 | Fat 8 | Carbs 29

PREP: 15 MIN

COOK: 30 MIN



INGREDIENTS

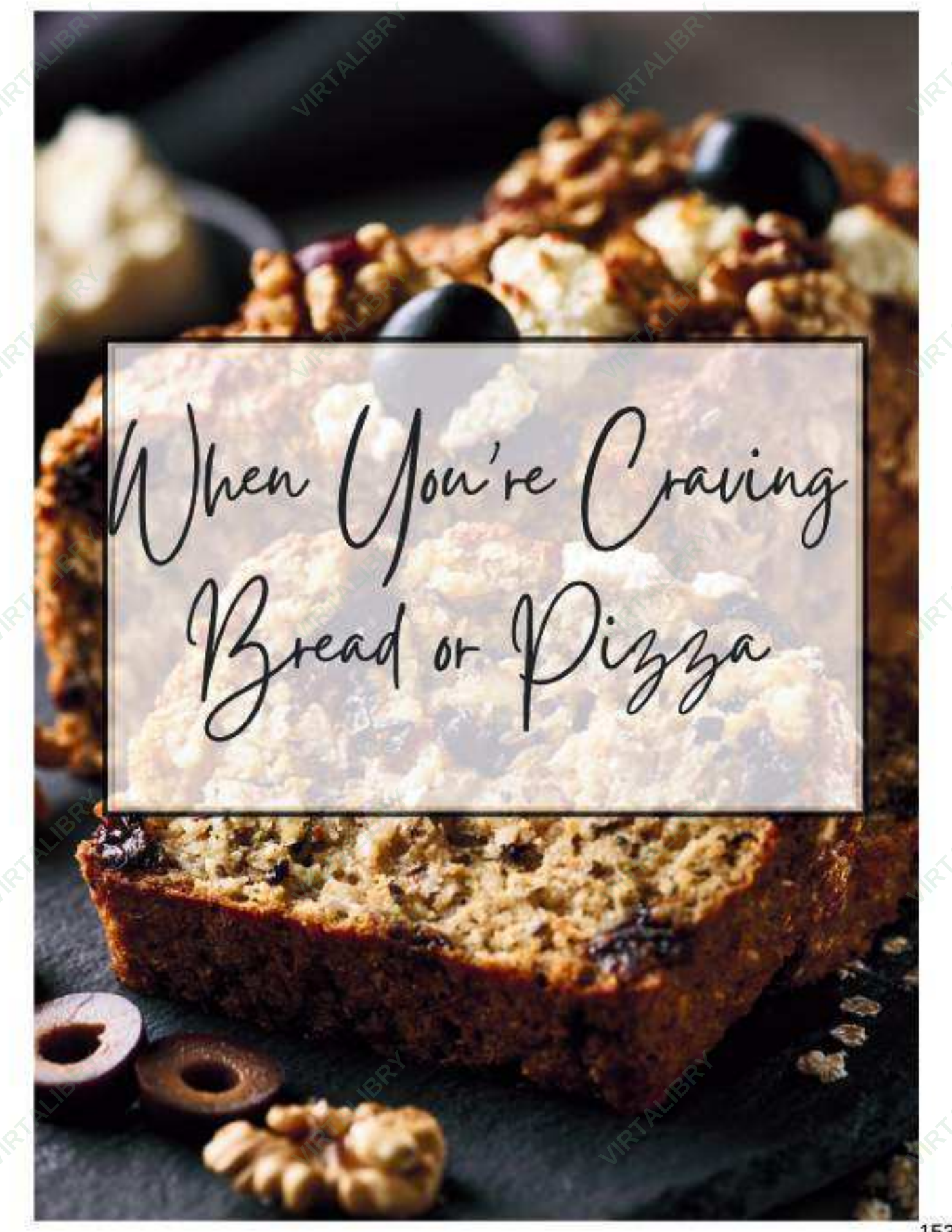
Ingredient	1 Batch (9 muffins)	2 Batches (18 muffins)	Your Choice
Spelt flour (fine-ground)	1 2/3 cups	3 1/3 cups	
Carrots, finely grated	2 medium	4 medium	
Unsweetened applesauce	1/2 cup	1 cup	
Xylitol (or coconut sugar)	1/3 cup	2/3 cup	
Coconut oil, melted	2 tbsp	1/4 cup	
Chia seeds	2 tbsp	1/4 cup	
Water	2/3 cup	1 1/3 cups	
Lemon zest	1/2 tsp	1 tsp	
Baking powder	1 tbsp	2 tbsp	
Ground cinnamon	1 tsp	2 tsp	
Walnuts, roughly chopped	1/2 cup	1 cup	
Salt	1 pinch	2 pinches	
Raisins (optional)	1/4 cup	1/2 cup	

DIRECTIONS

1. Preheat the oven to 375°F. Line a muffin tin with paper liners.
2. In a large bowl, whisk together the spelt flour, baking powder, cinnamon, and salt until evenly combined.
3. In a separate bowl, stir together the applesauce, melted coconut oil, xylitol, water, lemon zest, and chia seeds. Let the mixture sit for 2 minutes to allow the chia seeds to begin absorbing the liquid.
4. Add the wet ingredients to the dry ingredients and stir until just combined - do not overmix. The batter will be thick.
5. Fold in the grated carrots and chopped walnuts. Add raisins at this stage if using.
6. Divide the batter evenly among muffin cups, filling each about three-quarters full.
7. Bake for 25 to 30 minutes, until the tops are golden and a toothpick inserted in the center comes out clean.
8. Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

TIP:

Spelt flour absorbs liquid more slowly than all-purpose flour - letting the batter rest for 5 minutes before filling the muffin cups gives a better rise.



When You're Craving
Bread or Pizza

HIGH-PROTEIN COTTAGE CHEESE PIZZA

Per 1 serving (estimated):

Calories 280

Protein 26 g | Fat 8 g | Carbs 22 g

PREP: 15 MIN

COOK: 25 MIN



INGREDIENTS

Ingredient	1 Batch (1 Small Pizza)	2 Batches (2 Small Pizzas)	Your Choice
Low-fat cottage cheese, drained well	14 oz	28 oz	
Large egg	1	2	
Egg white	1	2	
All-purpose flour	3 tbsp	6 tbsp	
Ketchup or tomato sauce	2 tbsp	1/4 cup	
Cooked turkey breast or chicken breast, chopped	1/2 cup	1 cup	
Tomato, thinly sliced	1 small	2 small	
Dill pickles, sliced	1 small	2 small	
Reduced-fat shredded cheese	1/3 cup	2/3 cup	
Salt	1/8 tsp	1/4 tsp	
Black pepper	1/16 tsp	1/8 tsp	

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Line a baking sheet or pizza pan with parchment paper.
2. Place the drained cottage cheese in a medium bowl. Add the egg, egg white, flour, salt, and black pepper. Stir until a thick, spreadable dough forms.
3. Spoon the dough onto the prepared baking sheet and spread it into a small round or oval pizza crust, about 1/4 inch thick.
4. Bake for 10 to 15 minutes, until the crust looks set and lightly golden around the edges.
5. Remove the crust from the oven and spread the top with ketchup or tomato sauce.
6. Add the chopped turkey or chicken, sliced tomato, and sliced dill pickles evenly over the crust. Sprinkle the shredded cheese over the top.
7. Return to the oven and bake for another 10 to 15 minutes, until the cheese is melted and the toppings are heated through.
8. Let cool for 2 to 3 minutes before slicing and serving.

TIP: If your cottage cheese is very wet, drain it in a fine-mesh strainer for 10 to 15 minutes before mixing the dough. A drier base will bake up firmer and hold the toppings better.

COTTAGE CHEESE EGG AND GREEN ONION PATTIES

Per 1 patty (estimated):

Calories 75

Protein 7 g | Fat 4 g | Carbs 3 g



PREP: 15 MIN

COOK: 20 MIN

INGREDIENTS

◆ ◆ ◆	Ingredient
◆	Low-fat cottage cheese
◆	Large raw egg
◆	Hard-boiled eggs, chopped
◆	All-purpose flour
◆	Green onions, finely sliced
◆	Reduced-fat shredded cheese
◆	Salt
◆	Black pepper

6 Patties	12 Patties	Your Choice
1 cup	2 cups	
1	2	
3	6	
2 tbsp	1/4 cup	
2 tbsp	1/4 cup	
1/3 cup	2/3 cup	
1/8 tsp	1/4 tsp	
1/16 tsp	1/8 tsp	

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Line a baking sheet or small baking dish with parchment paper.
2. Place the cottage cheese in a medium bowl. If it looks very wet, drain off any excess liquid first.
3. Add the raw egg, chopped hard-boiled eggs, flour, green onions, shredded cheese, salt, and black pepper. Stir until everything is evenly combined into a thick mixture.
4. Using clean hands or a spoon, divide the mixture into 6 equal portions and shape them into small oval patties.
5. Place the patties on the prepared baking sheet and smooth the tops lightly.
6. Bake for 18 to 20 minutes, until set and lightly golden around the edges.
7. Let cool for 5 minutes before serving.

TIP: If you want a firmer texture, chill the mixture for 10 minutes before shaping. These patties are best served warm, but they also reheat well for a quick high-protein snack.

HIGH-PROTEIN COTTAGE CHEESE OAT BREAD

Per 1 serving (estimated):

Calories 280

Protein 26 g| Fat 8g| Carbs 22g



PREP: 10 MIN

COOK: 1 HOUR

INGREDIENTS

◆ ◆ ◆ ◆ ◆	Ingredient
◆	Low-fat cottage cheese
◆	Large eggs
◆	Baking powder
◆	Rolled oats
◆	Ground flaxseed
◆	Salt

1 Small Loaf	2 Small	Your Choice
14 oz	28 oz	
2	4	
1 packet (about 2 tsp)	4 tsp	
7 oz	14 oz	
2 tbsp	1/4 cup	
1/4 tsp	1/2 tsp	

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Line a small loaf pan with parchment paper.
2. Place the cottage cheese, eggs, baking powder, rolled oats, ground flaxseed, and salt in a blender or food processor.
3. Blend until the mixture is mostly smooth and forms a thick batter.
4. Pour the batter into the prepared loaf pan and smooth the top. If needed, shape the batter slightly so it forms an even loaf.
5. Bake for 55 to 60 minutes, until the loaf is golden on top and a toothpick inserted in the center comes out clean.
6. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

TIP:

You do not have to mix the dough in a blender or food processor - it can also be mixed by hand. A hand-mixed dough will give the bread a more structured, rustic texture.

OLIVE AND WALNUT COTTAGE CHEESE BREAD

Per 1 slice:

Calories 120

Protein 7g | Fat 6g | Carbs 10g



PREP: 10 MIN

COOK: 1 HOUR

INGREDIENTS

Ingredient	1 Small Loaf	2 Small Loaves	Your Choice
Rolled oats	7 oz	14 oz	
Cottage cheese	10.5 oz	21 oz	
Walnuts, chopped	1/3 cup	2/3 cup	
Sliced olives	1/3 cup	2/3 cup	
Salt	1/4 tsp	1/2 tsp	
Baking powder	1/2 tsp	1 tbsp	
Large eggs	2	4	

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Line a baking sheet or small loaf pan with parchment paper.
2. Place the rolled oats, cottage cheese, chopped walnuts, sliced olives, salt, baking powder, and eggs in a large bowl.
3. Mix well until all the ingredients are evenly combined into a thick, rustic dough.
4. Transfer the dough to the prepared baking sheet and shape it into a small loaf. You can also place it in a loaf pan for a more uniform shape.
5. Bake for 55 to 60 minutes, until the loaf is firm, lightly golden, and cooked through in the center.
6. Let cool for at least 10 minutes before slicing and serving.

TIP: For a more even texture, you can pulse the oats in a blender a few times before mixing. If you prefer a more rustic, hearty loaf, leave the oats whole and mix everything by hand.

MY FAVORITE BUCKWHEAT BREAD

Per 1 slice :

Calories 115

Protein 4g | Fat 1.5g | Carbs 23g

PREP: 15 MIN

COOK: 1 HOUR



INGREDIENTS

Ingredient	1 Small Loaf	2 Small Loaves	Your Choice
Raw green buckwheat groats	1 lb	2 lb	
Large egg	1	2	
Baking soda	1 tsp	2 tsp	
Salt	1/2 to 1 tsp	1 to 2 tsp	
Spelt flour	3 heaping tbsp	6 heaping tbsp	
Apple cider vinegar	3 tbsp	6 tbsp	
Dried onion (optional)	1 tbsp	2 tbsp	
Pumpkin seeds or mixed seeds (optional)	1 tbsp	2 tbsp	
Water	1/2 cup	1 cup	

DIRECTIONS

1. Place the buckwheat groats in a large bowl and cover with water. Soak for at least 4 hours or overnight.
2. Drain the buckwheat and rinse it very well 4 to 5 times, until the slimy coating is washed away.
3. Transfer the rinsed buckwheat to a tall mixing container. Add 1/2 cup water, the egg, baking soda, and salt.
4. Blend with an immersion blender until the mixture becomes smooth, pale, airy, and uniform.
5. Add the spelt flour and blend again until fully incorporated.
6. Stir in the apple cider vinegar with a spoon, mixing briskly to bring air into the batter. The mixture should look light and slightly bubbly. Fold in the dried onion if using.
7. Pour the batter into a parchment-lined loaf pan. Sprinkle the top with pumpkin seeds or mixed seeds if using.
8. Place the pan in the preheated oven at 350°F (180°C).
9. Bake for about 55 to 65 minutes, depending on your oven, until the loaf is firm and a wooden skewer inserted in the center comes out clean.
10. Remove the bread from the pan and let it cool completely on a wire rack before slicing.

TIP:

Be sure to use raw green buckwheat groats, not toasted buckwheat. Toasted buckwheat has a much stronger flavor and will not give the same light texture. Dried onion gives this loaf a wonderful savory flavor without making it taste strongly of onion. For the best texture, err on the side of baking a little longer rather than underbaking, since buckwheat bread can stay gummy in the center if removed too early.

Sauces and Salad Dressings



SPICY PARMESAN LIME DRESSING

Per 1 tablespoon (estimated):

Calories 55

Protein 1 g | Fat 5 g | Carbs 2 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

◆ ◆ ◆ ● Ingredient	1 Batch	2 Batches	Your Choice
◆ Olive oil	4 tbsp	1/2 cup	
● Parmesan cheese, finely grated	3 tbsp	6 tbsp	
● Fresh lime juice	4 tsp	2 tbsp plus 2 tsp	
● Honey	1 tbsp	2 tbsp	
● Red chili pepper, finely minced	1 tsp	2 tsp	
● Garlic cloves, minced	2	4	
● Dried basil	1/2 tsp	1 tsp	
● Dried oregano	1/2 tsp	1 tsp	
● Salt	to taste	to taste	
● Black pepper	to taste	to taste	

DIRECTIONS

1. Add the lime juice, olive oil, and honey to a small bowl.
2. Whisk until the mixture is well combined.
3. Add the grated Parmesan, minced garlic, minced chili pepper, dried basil, dried oregano, salt, and black pepper.
4. Whisk again until everything is evenly mixed.
5. Use immediately or refrigerate in a sealed jar until ready to serve.

TIP:

This dressing pairs especially well with leafy green salads, tomato salads, grilled vegetables, or pasta salads. If it thickens in the refrigerator, let it sit at room temperature for a few minutes and whisk again before serving.

HONEY MUSTARD CITRUS DRESSING BASE

Per 1 tablespoon (estimated):

Calories 35

Protein 0 g | Fat 0 g | Carbs 9 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Batch	2 Batches	Your Choice
Mustard	1/3 cup	2/3 cup	
Fresh lemon juice	1/3 cup	2/3 cup	
Honey	1/3 cup	2/3 cup	

DIRECTIONS

1. Add the mustard, fresh lemon juice, and honey to a small bowl or jar.
2. Whisk or shake until the mixture is smooth and fully combined.
3. Taste and adjust if needed, depending on how sweet or tangy you want it.
4. Use immediately or transfer to a sealed jar and refrigerate.

TIP:

Use this as a dressing base for almost any salad by mixing it with olive oil before serving. It can be stored in the refrigerator for several days in a sealed container. You can replace the fresh lemon juice with fresh orange juice for a different flavor.

Asian Honey Ginger Dressing

Per 1 tablespoon (estimated):

Calories 55

Protein 1 g | Fat 5 g | Carbs 3 g

PREP: 5 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient	1 Batch	2 Batches	Your Choice
Sesame oil	2 tbsp	4 tbsp	
Fresh lemon juice or rice vinegar	1 tbsp	2 tbsp	
Low-sodium soy sauce or tamari	1 tbsp	2 tbsp	
Honey	2 tsp	2 tsp	
Garlic cloves, minced	2	4	
Fresh ginger, grated	1 tsp	2 tsp	
Black pepper	to taste	to taste	
Red pepper flakes	optional	optional	

DIRECTIONS

1. Add the lemon juice or rice vinegar, soy sauce, honey, minced garlic, grated ginger, black pepper, and red pepper flakes, if using, to a small bowl or glass jar.
2. Whisk well until the honey is fully dissolved and the mixture looks smooth.
3. Add the sesame oil.
4. Whisk again until the dressing is fully combined, or seal the jar and shake firmly for 15-20 seconds.
5. Taste and adjust if needed. Add a little more lemon juice or rice vinegar for brightness, more honey for sweetness, or more soy sauce for a deeper savory flavor.
6. Use immediately, or refrigerate in a sealed jar until ready to serve.

TIP:

This salty-sweet dressing works especially well with Napa cabbage salads, cucumber salads, shredded carrots, seafood, shrimp, salmon, white fish, tofu, or brown rice bowls. If using fresh ginger and garlic, you can blend the dressing for a smoother texture.

CHARRED GREEN ONION BUTTER BEAN DIP

Per 1 serving (estimated):

Calories 120

Protein 5 g | Fat 6 g | Carbs 13 g

PREP: 10 MIN

COOK: 8 MIN



INGREDIENTS

Ingredient	1 Batch (4 Servings)	2 Batches (8 Servings)	Your Choice
Green onions	1 bunch	2 bunches	
Olive oil	3 tbsp, divided	6 tbsp, divided	
Garlic cloves	2	4	
Lemon zest	1 tsp	2 tsp	
Fresh lemon juice	2 tbsp	1/4 cup	
Canned butter beans, drained and rinsed	1 can (15 oz)	2 cans (15 oz each)	
Plain Greek yogurt	2 tbsp	1/4 cup	
Salt	3/4 tsp, plus more to taste	1 1/2 tsp, plus more to taste	
Black pepper	to taste	to taste	
Paprika	1 tsp	2 tsp	
Tahini (optional)	2 tbsp	1/4 cup	

DIRECTIONS

1. Preheat the oven to a high broil setting.
2. Place the green onions on a small baking sheet, drizzle with a little olive oil, and broil for 6 to 8 minutes, turning halfway through, until charred and softened. Remove from the oven and let cool slightly.
3. Roughly chop the charred green onions and place them in a blender or food processor with 1 tablespoon olive oil, the garlic, lemon zest, lemon juice, and salt. Blend briefly.
4. Add the butter beans, Greek yogurt, and tahini, if using. Blend again until smooth and creamy.
5. Taste and season with black pepper and more salt if needed. Transfer the dip to a serving bowl.
6. In a small pan, warm the remaining olive oil with the paprika over low heat for 10 to 15 seconds, just until fragrant.
7. Drizzle the paprika oil over the dip and serve.

TIP: Greek yogurt makes this dip a little creamier and adds a light tang that pairs well with the charred green onions and lemon. Serve it with tortilla crisps, fresh vegetables, or as a spread for wraps and sandwiches.

GREEK YOGURT CUCUMBER GARLIC SAUCE

Per 1 serving (estimated):

Calories 145

Protein 7 g | Fat 11 g | Carbs 5 g

PREP: 10 MIN

COOK: 0 MIN



INGREDIENTS

Ingredient
Plain Greek yogurt
Cucumber, finely grated or minced
Garlic cloves, minced
Olive oil
White wine vinegar
Salt
Black pepper

1 Batch (4 Servings)

1 1/4 cups
2 medium
4 to 6
4 tbsp
1 tsp
to taste
to taste

2 Batches (8 Servings)

2 1/2 cups
4 medium
8 to 12
1/2 cup
2 tsp
to taste
to taste

Your Choice

DIRECTIONS

1. Grate or finely mince the cucumber. If it seems very watery, squeeze out excess moisture with clean hands or a paper towel.
2. Place the Greek yogurt in a medium bowl.
3. Add the cucumber, minced garlic, olive oil, and white wine vinegar.
4. Stir until smooth and well combined.
5. Season with salt and black pepper to taste.
6. Chill for 10 to 15 minutes before serving for the best flavor.

TIP:

For a thicker sauce, drain the cucumber well before mixing. This sauce works well as a dip, sandwich spread, or topping for roasted vegetables, meat, or flatbreads.



Week Meal Plan

Introduction

Here's one more thought before you get started — and it comes straight from behavioral psychology. We make thousands of small decisions every day, and each one quietly draws from the same cognitive reservoir. Food, it turns out, takes up a disproportionately large share of that reservoir: what to buy, what to cook, whether it's actually healthy enough. When breakfast and dinner become familiar and routine, your brain simply stops listing them as decisions to make. That phenomenon has a name — decision fatigue — and it's well-documented. Every simplified choice in the morning preserves concentration for the rest of the day. Research shows that consistent meal routines are linked to higher stress resilience, and this gives us one more compelling reason why. On the days when a deadline or a rough afternoon would normally send you straight to the nearest drive-through, a well-established habit quietly holds the line. My approach in this plan is designed to give you exactly that. Because here's the thing about restrictions: they're always a battle with yourself — and statistically, only about 5% of people actually win that fight. Congratulations if you're in that group. For everyone else, I'd like to suggest a different approach: program your eating once on Sunday, and stop thinking about it every single day. This 4-week meal plan was designed specifically for women over 50 who want to support their health and stay active through balanced, protein-forward eating. Think of it as a practical starting point, not a rigid script. Everybody is unique, and your individual needs, health status, activity level, and goals around weight loss, maintenance, or gain will all shape how this plan works for you.

Before making any significant changes to your diet, especially if you have a medical condition, chronic illness, or specific dietary restrictions, please consult your doctor or a registered dietitian.

If you need extra calories on any given day, feel free to add a slice of whole-grain bread or one of the wholesome desserts from this cookbook.

A Quick Note on Fermented Foods

You've probably noticed that kefir or yogurt shows up at dinner throughout this plan, even on fish days and plant-forward protein days. That's very much intentional. As mentioned earlier in the book, your gut microbiome plays a surprisingly big role in overall health, influencing digestion, immunity, energy levels, and even mood. Kefir and yogurt are two of the most practical, accessible, and universally available ways to support that microbiome daily. A small pour at the end of dinner is honestly one of the easiest healthy habits you can build, no prep, no fuss, just pour and enjoy.

That said, if fermented dairy is new to you, ease into it. Start with about half a serving (about 2 fl oz), use it 2 to 3 times a week, and give your digestive system a little time to adjust before increasing the amount. Most people settle in beautifully within a week or two.

And if you're already a fan of fermented vegetables, sauerkraut, kimchi, and the like, feel free to swap one in for the raw salad on any day. It adds even more variety and gut-friendly benefits to an already solid plan. Consider it an upgrade, not just a substitution.

Fruits & Berries

Fruits and berries are best enjoyed in the first half of the day. Aim for 10-14 oz (300-400g) daily. Eating them 20-30 minutes before lunch can help manage appetite, support fiber intake, keep you hydrated, and improve digestion. Choose lower-glycemic options whenever possible; berries, kiwi, peaches, and plums are excellent picks.

Approximate nutrition per 3.5 oz (100g), raw:

Raspberries - 52 cal./ Protein 1.2 g./ Fat 0.7 g./ Carbs 11.9 g

Blackberries - 43 cal./ Protein 1.4 g./ Fat 0.5 g./ Carbs 9.6 g

Strawberries - 32 cal./ Protein 0.7 g./ Fat 0.3 g./ Carbs 7.7 g

Blueberries - 57 cal./ Protein 0.7 g./ Fat 0.3 g./ Carbs 14.5 g

Apple - 52 cal./ Protein 0.3 g./ Fat 0.2 g./ Carbs 13.8 g

Peach - 39 cal./ Protein 0.9 g./ Fat 0.3 g./ Carbs 9.5 g

Kiwi - 61 cal./ Protein 1.1 g./ Fat 0.5 g./ Carbs 14.7 g

Plum - 46 cal./ Protein 0.7 g./ Fat 0.3 g./ Carbs 11.4 g

How to Use This Plan

Each day includes three meals: Breakfast, Lunch, and Dinner. The week is built around alternating protein sources: meat, fish, and plant or egg-based protein. This rhythm repeats across all 28 days, providing variety and nutritional balance. Lunch features raw vegetables; dinner is better suited to cooked ones. Plant-forward days in this plan are sometimes a little lower in protein than meat- or fish-forward days, by design. This creates more variety throughout the week while still supporting an overall protein-conscious eating pattern. If your personal protein needs are higher, these days are the easiest place to add an extra serving of Greek yogurt, cottage cheese, edamame, tofu, or legumes. You can always swap any recipe that doesn't work for you with another that shares similar characteristics and meets general healthy eating guidelines. A quick word on storing cooked meats, since you'll be batch-cooking chicken, turkey, and beef throughout this plan: cooked proteins keep beautifully in the refrigerator for 3-4 days. If you know you won't get to a portion within that window, or if you're ever unsure about how long it's been sitting there, tuck it straight into the freezer rather than taking chances. Then, the evening before you need it, transfer the portion from the freezer to the refrigerator so it thaws slowly and safely overnight. It's a small habit with a big payoff: your meals stay fresh, safe, and ready to go. One more thing worth saying out loud: the most common reason people don't stick to a meal plan isn't lack of motivation, it's the classic "I'm too busy to cook" or "I work all day, I can't make lunch from scratch." Fair enough. But here's the truth: some people look for ways to make something work, and others look for reasons why it won't. This plan was designed to put you firmly in the first group.

If you know you'll be away from home during a meal, plan for it the evening before. Pack your lunch in a container, store it in the refrigerator, and grab it on your way out the door in the morning. It takes about five minutes and is infinitely better than whatever the vending machine has to offer.

If you're packing a salad, hold off on the dressing and salt until right before you eat; pack them separately so nothing turns into a soggy situation. And on days when life is just genuinely unpredictable, a day trip, an afternoon in the park, a packed schedule, lean on the protein muffins and casseroles in this plan. They travel beautifully, hold up at room temperature for a few hours, and are perfectly fine eaten on your lap. No excuses necessary.

WEEK 1

Sunday Meal Prep

Complete these on Sunday evening — so your week starts with ease and no extra cooking stress.

1. Bake Turkey Veggie Egg Muffins — 1 serving (3 muffins) - Storage: refrigerator - Use: Monday — breakfast
 2. Make Fig Pecan Energy Balls — 6 balls - Storage: refrigerator - Use: Tuesday — dessert (3 balls); Thursday — dessert (3 balls)
 3. Make Creamy Turkey Vegetable Soup — 1½ servings - Storage: refrigerator - Use: Monday — lunch (1 serving); Wednesday — lunch (½ serving)
 4. Cook turkey breast (8 oz / 226g) and chicken breast (3 oz / 85g) - Storage: 4 oz (113g) turkey — refrigerator; 4 oz (113g) turkey + 3 oz (85g) chicken — freezer (pull out Friday evening) - Use: Wednesday — Turkey and Apple Walnut Salad (4 oz turkey); Saturday — Turkey Cobb Salad (4 oz turkey) + Chicken Breakfast Burrito (3 oz chicken)
- 🌟 Weekly Reminder: On Monday — cook a double batch of patties (save the extras, without broccoli, for Wednesday). On Wednesday evening, bake a double batch of cottage cheese muffins (save one serving for Friday lunch). On Saturday — make 1½ servings of meatball soup (½ for lunch, 1 for dinner).

Monday — Meat Day 🍖

Notes: 🍷 Patties: cook a double batch — store half without broccoli in the refrigerator for Wednesday breakfast.

Daily Total: Calories 1,540 / Protein 145g / Fat 76g / Carbs 77g

Tuesday — Fish Day 🐟

Daily Total: Calories 1,812 / Protein 127g / Fat 78g / Carbs 98g

Wednesday — Meat Day 🍖

Notes: 🍷 Muffins: bake a double batch — save one serving in the refrigerator for Friday lunch.

Daily Total: Calories 1,379 / Protein 131.5g / Fat 61.4g / Carbs 69g

Thursday — Plant-Forward Protein Day 🌿

Notes: 🍷 Soak the oats for Friday's Overnight Greek Yogurt Oat Bowl tonight: combine oats and yogurt in a jar and leave in the refrigerator overnight.

Daily Total: Calories 1,706 / Protein 85.5g / Fat 63g / Carbs 170g

Friday — Fish Day 🐟

Notes: 🍷 Move the turkey and chicken from the freezer to the refrigerator for slow thawing overnight for Saturday.

Daily Total: Calories 1,830 / Protein 133g / Fat 69g / Carbs 127g

Saturday — Meat Day 🍖

Notes: 🍷 Meatball soup: make 1½ servings — serve ½ at lunch, keep 1 serving for dinner.

Daily Total: Calories 1,620 / Protein 145g / Fat 79.5g / Carbs 82g

Sunday — Egg-Based Vegetarian Day 🥚

Daily Total: Calories 1,824 / Protein 128g / Fat 82g / Carbs 125g

Plus your daily fruit and berry serving — counted separately (see Fruits & Berries).

WEEK 1

	BREAKFAST	LUNCH	DESSERT	DINNER
MON	Turkey Veggie Egg Muffins (from Sunday prep) 2 oz fresh mozzarella	Cabbage and Carrot Salad with Olives Creamy Turkey Vegetable Soup (from Sunday prep) 1 slice whole-grain bread		Chopped Chicken Patties with Roasted Broccoli 4 fl oz kefir
TUE	Smoked Salmon Scramble 2 oz fresh mozzarella 1 slice whole-grain bread	Apple and Celery Salad Salmon and Vegetable Soup 1 slice whole-grain bread	Fig Pecan Energy Balls - 3 balls (from Sunday prep)	Baked White Fish with Vegetables 4 fl oz kefir
WEN	Chopped Chicken Patties (leftover from Monday) 1/2 avocado 2 fl oz Greek yogurt	Turkey and Apple Walnut Salad Creamy Turkey Vegetable Soup (1/2 serving, from Sunday prep) 1 slice whole-grain bread		Herbed Cottage Cheese Muffins 4 fl oz kefir
THU	Turmeric Tofu Scramble with Whole-Grain Toast 1/2 avocado	Napa Cabbage Salad with Corn and Cucumber Vegetarian Chili with Pinto Beans 1 slice whole-grain bread	Fig Pecan Energy Balls - 3 balls (from Sunday prep)	Tofu and Edamame Veggie Bowl 4 fl oz kefir
FRI	Overnight Greek Yogurt Oat Bowl (soaked overnight) 2 oz fresh mozzarella 1 slice whole-grain bread	Sesame-Ginger Shrimp Bowls Herbed Cottage Cheese Muffins (leftover from Wednesday)	Baked Apples with Raisins and Pecans	Fish Patties with Vegetable Mash 4 fl oz kefir
SAT	Chicken Breakfast Burrito	Turkey Cobb Salad Turkey Meatball and Vegetable Soup with Dill (1/2 serving) 1 slice whole-grain bread		Turkey Meatball and Vegetable Soup with Dill (1 serving) 4 fl oz kefir
SUN	Broccoli Parmesan Frittata 2 oz fresh mozzarella 1 slice whole-grain bread	Mediterranean Lentil Salad with Sun-Dried Tomatoes Creamy Broccoli Soup 1 slice whole-grain bread	Chocolate Cottage Cheese Cream	Tempeh Quinoa Broccoli Bowl 4 fl oz Greek yogurt

WEEK 2

Sunday Meal Prep

Complete these on Sunday evening — so your week starts with ease and no extra cooking stress.

1. Bake Salmon Dill Egg Muffins — 1 serving (2 muffins) - Storage: refrigerator - Use: Tuesday — breakfast (2 muffins)
2. Make Apricot Almond Energy Bites — 6 pieces - Storage: refrigerator - Use: Tuesday — dessert (3 pieces); Thursday — dessert (3 pieces)
3. Make Chicken and Chickpea Soup — 1½ servings - Storage: refrigerator - Use: Monday — lunch (1 serving); Wednesday — lunch (½ serving as a starter)
4. Cook turkey breast (3 oz / 85g) for Turkey Avocado Egg Wrap - Storage: refrigerator - Use: Monday — breakfast
5. Cook chicken breast (3 oz / 85g) and beef (4 oz / 113g) - Storage: freezer (pull out Friday evening) - Use: Saturday — Chicken Apple Breakfast Salad (3 oz chicken) + Steak and Arugula Salad (4 oz beef)

🌟 Weekly Reminder: On Monday — cook a double batch of Turkey Zucchini Patties (save the extras for Wednesday breakfast).

Monday — Meat Day 🍖

Notes: 🌟 Patties: cook a double batch — store half without asparagus in the refrigerator for Wednesday breakfast

Daily Total: Calories 1,605 / Protein 139g / Fat 77g / Carbs 87g

Tuesday — Fish Day 🐟

Daily Total: Calories 1,545 / Protein 111g / Fat 84g / Carbs 109g

Wednesday — Meat Day 🍖

Notes: 🌟 Soak the chia seeds for Thursday's Soy Milk Chia Pudding with Almonds tonight: combine them with soy milk in a jar and refrigerate overnight.

Daily Total: Calories 1,411 / Protein 134.9g / Fat 56.8g / Carbs 88.6g

Thursday — Plant-Forward Protein Day 🌿

Daily Total: Calories 1,328 / Protein 61g / Fat 48g / Carbs 127g

Friday — Fish Day 🐟

Notes: 🌟 Move the chicken and beef from the freezer to the refrigerator to thaw slowly overnight for Saturday.

Daily Total: Calories 1,550 / Protein 103g / Fat 72g / Carbs 128g

Saturday — Meat Day 🍖

Daily Total: Calories 1,660 / Protein 148g / Fat 72g / Carbs 66g

Sunday — Egg-Based Vegetarian Day 🥚

Notes: 🌟 Soup: make 1½ servings — serve ½ at lunch, keep 1 serving for dinner.

Daily Total: Calories 1,721 / Protein 80g / Fat 79g / Carbs 113g

Plus your daily fruit and berry serving — counted separately (see Fruits & Berries).

WEEK 2

	BREAKFAST	LUNCH	DESSERT	DINNER
MON	Turkey Avocado Egg Wrap (turkey from Sunday prep)	Cucumber Tomato Salad Chicken and Chickpea Soup (from Sunday prep) 1 slice whole-grain bread		Turkey Zucchini Patties with Asparagus 4 fl oz kefir
TUE	Salmon Dill Egg Muffins (2 muffins, from Sunday prep) 2 oz fresh mozzarella	Celery and Avocado Salad with Lemon Dressing Tomato-Crusted White Fish with Bulgur	Apricot Almond Energy Bites - 3 pieces (from Sunday prep)	Cod and Tomato Vegetable Soup 1 slice whole-grain bread 4 fl oz kefir
WEN	Turkey Zucchini Patties (leftover from Monday) + ½ avocado 2 fl oz Greek yogurt	Turkey and Sweet Potato Salad Plate Chicken and Chickpea Soup (½ serving, from Sunday prep, as a starter)		Creamy Broccoli Soup 4 fl oz kefir
THU	Soy Milk Chia Pudding with Almonds	Warm Roasted Vegetable Salad with Tahini Dressing 1 slice whole-grain bread	Apricot Almond Energy Bites - 3 pieces (from Sunday prep)	Tomato Lentil Soup 1 slice whole-grain bread 4 fl oz kefir
FRI	Sardine Egg Spread Toast (2 slices)	Apple and Celery Salad Tomato-Crusted White Fish with Bulgur	Baked Pears with Greek Yogurt	Fish Patties with Vegetable Mash 4 fl oz kefir
SAT	Chicken Apple Breakfast Salad 1 slice whole-grain bread	Steak and Arugula Salad 1 slice whole-grain bread 2 oz fresh mozzarella	Cherry Cheesecake Brownies	Cheesy Turkey Casserole 4 fl oz kefir
SUN	Savory Oat Pancakes with Cheese and Herbs 2 oz fresh mozzarella	Greek White Bean Salad Homemade Creamy Mushroom Soup (½ serving) 1 slice whole-grain bread	Blueberry Lemon Ice Cream	Homemade Creamy Mushroom Soup (1 serving) 4 fl oz Greek yogurt

WEEK 3

Sunday Meal Prep

Complete these on Sunday evening — so your week starts with ease and no extra cooking stress.

1. Bake Tuna Corn Egg Muffins — 1 serving (2 muffins) - Storage: refrigerator - Use:

Tuesday — breakfast (2 muffins)

2. Bake Carrot Walnut Spelled Muffins — 2 servings (4 muffins) - Storage: refrigerator -

Use: Tuesday — dessert (2 muffins); Thursday — dessert (2 muffins)

3. Cook chicken breast (3 oz / 85g) for Chicken Veggie Wrap - Storage: refrigerator - Use:

Monday — breakfast

4. Cook turkey breast (3 oz / 85g) for Turkey Hummus Sandwich - Storage: refrigerator -

Use: Wednesday — breakfast

5. Boil beets (if not using pre-cooked) for Beet Salad with Walnuts and Prunes - Storage:

refrigerator - Use: Tuesday — lunch

6. Cook chicken breast (3 oz / 85g) for Chicken Avocado Crunch Salad - Storage:

refrigerator - Use: Wednesday — lunch

🌟 Weekly Reminder: On Sunday evening, allow the Carrot Walnut Spelled Muffins to cool completely before storing.

Monday — Meat Day 🍖

Daily Total: Calories 1,610 / Protein 134g / Fat 68g / Carbs 115g

Tuesday — Fish Day 🐟

Daily Total: Calories 1,775 / Protein 127g / Fat 52g / Carbs 105g

Wednesday — Meat Day 🍖

Daily Total: Calories 1,375 / Protein 103g / Fat 52g / Carbs 80g

Thursday — Plant-Forward Protein Day 🌿

Daily Total: Calories 1,570 / Protein 74g / Fat 53g / Carbs 120g

Friday — Fish Day 🐟

Notes: 🌟 Baked Cottage Cheese Bake: make 1½ servings — serve 1 serving on Friday, save ½ for Sunday dessert.

Daily Total: Calories 1,470 / Protein 137g / Fat 40g / Carbs 100g

Saturday — Meat Day 🍖

Daily Total: Calories 1,457 / Protein 137g / Fat 60g / Carbs 61g

Sunday — Egg-Based Vegetarian Day 🥚

Daily Total: Calories 1,709 / Protein 109g / Fat 82g / Carbs 115g

Plus your daily fruit and berry serving — counted separately (see Fruits & Berries).

WEEK 3

	BREAKFAST	LUNCH	DESSERT	DINNER
MON	Chicken Veggie Wrap (chicken from Sunday prep)	Caprese Salad Beef Burrito Bowl		Turkey with Braised Cabbage 4 fl oz kefir
TUE	Tuna Corn Egg Muffins (2 muffins, from Sunday prep) 2 oz fresh mozzarella	Beet Salad with Walnuts and Prunes (beets from Sunday prep) Whole-Grain-Crusted White Fish with Green Beans	Carrot Walnut Spelt Muffins 2 muffins (from Sunday prep)	Tomato White Bean Soup with Tuna 1 slice whole-grain bread 4 fl oz kefir
WEN	Turkey Hummus Sandwich (turkey from Sunday prep)	Chicken Avocado Crunch Salad (chicken from Sunday prep) 1 slice whole-grain bread	Baked Apples with Raisins and Pecans	Creamy Broccoli Soup 4 fl oz kefir
THU	Sesame Tempeh and Broccoli Plate	Apple and Celery Salad Tempeh Grain Bowl with Brussels Sprouts	Carrot Walnut Spelt Muffins - 2 muffins (from Sunday prep)	Creamy Pumpkin Soup with Seeds 1 slice whole-grain bread 4 fl oz kefir
FRI	Tuna White Bean Salad	Salmon Quinoa Lunch Bowl	Baked Cottage Cheese Bake	Creamy Cod Chowder with Leek and Potato 1 slice whole-grain bread 4 fl oz kefir
SAT	Roast Beef and Egg Breakfast Plate	Grilled Chicken Greek Salad 1 slice whole-grain bread	Chocolate Cottage Cheese Cream	Chopped Chicken Patties with Roasted Broccoli 4 fl oz kefir
SUN	Spinach Feta Omelet 1 slice whole-grain bread	Caprese Salad Cottage Cheese Stuffed Sweet Potatoes	Baked Cottage Cheese Bake (1/2 serving, leftover from Friday)	Chickpea Shakshuka 4 fl oz Greek yogurt

WEEK 4

Sunday Meal Prep

Complete these on Sunday evening — so your week starts with ease and no extra cooking stress.

1. Bake Banana Oat Cookies — 6 cookies - Storage: refrigerator - Use: Tuesday — dessert (3 cookies); Thursday — dessert (3 cookies)
2. Bake Cherry Cheesecake Brownies — 1 serving - Storage: refrigerator - Use: Monday — dessert (with lunch)
3. Cook quinoa for Quinoa with Walnuts and Cinnamon — 1 serving - Storage: refrigerator - Use: Thursday — breakfast
4. Cook turkey breast (3 oz / 85g) for Turkey Avocado Egg Wrap - Storage: refrigerator - Use: Monday — breakfast
5. Cook turkey breast — 1 serving for Turkey and Sweet Potato Salad Plate - Storage: freezer (pull out Friday evening) - Use: Saturday — lunch

Monday — Meat Day

DailyTotal:Calories1,645/Protein133g/Fat80g/Carbs 106g

Tuesday — Fish Day

DailyTotal:Calories1,485/Protein117g/Fat55g/Carbs 131g

Wednesday — Meat Day

DailyTotal:Calories1,422/Protein108g/Fat70g/Carbs 102g

Thursday — Plant-Forward Protein Day

Notes:  When making the chili tonight, keep it mild—skip the hot peppers or heavy spices. Spicy foods in the evening can sometimes irritate the digestive system and interfere with sleep, especially for women navigating perimenopause or menopause, when the gut tends to be more sensitive.

Daily Total: Calories 1,539 / Protein 71g / Fat 52g / Carbs 216g

Friday — Fish Day

Notes:  Move the turkey from the freezer to the refrigerator to thaw slowly overnight for Saturday lunch

Daily Total:Calories 1,550/Protein 143g / Fat52g/Carbs 129g

Saturday — Meat Day

DailyTotal:Calories1,430/Protein142g/Fat54g/Carbs 97g

Sunday — Egg-Based Vegetarian Day

DailyTotal:Calories1,687/Protein105g/Fat79g/Carbs 139g

Plus your daily fruit and berry serving — counted separately (see Fruits & Berries).

WEEK 4

	BREAKFAST	LUNCH	DESSERT	DINNER
MON 	Turkey Avocado Egg Wrap (turkey from Sunday prep)	Cucumber Tomato Salad Chicken and White Bean Skillet	Dessert — Cherry Cheesecake Brownies (from Sunday prep)	Chicken Sausage with Sautéed Kale 4 fl oz kefir
TUE 	Tuna, Corn, and Egg Salad 1 slice whole-grain bread	Napa Cabbage Salad with Corn and Cucumber White Fish Fritters with Dill and Onion and Baked Sweet Potato	Banana Oat Cookies - 3 cookies (from Sunday prep)	Baked Cod with Asparagus and Tomatoes 4 fl oz yogurt
WEN 	Roast Beef and Egg Breakfast Plate	Caprese Salad Chicken with Roasted Cauliflower and Quinoa		Creamy Broccoli Soup 1 slice whole-grain bread 4 fl oz kefir
THU 	Quinoa with Walnuts and Cinnamon (quinoa from Sunday prep)	Tempeh Grain Bowl with Brussels Sprouts	Banana Oat Cookies - 3 cookies (from Sunday prep)	Vegetarian Chili with Pinto Beans 4 fl oz kefir
FRI 	Tuna Cottage Cheese Bowl 1 slice whole-grain bread	Cabbage and Carrot Salad with Olives Shrimp and Lentil Bowl	Baked Pears with Greek Yogurt	Baked White Fish with Vegetables 4 fl oz yogurt
SAT 	Flourless Cottage Cheese Pancakes 2 fl oz yogurt	Turkey and Sweet Potato Salad Plate (turkey from Sunday prep)	Baked Pears with Greek Yogurt	Chopped Chicken Patties with Roasted Broccoli 4 fl oz kefir
SUN 	Black Bean Avocado Scramble	Cucumber Tomato Salad Poached Eggs with Quinoa and Spinach 1 slice whole-grain bread	Berry Ricotta Parfait	Chickpea Shakshuka 4 fl oz Greek yogurt

4-Week Grocery List

These grocery lists are built directly from the 4-Week Meal Plan in this book. Each list covers exactly one week of breakfasts, lunches, dinners, and prepped desserts — every ingredient counted, combined across recipes, and organized the way you actually move through a grocery store.

Now, I know what you're thinking: this list looks long. Don't let that intimidate you! I'm fairly confident you already have a good chunk of it sitting in your pantry or refrigerator right now — oils, spices, condiments, vinegars, and most dry goods carry over from week to week. Before you head out, do a quick scan of what you've got on hand. Items that should reasonably remain from the previous week are clearly marked in the list.

I've also noted which dish each ingredient goes into, so you can easily cross-reference your Sunday meal prep and adjust both your prep plan and your shopping list to fit your week. If you're skipping a recipe or swapping it for something else, you'll know exactly what you can leave off the list.

One more thing: if you plan to bake one of the bread recipes from this book instead of picking up a store-bought loaf, add those ingredients separately based on the specific recipe you choose. The shopping lists assume a purchased whole-grain loaf.

Each item includes a suggested package size commonly found in U.S. grocery stores, along with a minimum shelf-life recommendation based on the last day that ingredient appears in the meal plan. For fresh fish and seafood, buying frozen is always a perfectly safe backup — just move it to the refrigerator the night before you need it.



Grocery List – Week 1

Week 1 Meals at a Glance: Turkey Veggie Egg Muffins · Fig Pecan Energy Balls · Creamy Turkey Vegetable Soup · Cabbage & Carrot Salad with Olives · Chopped Chicken Patties with Roasted Broccoli · Smoked Salmon Scramble · Apple & Celery Salad · Salmon & Vegetable Soup · Baked White Fish with Vegetables · Turkey & Apple Walnut Salad · Herbed Cottage Cheese Muffins · Turmeric Tofu Scramble · Napa Cabbage Salad with Corn & Cucumber · Vegetarian Chili with Pinto Beans · Tofu & Edamame Veggie Bowl · Overnight Greek Yogurt Oat Bowl · Sesame-Ginger Shrimp Bowls · Baked Apples with Raisins & Pecans · Fish Patties with Vegetable Mash · Chicken Breakfast Burrito · Turkey Cobb Salad · Turkey Meatball & Vegetable Soup · Broccoli Parmesan Frittata · Mediterranean Lentil Salad with Sun-Dried Tomatoes · Creamy Broccoli Soup · Chocolate Cottage Cheese Cream · Tempeh Quinoa Broccoli Bowl

PRODUCE

- **Broccoli, 3 medium heads** — minimum 7 days before expiration (Chicken Patties Mon, Frittata Sun, Tempeh Bowl Sun, also Creamy Broccoli Soup Sun)
- **Cauliflower, 2 medium heads** — minimum 7 days before expiration (Creamy Turkey Vegetable Soup Mon lunch; Baked White Fish with Vegetables Tue dinner; Fish Patties Vegetable Mash Fri dinner; Meatball Soup Sat)
- **Green cabbage, 1 small head (~1 lb)** — minimum 7 days before expiration (Monday Cabbage & Carrot Salad)
- **Napa cabbage, 1 small head (~1 lb)** — minimum 5 days before expiration (Thursday Napa Cabbage Salad)
- **Carrots, 1 (2 lb) bag** — minimum 7 days before expiration (Monday salad, Turkey Vegetable Soup, Meatball Soup, Sesame-Ginger Shrimp Bowls)
- **Celery, 1 bunch** — minimum 7 days before expiration (Apple & Celery Salad, Salmon Soup, various soups)
- **Cucumbers, 2 medium** — minimum 5 days before expiration (Thursday Napa Cabbage Salad + others)
- **Bell peppers (red or orange), 3 medium** — minimum 6 days before expiration (Turkey Veggie Egg Muffins, Tofu Scramble, various)
- **Avocados, 3 medium** — minimum 7 days before expiration (Wednesday breakfast ½, Thursday breakfast ½, Saturday Cobb Salad ½; buy slightly firm)
- **Apples (Gala, Honeycrisp, or Fuji), 4 medium** — minimum 7 days before expiration (Tuesday Apple & Celery Salad, Wednesday Turkey & Apple Walnut Salad, Friday Baked Apples)
- **Leek, 1 large** — minimum 4 days before expiration (Tuesday Salmon & Vegetable Soup)
- **Romaine or mixed salad greens, 2 (5 oz) bags** — minimum 5 days before expiration (Wednesday Turkey & Apple Walnut Salad; Saturday Turkey Cobb Salad)
- **Cherry tomatoes, 1 pint** — minimum 6 days before expiration (Saturday Cobb Salad)
- **Tomatoes on the vine, 2 medium** — minimum 4 days before expiration (various)
- **Zucchini, 2 medium** — minimum 5 days before expiration (various soups and bowls)
- **Baby spinach, 1 (5 oz) container** — minimum 3 days before expiration (Thursday Tofu Scramble)
- **Potatoes (Yukon Gold or russet), 3 medium** — long shelf life item (soups and mash)
- **Fresh dill, 1 bunch** — minimum 6 days before expiration (Salmon Soup Tue, Meatball Soup Sat)

- **Fresh parsley, 1 bunch** — minimum 6 days before expiration (various soups and salads)
- **Fresh mint, 1 small bunch** — minimum 5 days before expiration (Sunday Mediterranean Lentil Salad)
- **Garlic, 2 heads** — long shelf life item (used in nearly every recipe this week; 2 heads recommended)
- **Yellow onions, 4 medium** — long shelf life item
- **Red onion, 1 medium** — long shelf life item (Mediterranean Lentil Salad Sunday)
- **Lemons, 3** — minimum 10 days before expiration (dressings, Salmon Soup)
- **Limes, 2** — minimum 10 days before expiration (Friday Sesame-Ginger Shrimp Bowls)
- **Fresh ginger root, 1 piece (~2 oz)** — minimum 6 days before expiration (Friday Shrimp Bowls)
- **Green onions (scallions), 1 bunch** — minimum 5 days before expiration

MEAT & POULTRY

- **Boneless, skinless turkey breast, 1.5 lb** — minimum 2 days before expiration; use for Sunday prep, Turkey Vegetable Soup + cooked portions (4 oz for Wednesday salad + 4 oz for Saturday Cobb); freeze the Saturday portion immediately
- **Ground turkey (93/7 lean), 1.5 lb** — minimum 2 days before expiration; use for Sunday Turkey Veggie Egg Muffins (~4 oz) and Saturday Meatball Soup (~12 oz); refrigerate or freeze same day
- **Diced turkey ham, 1 (6 oz) package** — minimum 4 days before expiration (Sunday prep Turkey Veggie Egg Muffins; find near deli meats or packaged ham)
- **Turkey bacon, 1 (12 oz) package** — minimum 5 days before expiration (Saturday Turkey Cobb Salad)
- **Boneless, skinless chicken breast, 1.5 lb** — minimum 2 days before expiration; freeze 3 oz portion immediately for Saturday Breakfast Burrito; remainder for Monday dinner patties (double batch ~1 lb)

FISH & SEAFOOD

- **Smoked salmon (cold-smoked, sliced), 1 (4 oz) package** — minimum 5 days before expiration (Tuesday breakfast)
- **Fresh salmon fillets, ¾ lb (12 oz)** — minimum 2 days before expiration (Tuesday Salmon & Vegetable Soup); or buy frozen and thaw Monday night
- **White fish fillets (cod, tilapia, or halibut), 1.5 lb** — minimum 2 days before expiration; or buy frozen; last use Friday Fish Patties (~6-8 oz Tuesday Baked White Fish + ~8 oz Friday Fish Patties)
- **Shrimp (medium, peeled & deveined), 1 (12 oz) bag** — buy frozen; thaw in refrigerator Thursday night for Friday Sesame-Ginger Shrimp Bowls

DAIRY & REFRIGERATED

- **Fresh mozzarella (whole-milk ball), 1 (8 oz) ball** — minimum 7 days before expiration (Monday, Tuesday, Friday, Sunday: 2 oz each = 8 oz total)
- **Greek yogurt (plain, whole-milk or 2%), 1 (32 oz) container** — minimum 8 days before expiration (Wednesday breakfast 2 fl oz, Friday Overnight Oat Bowl, Sunday dinner 4 fl oz)
- **Kefir (plain, whole-milk), 1 (32 fl oz) carton** — minimum 7 days before expiration (4 fl oz Monday-Saturday dinners = 24 fl oz)

- **Cottage cheese (2% or low-fat), 1 (16 oz) container** — minimum 8 days before expiration (Wednesday Herbed Muffins + Sunday Chocolate Cottage Cheese Cream)
- **Parmesan cheese (shredded or grated), 1 (6 oz) bag** — minimum 8 days before expiration (Sunday Broccoli Frittata + Creamy Broccoli Soup)
- **Sharp cheddar cheese (shredded), 1 (8 oz) bag** — minimum 7 days before expiration (Sunday Creamy Broccoli Soup + Saturday Chicken Breakfast Burrito)
- **Blue cheese (crumbled), 1 (4 oz) container** — minimum 5 days before expiration (Saturday Turkey Cobb Salad)
- **Feta cheese (crumbled), 1 (4 oz) container** — minimum 8 days before expiration (Sunday Mediterranean Lentil Salad)
- **Extra-firm tofu, 2 (14–16 oz) blocks** — minimum 8 days before expiration (Thursday Turmeric Tofu Scramble + Thursday Tofu & Edamame Veggie Bowl; press before using) • **Tempeh, 1 (8 oz) package** — minimum 8 days before expiration (Sunday Tempeh Quinoa Broccoli Bowl)
- **Kimchi, 1 (14 oz) jar** — minimum 1 month before expiration (Thursday Tofu & Edamame Veggie Bowl; sold refrigerated; long-lasting once opened)
- **Cream cheese (block style), 1 (4 oz) package** — minimum 5 days before expiration (Tuesday Smoked Salmon Scramble)
- **Unsalted butter, 1 stick (4 oz)** — minimum 3 weeks before expiration
- **Milk (any type: whole, 2%, or plant-based), 1 (32 fl oz) carton** — minimum 5 days before expiration (Turkey Veggie Egg Muffins)

EGGS

- **Large eggs, 2 dozen** — minimum 8 days before expiration (muffins, scrambles, patties, frittata, Cobb Salad, fish patties throughout the week)

CANNED & JARRED GOODS

- **Pitted Kalamata olives or black olives, 1 (6 oz) jar or can** — long shelf life item (Monday Cabbage & Carrot Salad + Sunday Mediterranean Lentil Salad)
- **Capers (in brine), 1 (3.5 oz) jar** — long shelf life item (Tuesday Smoked Salmon Scramble)
- **Pinto beans (no salt added), 2 (15 oz) cans** — long shelf life item (Thursday Vegetarian Chili with Pinto Beans)
- **Black beans (no salt added), 1 (15 oz) can** — long shelf life item (Thursday Vegetarian Chili also uses black beans)
- **Diced tomatoes (no salt added), 1 (14.5 oz) can** — long shelf life item (Thursday chili)
- **Tomato paste, 1 (6 oz) can** — long shelf life item
- **Low-sodium chicken broth, 2 (32 fl oz) cartons** — long shelf life item (Creamy Turkey Vegetable Soup + Salmon Soup + Meatball Soup; consider buying 3 if you make all soups full-size)
- **Whole kernel corn (no salt added), 1 (15 oz) can** — long shelf life item (Thursday Napa Cabbage Salad)
- **Sun-dried tomatoes in olive oil, 1 (8 oz) jar** — long shelf life item (Sunday Mediterranean Lentil Salad)
- **Salsa (mild or medium), 1 (16 oz) jar** — long shelf life item (Saturday Chicken Breakfast Burrito)
- **Reduced-sodium soy sauce or tamari, 1 (10 fl oz) bottle** — long shelf life item (Shrimp Bowls, Tofu dishes)

GRAINS, BREAD & DRY GOODS

- **Whole-grain sandwich bread, 1 loaf** — minimum 5 days before expiration (used multiple days; ~10 slices total)
- **Whole-wheat burrito-size tortillas, 1 package** — minimum 6 days before expiration (Saturday Chicken Breakfast Burrito)
- **Old-fashioned rolled oats, 1 (18 oz) canister** — long shelf life item (Friday Overnight Oat Bowl + Fig Pecan Energy Balls; will carry forward)
- **Green or brown lentils, 1 (16 oz) bag** — long shelf life item (Sunday Mediterranean Lentil Salad)
- **Quinoa, 1 (12 oz) bag** — long shelf life item (Sunday Tempeh Quinoa Broccoli Bowl + Thursday Tofu & Edamame Bowl option; will carry forward)
- **Brown rice, 1 (2 lb) bag** — long shelf life item (Thursday Tofu & Edamame Bowl; Friday Shrimp Bowls; will carry forward)
- **Whole-wheat flour, 1 (2 lb) bag** — long shelf life item (Monday Chopped Chicken Patties + Wednesday Herbed Cottage Cheese Muffins; will carry forward to all weeks)
- **Whole-grain breadcrumbs or panko, 1 (8 oz) canister** — long shelf life item (chicken patties, meatballs, fish patties)

BAKING

- **Unsweetened cocoa powder, 1 (8 oz) can** — long shelf life item (Sunday Chocolate Cottage Cheese Cream)
- **Baking powder, 1 (8 oz) can** — long shelf life item (cottage cheese muffins, egg muffins)
- **Pure honey, 1 (12 oz) bottle** — long shelf life item (Tofu Bowl, energy balls, various)
- **Maple syrup, 1 (8 fl oz) bottle** — long shelf life item (Thursday Tofu & Edamame Veggie Bowl + energy balls alternative)
- **Pure vanilla extract, 1 (2 fl oz) bottle** — long shelf life item
- **Ground cinnamon, 1 jar** — long shelf life item (Baked Apples, various)
- **Sugar (granulated or coconut), 1 (1 lb) bag** — long shelf life item (Cabbage & Carrot Salad dressing + desserts)

NUTS, SEEDS & DRIED FRUIT

- **Pecan halves, 1 (6 oz) bag** — long shelf life item (Fig Pecan Energy Balls Sunday prep + Friday Baked Apples with Pecans)
- **Walnut halves, 1 (6 oz) bag** — long shelf life item (Wednesday Turkey & Apple Walnut Salad)
- **Raisins, 1 (12 oz) box** — long shelf life item (Friday Baked Apples)
- **Dried figs (soft-dried), 1 (7 oz) package** — long shelf life item (Sunday prep Fig Pecan Energy Balls)
- **Dried cranberries, 1 (6 oz) bag** — long shelf life item (Wednesday Turkey & Apple Walnut Salad)
- **Sesame seeds, 1 (4 oz) bag** — long shelf life item (Friday Sesame-Ginger Shrimp Bowls)

FROZEN

•**Shelled edamame (frozen), 1 (10–12 oz) bag** — long shelf life in freezer (Thursday Tofu & Edamame Bowl + Friday Shrimp Bowls)

OPTIONAL / PANTRY CHECK

•**Extra-virgin olive oil** — check quantity; need at least ½ cup this week (multiple recipes use it for cooking and dressings; buy 1 (16.9 fl oz) bottle if running low)

•**Toasted sesame oil** — check pantry; needed for Asian-style dishes (Shrimp Bowls, Tofu Scramble, Tofu Bowl)

•**Red wine vinegar** — check pantry; needed for Turkey Cobb Salad dressing (Saturday) and Mediterranean Lentil Salad (Sunday)

•**Rice vinegar** — check pantry; needed for Shrimp Bowl dressing

•**Balsamic vinegar** — check pantry; optional for salads

•**Dijon mustard** — check pantry; used in salad dressings

•**Dried thyme** — needed for Creamy Turkey Vegetable Soup (Monday); buy 1 jar if not in pantry

•**Dried Italian herbs blend** — needed for Baked White Fish (Tuesday dinner); buy 1 jar if not in pantry

•**Dried turmeric** — needed for Thursday Tofu Scramble; buy 1 jar if not in pantry

•**Ground cumin** — needed for Thursday Vegetarian Chili

•**Chili powder** — needed for Thursday Vegetarian Chili

•**Dried oregano** — check pantry; used in chili and soups

•**Garlic powder** — check pantry

•**Smoked paprika** — check pantry

•**Salt and black pepper** — pantry staples; ensure adequate supply

•**Berries or low-glycemic fruit** — 4.5–5.5 lb total (2–2.5 kg) for the week; choose from strawberries, raspberries, blueberries, blackberries, kiwi, peaches, or plums;

Grocery List – Week 2

Week 2 Meals at a Glance: Turkey Avocado Egg Wrap · Cucumber Tomato Salad · Chicken & Chickpea Soup · Turkey Zucchini Patties with Asparagus · Salmon Dill Egg Muffins · Celery & Avocado Salad with Lemon Dressing · Tomato-Crusted White Fish with Bulgur · Apricot Almond Energy Bites · Cod & Tomato Vegetable Soup · Turkey & Sweet Potato Salad Plate · Creamy Broccoli Soup · Soy Milk Chia Pudding with Almonds · Warm Roasted Vegetable Salad with Tahini Dressing · Tomato Lentil Soup · Sardine Egg Spread Toast · Apple & Celery Salad · Baked Pears with Greek Yogurt · Fish Patties with Vegetable Mash · Chicken Apple Breakfast Salad · Steak & Arugula Salad · Cherry Cheesecake Brownies · Cheesy Turkey Casserole · Savory Oat Pancakes with Cheese & Herbs · Greek White Bean Salad · Creamy Mushroom Soup · Blueberry Lemon Ice Cream

PRODUCE

- **Broccoli, 1 large head** — minimum 5 days before expiration (Wednesday Creamy Broccoli Soup)
- **Cauliflower, 1 medium head** — minimum 5 days before expiration (Friday Fish Patties with Vegetable Mash)
- **Zucchini, 3 medium** — minimum 3 days before expiration (Monday Turkey Zucchini Patties, double batch)
- **Asparagus, 1 bunch (~1 lb)** — minimum 2 days before expiration (Monday dinner); store upright in a glass of water in the refrigerator
- **Carrots, 1 (2 lb) bag** — minimum 7 days before expiration (Chicken & Chickpea Soup Mon; Turkey Zucchini Patties Mon; Cod & Tomato Soup Tue; Tomato Lentil Soup Thu; Apple & Celery Salad Fri)
- **Radishes, 1 bunch (about 8 radishes)** — minimum 5 days before expiration (Tuesday Celery & Avocado Salad with Lemon Dressing)
- **Cucumbers, 3 medium** — minimum 5 days before expiration (Monday Cucumber Tomato Salad + various)
- **Tomatoes (vine or roma), 4 medium** — minimum 4 days before expiration (various)
- **Avocados, 2 medium** — minimum 5 days before expiration (Tuesday Celery & Avocado Salad + Wednesday breakfast 1/2)
- **Sweet potatoes, 2 medium** — minimum 7 days before expiration (Wednesday Turkey & Sweet Potato Salad Plate)
- **Celery, 1 bunch** — minimum 7 days before expiration
- **Apples (firm variety), 2 medium** — minimum 5 days before expiration (Saturday Chicken Apple Breakfast Salad + Friday Apple & Celery Salad)
- **Pears (Bosc or Anjou, firm), 2 medium** — minimum 5 days before expiration (Friday Baked Pears with Greek Yogurt; buy slightly underripe)
- **Arugula, 1 (5 oz) bag** — minimum 5 days before expiration (Saturday Steak & Arugula Salad)
- **Romaine or mixed salad greens, 1 (5 oz) bag** — minimum 5 days before expiration (various salads)
- **Fresh cremini or button mushrooms, 1 lb** — minimum 3 days before expiration (Sunday Creamy Mushroom Soup, 1.5 servings)
- **Bell peppers (red or mixed), 3 medium** — minimum 6 days before expiration (Chicken & Chickpea Soup, various)
- **Lemons, 3** — minimum 10 days before expiration (Tuesday Celery & Avocado Salad dressing + various)
- **Fresh dill, 1 bunch** — minimum 5 days before expiration (Salmon Dill Muffins + Cheesy Turkey Casserole)

•**Garlic** — use remaining from Week 1; top up with 1 head if fewer than 8 cloves remain •**Yellow onions** — use remaining from Week 1; top up with 2–3 medium if needed

•**Red onion, 1 medium** — long shelf life item

•**Cherry tomatoes, 1 pint** — minimum 5 days before expiration (Steak & Arugula Salad Sat + Cheesy Turkey Casserole Sat)

MEAT & POULTRY

•**Boneless, skinless turkey breast, 1 lb** — minimum 2 days before expiration; Sunday prep: cook 3 oz (refrigerate, for Monday wrap); cook for Wednesday Turkey & Sweet Potato Salad Plate (~5 oz); refrigerate

•**Ground turkey (93/7 lean), 1.5 lb** — minimum 2 days before expiration; use for Monday Turkey Zucchini Patties double batch (~12 oz) and Saturday Cheesy Turkey Casserole (~10 oz)

•**Boneless, skinless chicken breast, ¾ lb (12 oz)** — minimum 2 days before expiration; Sunday prep: cook 3 oz for Saturday Chicken Apple Breakfast Salad (freeze immediately); remaining ~9 oz for Chicken & Chickpea Soup Monday

•**Beef (sirloin or flank steak), 6 oz** — minimum 2 days before expiration; cook Sunday evening, freeze for Saturday Steak & Arugula Salad; thaw Friday night

FISH & SEAFOOD

•**Fresh salmon fillet, 4 oz** — minimum 1 day before expiration (Sunday prep for Salmon Dill Egg Muffins); or buy frozen and thaw on Saturday

•**White fish fillets (cod, halibut, or tilapia), 2 lb** — minimum 2 days before expiration; or buy frozen; portions: ~7 oz Tue Tomato-Crusted; ~7 oz Fri Tomato-Crusted; ~8 oz Fri Fish Patties

•**Cod fillet (for soup), ¾ lb (12 oz)** — minimum 2 days before expiration (Tuesday Cod & Tomato Vegetable Soup); can combine with white fish purchase above

•**Canned sardines in olive oil or water, 1 (3.75 oz) can** — long shelf life item (Friday Sardine Egg Spread Toast)

DAIRY & REFRIGERATED

•**Fresh mozzarella, 1 (8 oz) ball** — minimum 7 days before expiration (Tuesday breakfast 2 oz + Saturday lunch 2 oz + Sunday breakfast 2 oz = ~6 oz)

•**Greek yogurt (plain, whole-milk or 2%), 1 (16 oz) container** — minimum 8 days before expiration (Wednesday breakfast + Friday Baked Pears + Sunday dinner 4 fl oz)

•**Kefir (plain, whole-milk), 1 (32 fl oz) carton** — minimum 7 days before expiration (4 fl oz Monday–Saturday = 24 fl oz)

•**Sharp cheddar cheese (shredded), 1 (8 oz) bag** — minimum 7 days before expiration (Wednesday Creamy Broccoli Soup + Sunday Savory Oat Pancakes)

•**Parmesan cheese (shaved or grated), 1 (4 oz) package** — minimum 7 days before expiration (Saturday Steak & Arugula Salad)

•**Feta cheese (crumbled), 1 (4 oz) container** — minimum 5 days before expiration (Sunday Greek White Bean Salad)

•**Cream cheese (block style), 1 (8 oz) package** — minimum 7 days before expiration (Saturday Cherry Cheesecake Brownies)

•**Cottage cheese (2% or low-fat), 1 (16 oz) container** — minimum 7 days before expiration (Sunday Savory Oat Pancakes)

•**Heavy cream or half-and-half, 1 (8 fl oz) carton** — minimum 7 days before expiration (Sunday Creamy Mushroom Soup)

•**Soy milk (unsweetened), 1 (32 fl oz) carton** — minimum 7 days before expiration (Thursday Soy Milk Chia Pudding)

•**Milk (whole or 2%), 1 (16 fl oz)** — minimum 5 days before expiration (Sunday Savory Oat Pancakes with Cheese & Herbs)

EGGS

•**Large eggs, 1½ dozen (18 eggs)** — minimum 8 days before expiration (Salmon Dill Muffins, Turkey Avocado Egg Wrap, Sardine Egg Spread, Savory Oat Pancakes, Cherry Cheesecake Brownies, Cheesy Turkey Casserole)

CANNED & JARRED GOODS

•**Chickpeas (no salt added), 2 (15 oz) cans** — long shelf life item (Monday Chicken & Chickpea Soup)

•**White beans (cannellini), 2 (15 oz) cans** — long shelf life item (Sunday Greek White Bean Salad)

•**Diced tomatoes (no salt added), 2 (14.5 oz) cans** — long shelf life item (Tuesday Cod & Tomato Soup + Thursday Tomato Lentil Soup)

•**Low-sodium chicken or vegetable broth, 3 (32 fl oz) cartons** — long shelf life item (Chicken & Chickpea Soup + Cod & Tomato Soup + Tomato Lentil Soup + Creamy Broccoli Soup; 3 cartons to cover all soups comfortably)

•**Tahini (sesame paste), 1 (8–10 oz) jar** — long shelf life item (Thursday Warm Roasted Vegetable Salad with Tahini Dressing; first purchase)

•**Cherry preserves or jarred sour cherries, 1 (12 oz) jar** — long shelf life item (Saturday Cherry Cheesecake Brownies)

•**Kalamata olives** — use remaining from Week 1; top up with 1 (6 oz) jar only if needed •**Tomato paste** — use remaining from Week 1; buy 1 (6 oz) can only if completely out

•**Soy sauce/tamari** — use remaining from Week 1

GRAINS, BREAD & DRY GOODS

•**Whole-grain sandwich bread, 1 loaf** — minimum 5 days before expiration

•**Bulgur wheat, 1 (12–16 oz) bag** — long shelf life item (Tuesday + Friday Tomato-Crusted White Fish with Bulgur; first purchase)

•**Chia seeds, 1 (12 oz) bag** — long shelf life item (Thursday Soy Milk Chia Pudding; first purchase; will carry forward)

•**Red lentils (dry), 1 (16 oz) bag** — long shelf life item (Thursday Tomato Lentil Soup specifically calls for red lentils; first purchase)

•**Rolled oats** — use remaining from Week 1 (Sunday Savory Oat Pancakes); top up if less than 1 cup remains

•**Quinoa** — use remaining from Week 1 if any; not required in Week 2 menus

•**Brown rice** — use remaining from Week 1; not required in Week 2 menus

•**Whole-wheat flour** — use remaining from Week 1 (Turkey Zucchini Patties coating + Fish Patties muffin coating)

•**Whole-grain breadcrumbs** — use remaining from Week 1; top up if less than ¼ cup remains

BAKING

- **Granulated sugar or coconut sugar, 1 (1 lb) bag** — long shelf life item (Cherry Cheesecake Brownies + Blueberry Lemon Ice Cream)
- **Unsweetened cocoa powder** — use remaining from Week 1 (Cherry Cheesecake Brownies)
- **Baking powder** — should remain from Week 1
- **Honey** — top up if less than ¼ cup remains from Week 1
- **Maple syrup** — should remain from Week 1
- **Vanilla extract** — should remain from Week 1
- **Ground cinnamon** — should remain from Week 1

NUTS, SEEDS & DRIED FRUIT

- **Dried apricots (soft-dried, unsulfured), 1 (6 oz) package** — long shelf life item (Sunday prep Apricot Almond Energy Bites; first purchase)
- **Whole or slivered almonds, 1 (6 oz) bag** — long shelf life item (Apricot Almond Energy Bites + Thursday Soy Milk Chia Pudding with Almonds; first purchase)
- **Pumpkin seeds (pepitas), 1 (4 oz) bag** — long shelf life item (Thursday Warm Roasted Vegetable Salad with Tahini Dressing; first purchase)
- **Pecan halves** — use remaining from Week 1 (Chicken Apple Breakfast Salad); top up if less than ¼ cup remains
- **Walnut halves** — use remaining from Week 1; top up if less than ¼ cup remains
- **Sesame seeds** — use remaining from Week 1

FROZEN

- **Frozen blueberries, 1 (10–12 oz) bag** — long shelf life in freezer (Sunday Blueberry Lemon Ice Cream)

OPTIONAL / PANTRY CHECK

- **Olive oil** — check quantity; at least ½ cup needed this week
- **Balsamic vinegar** — needed for Saturday Steak & Arugula Salad; buy 1 bottle if not in pantry
- **Dijon mustard** — check pantry (various dressings)
- **Dried Italian herbs** — needed for Tuesday Tomato-Crusted White Fish with Bulgur; check pantry
- **Dried thyme** — needed for Sunday Creamy Mushroom Soup; check pantry
- **Dried basil** — needed for Thursday Tomato Lentil Soup; check pantry
- **Ground cumin and smoked paprika** — check pantry
- **Sesame oil** — check pantry
- **Red pepper flakes** — check pantry
- **Berries or low-glycemic fruit** — 4.5–5.5 lb total (2–2.5 kg) for the week; choose from strawberries, raspberries, blueberries, blackberries, kiwi, peaches, or plums; buy in stages if possible, since fresh berries are best within 3–4 days of purchase.
- Check pantry for olive oil, sauces, and spices before shopping.

Grocery List – Week 3

Week 3 Meals at a Glance: Chicken Veggie Wrap · Caprese Salad · Beef Burrito Bowl · Turkey with Braised Cabbage · Tuna Corn Egg Muffins · Beet Salad with Walnuts & Prunes · Whole-Grain-Crusted White Fish with Green Beans · Carrot Walnut Spelt Muffins · Tomato White Bean Soup with Tuna · Turkey Hummus Sandwich · Chicken Avocado Crunch Salad · Baked Apples with Raisins & Pecans · Creamy Broccoli Soup · Sesame Tempeh & Broccoli Plate · Apple & Celery Salad · Tempeh Grain Bowl with Brussels Sprouts · Creamy Pumpkin Soup with Seeds · Tuna White Bean Salad · Salmon Quinoa Lunch Bowl · Baked Cottage Cheese Bake · Creamy Cod Chowder with Leek & Potato · Roast Beef & Egg Breakfast Plate · Grilled Chicken Greek Salad · Chocolate Cottage Cheese Cream · Chopped Chicken Patties with Roasted Broccoli · Spinach Feta Omelet · Cottage Cheese Stuffed Sweet Potatoes · Chickpea Shakshuka

PRODUCE

- **Broccoli, 2 large heads** — minimum 7 days before expiration (Thursday Sesame Tempeh Plate + Saturday Chopped Chicken Patties; also Wednesday Creamy Broccoli Soup) • **Cauliflower** — not required this week (Mash is not on the menu in Week 3)
- **Green cabbage, 1 medium head** — minimum 7 days before expiration (Monday Turkey with Braised Cabbage)
- **Fresh beets, 3–4 medium (or 1 package pre-cooked vacuum-sealed beets)** — minimum 7 days before expiration (Tuesday Beet Salad; boil Sunday evening or buy pre-cooked)
- **Green beans, ¾ lb (12 oz)** — minimum 4 days before expiration (Tuesday Whole-Grain-Crusted White Fish with Green Beans)
- **Brussels sprouts, 1 lb** — minimum 5 days before expiration (Thursday Tempeh Grain Bowl)
- **Leek, 1 large** — minimum 5 days before expiration (Friday Creamy Cod Chowder)
- **Carrots, 1 (2 lb) bag** — minimum 7 days before expiration (Sunday prep Carrot Walnut Spelt Muffins + Chicken Veggie Wrap + soups; needed in multiple recipes this week) • **Avocados, 2 medium** — minimum 5 days before expiration (Wednesday Chicken Avocado Crunch Salad + Monday wrap filler option; buy slightly firm)
- **Sweet potatoes, 2 medium** — minimum 7 days before expiration (Sunday Cottage Cheese Stuffed Sweet Potatoes)
- **Apples (firm variety), 2 medium** — minimum 5 days before expiration (Thursday Apple & Celery Salad + Wednesday Baked Apples)
- **Zucchini, 1 medium** — minimum 5 days before expiration (Friday Salmon Quinoa Lunch Bowl)
- **Baby spinach, 1 (5 oz) container** — minimum 4 days before expiration (Sunday Spinach Feta Omelet + Monday Chicken Veggie Wrap)
- **Romaine or butter lettuce, 2 heads or 1 (5 oz) bag** — minimum 5 days before expiration (Monday Chicken Veggie Wrap; Wednesday Turkey Hummus Sandwich; Wednesday Chicken Avocado Crunch Salad; Saturday Grilled Chicken Greek Salad)
- **Arugula, 1 (5 oz) bag** — minimum 4 days before expiration (Saturday Roast Beef & Egg Breakfast Plate)
- **Radishes, 1 bunch (about 8 radishes)** — minimum 5 days before expiration (Saturday Roast Beef & Egg Breakfast Plate)
- **Celery, 1 bunch** — minimum 7 days before expiration (Thursday Apple & Celery Salad + various soups)
- **Tomatoes on the vine, 5 medium** — minimum 5 days before expiration (Caprese Salad Mon + Sun; Tomato White Bean Soup Tue; Shakshuka Sun — buy 5 to cover all; supplement with canned where needed)

- **Fresh basil, 1 small bunch (or 1 pot of living basil)** — minimum 4 days before expiration (Caprese Salad Monday + Sunday)
- **Cucumber, 2 medium** — minimum 5 days before expiration (Chicken Avocado Crunch Salad + Chicken Veggie Wrap)
- **Bell peppers (red and green), 3 medium** — minimum 6 days before expiration (Beef Burrito Bowl + Shakshuka Sunday)
- **Fresh cilantro, 1 bunch** — minimum 4 days before expiration (Monday Beef Burrito Bowl)
- **Potatoes (Yukon Gold), 3 medium** — minimum 10 days before expiration (Friday Creamy Cod Chowder)
- **Fresh ginger root, 1 piece (~1 oz)** — minimum 5 days before expiration (Thursday Sesame Tempeh & Broccoli Plate)
- **Lemons, 3** — minimum 10 days before expiration
- **Garlic** — use remaining from Week 1/2; top up with 1 head if fewer than 8 cloves remain • **Yellow onions** — use remaining from previous weeks; top up with 2–3 medium if needed • **Red onion, 1 medium** — long shelf life item
- **Fresh dill or parsley, 1 bunch** — minimum 5 days before expiration (Cod Chowder Fri + Chopped Chicken Patties Sat)

MEAT & POULTRY

- **Boneless, skinless turkey breast, 1.5 lb** — minimum 2 days before expiration; Sunday prep: cook 3 oz for Wednesday Hummus Sandwich (refrigerate); cook portion (~8–10 oz) for Monday Turkey with Braised Cabbage
- **Ground beef (90% lean), ½ lb (8 oz)** — minimum 2 days before expiration (Monday Beef Burrito Bowl; use or freeze same day as purchase)
- **Deli-sliced roast beef, 1 (4–6 oz) package** — minimum 4 days before expiration (Saturday Roast Beef & Egg Breakfast Plate; buy from deli counter or sliced package)
- **Boneless, skinless chicken breast, 1.5 lb** — minimum 2 days before expiration; Sunday prep: cook 3 oz for Monday Chicken Veggie Wrap + 3 oz for Wednesday Chicken Avocado Crunch Salad (refrigerate both); remainder for Saturday Grilled Chicken Greek Salad (~6 oz) and Saturday dinner Chopped Chicken Patties (~10 oz)
- **Tempeh, 2 (8 oz) packages** — minimum 8 days before expiration (Thursday breakfast Sesame Tempeh & Broccoli Plate + Thursday lunch Tempeh Grain Bowl with Brussels Sprouts)

FISH & SEAFOOD

- **Canned tuna in water or olive oil, 3 (5 oz) cans** — long shelf life item (Sunday prep Tuna Corn Egg Muffins + Tuesday Tomato White Bean Soup with Tuna + Friday Tuna White Bean Salad)
- **White fish fillets (cod or tilapia), ¾ lb (12 oz)** — minimum 2 days before expiration (Tuesday Whole-Grain-Crusted White Fish with Green Beans); or buy frozen
- **Fresh salmon fillet, ¾ lb (12 oz)** — minimum 2 days before expiration (Friday Salmon Quinoa Lunch Bowl); or buy frozen and thaw Thursday night
- **Cod fillet (for chowder), ¾ lb (12 oz)** — minimum 2 days before expiration (Friday Creamy Cod Chowder); can purchase together with white fish as 1.5 lb cod total

DAIRY & REFRIGERATED

- **Fresh mozzarella, 1 (8 oz) ball** — minimum 7 days before expiration (Tuesday breakfast 2 oz + Caprese Salad Monday + Caprese Salad Sunday = ~8 oz total)
- **Greek yogurt (plain, whole-milk or 2%), 1 (16 oz) container** — minimum 8 days before expiration (Sunday dinner 4 fl oz; also Baked Cottage Cheese Bake + Chocolate Cottage Cheese Cream)

• **Kefir (plain, whole-milk), 1 (32 fl oz) carton** — minimum 7 days before expiration (4 fl oz Monday–Saturday)

• **Cottage cheese (2%), 2 (16 oz) containers** — minimum 8 days before expiration (Friday Baked Cottage Cheese Bake 1.5 servings + Saturday Chocolate Cottage Cheese Cream + Sunday Cottage Cheese Stuffed Sweet Potatoes)

• **Feta cheese (crumbled), 1 (4–6 oz) container** — minimum 5 days before expiration (Sunday Spinach Feta Omelet + Saturday Grilled Chicken Greek Salad)

• **Sharp cheddar cheese (shredded), 1 (8 oz) bag** — minimum 5 days before expiration (Wednesday Creamy Broccoli Soup)

• **Plain low-fat yogurt or light sour cream, 1 (8 oz) container** — minimum 5 days before expiration (Tuesday Beet Salad with Walnuts & Prunes dressing)

• **Milk (low-fat or whole), 1 (16 fl oz) carton** — minimum 5 days before expiration (Friday Creamy Cod Chowder)

• **Hummus (plain or roasted garlic), 1 (10 oz) container** — minimum 6 days before expiration (Wednesday Turkey Hummus Sandwich)

• **Parmesan cheese (grated)** — use remaining from Week 1; top up with 1 (4 oz) bag if needed

EGGS

• **Large eggs, 1½ dozen (18 eggs)** — minimum 8 days before expiration (Tuna Corn Egg Muffins, Baked Cottage Cheese Bake, Spinach Feta Omelet, Chopped Chicken Patties, Roast Beef & Egg Plate, Chickpea Shakshuka)

CANNED & JARRED GOODS

• **Black beans (no salt added), 1 (15 oz) can** — long shelf life item (Monday Beef Burrito Bowl)

• **White beans (cannellini), 2 (15 oz) cans** — long shelf life item (Tuesday Tomato White Bean Soup + Friday Tuna White Bean Salad)

• **Chickpeas (no salt added), 1 (15 oz) can** — long shelf life item (Sunday Chickpea Shakshuka)

• **Diced or crushed tomatoes, 2 (14.5 oz) cans** — long shelf life item (Tuesday Tomato White Bean Soup + Sunday Chickpea Shakshuka)

• **Pumpkin purée (100% pure, not pie filling), 1 (15 oz) can** — long shelf life item (Thursday Creamy Pumpkin Soup with Seeds)

• **Whole kernel corn (no salt added), 1 (15 oz) can** — long shelf life item (Sunday prep Tuna Corn Egg Muffins; can use fresh corn ear instead)

• **Low-sodium chicken or vegetable broth, 2 (32 fl oz) cartons** — long shelf life item (Cod Chowder + Creamy Broccoli Soup + Shakshuka)

• **Salsa (chunky, mild or medium), 1 (16 oz) jar** — long shelf life item (Monday Beef Burrito Bowl)

• **Black olives (sliced or whole), 1 (3.8 oz) can** — long shelf life item (Caprese Salad Monday + Sunday)

• **Tomato paste** — use remaining from previous weeks; buy 1 (6 oz) can only if completely out

• **Soy sauce/tamari** — use remaining from previous weeks

• **Tahini** — use remaining from Week 2

• **Kalamata olives** — use remaining from previous weeks; buy 1 (6 oz) jar if needed for Saturday Grilled Chicken Greek Salad

GRAINS, BREAD & DRY GOODS

• **Whole-grain sandwich bread, 1 loaf** — minimum 5 days before expiration

• **Whole-wheat wraps or tortillas, 1 package** — minimum 6 days before expiration (Monday Chicken Veggie Wrap)

• **Spelled flour, 1 (2 lb) bag** — long shelf life item (Sunday prep Carrot Walnut Spelled Muffins; first purchase; will carry forward)

•**Farro (uncooked), 1 (14–16 oz) bag** — long shelf life item (Thursday Tempeh Grain Bowl with Brussels Sprouts specifically uses farro; first purchase; will carry forward to Week 4) •**Quinoa** — use remaining from Week 1 (Friday Salmon Quinoa Lunch Bowl); buy 1 additional (12 oz) bag only if less than ¾ cup remains

•**Brown rice** — use remaining from Week 1 (Beef Burrito Bowl if not using farro for grain bowl); top up only if less than 1½ cups remains

•**Whole-wheat flour** — use remaining from Week 1 (Saturday Chopped Chicken Patties + Whole-Grain-Crusted Fish; top up if less than ¾ cup remains)

•**Whole-grain breadcrumbs** — use remaining from Week 1 (Whole-Grain-Crusted Fish)

BAKING

•**Maple syrup or honey** — check quantity; needed for Carrot Walnut Spelled Muffins and Wednesday Baked Apples

•**Baking powder** — should remain from Week 1

•**Vanilla extract** — should remain from Week 1

•**Ground cinnamon** — should remain from Week 1 (Carrot Walnut Muffins + Baked Apples)

•**Unsweetened cocoa powder** — use remaining from Week 1 (Saturday Chocolate Cottage Cheese Cream)

•**Sugar or coconut sugar** — use remaining from previous weeks

NUTS, SEEDS & DRIED FRUIT

•**Dried prunes (pitted), 1 (6 oz) package** — long shelf life item (Tuesday Beet Salad with Walnuts & Prunes; first purchase)

•**Sunflower seeds (raw or lightly roasted), 1 (4 oz) bag** — long shelf life item (Thursday Creamy Pumpkin Soup with Seeds; first purchase if not in pantry)

•**Pumpkin seeds (pepitas)** — use remaining from Week 2 (Thursday Creamy Pumpkin Soup with Seeds)

•**Walnut halves** — use remaining from Week 1 (Tuesday Beet Salad + Sunday prep Carrot Walnut Spelled Muffins); buy 1 additional (6 oz) bag if less than ¾ cup remains

•**Pecan halves** — use remaining from Week 1 (Wednesday Baked Apples with Raisins & Pecans); top up if less than ¼ cup remains

•**Raisins** — use remaining from Week 1 (Wednesday Baked Apples with Raisins)

•**Sesame seeds** — use remaining from Week 1 (Thursday Sesame Tempeh Plate)

•**Almonds** — use remaining from Week 2 if any

FROZEN

•**Shelled edamame** — not required in Week 3 menus; keep any remaining stock for later OPTIONAL / PANTRY CHECK

•**Sesame oil** — needed for Thursday Sesame Tempeh & Broccoli Plate; check pantry

•**Soy sauce/tamari** — check quantity (Sesame Tempeh Plate + Tofu Bowl)

•**Olive oil** — check quantity; needed for roasting, sautéing, and dressings

•**Balsamic vinegar** — needed for Caprese Salad (Mon + Sun) and Greek Salad (Sat)

•**Dried Italian herbs** — needed for Saturday Chopped Chicken Patties; check pantry •**Ground cumin and smoked paprika** — needed for Sunday Chickpea Shakshuka and Beef Burrito Bowl

•**Dried oregano** — needed for Greek Salad and Shakshuka

•**Cayenne pepper or harissa** — check pantry for Shakshuka

•**Ground nutmeg** — optional for Pumpkin Soup; check pantry

•**Dijon mustard** — for Chicken Avocado Crunch Salad dressing (Wednesday)

•**Berries or low-glycemic fruit** — 4.5–5.5 lb total (2–2.5 kg) for the week; choose from strawberries, raspberries, blueberries, blackberries, kiwi, peaches, or plums; buy in stages if possible, since fresh berries are best within 3–4 days of purchase.

•**Check pantry for olive oil, sauces, and spices before shopping.**

Grocery List – Week 4

Week 4 Meals at a Glance: Turkey Avocado Egg Wrap · Cucumber Tomato Salad · Chicken & White Bean Skillet · Cherry Cheesecake Brownies · Chicken Sausage with Sautéed Kale · Tuna, Corn & Egg Salad · Napa Cabbage Salad with Corn & Cucumber · White Fish Fritters with Dill, Onion & Baked Sweet Potato · Banana Oat Cookies · Baked Cod with Asparagus & Tomatoes · Roast Beef & Egg Breakfast Plate · Caprese Salad · Chicken with Roasted Cauliflower & Quinoa · Creamy Broccoli Soup · Quinoa with Walnuts & Cinnamon · Tempeh Grain Bowl with Brussels Sprouts · Vegetarian Chili with Pinto Beans · Tuna Cottage Cheese Bowl · Cabbage & Carrot Salad with Olives · Shrimp & Lentil Bowl · Baked Pears with Greek Yogurt · Baked White Fish with Vegetables · Flourless Cottage Cheese Pancakes · Turkey & Sweet Potato Salad Plate · Chopped Chicken Patties with Roasted Broccoli · Black Bean Avocado Scramble · Poached Eggs with Quinoa & Spinach · Berry Ricotta Parfait · Chickpea Shakshuka

PRODUCE

- **Broccoli, 2 large heads** — minimum 8 days before expiration (Wednesday Creamy Broccoli Soup + Saturday Chopped Chicken Patties)
- **Cauliflower, 1 large head** — minimum 7 days before expiration (Wednesday Chicken with Roasted Cauliflower & Quinoa)
- **Kale (curly or lacinato), 1 bunch** — minimum 3 days before expiration (Monday Chicken Sausage with Sautéed Kale)
- **Asparagus, 1 bunch (~1 lb)** — minimum 3 days before expiration (Tuesday Baked Cod with Asparagus & Tomatoes); store upright in a glass of water
- **Napa cabbage, 1 small head** — minimum 5 days before expiration (Tuesday Napa Cabbage Salad with Corn & Cucumber)
- **Green cabbage, 1 small head (~1 lb)** — minimum 7 days before expiration (Friday Cabbage & Carrot Salad with Olives)
- **Carrots, 1 (1 lb) bag** — minimum 7 days before expiration (Friday Cabbage & Carrot Salad)
- **Brussels sprouts, 1 lb** — minimum 5 days before expiration (Thursday Tempeh Grain Bowl with Brussels Sprouts)
- **Sweet potatoes, 3–4 medium** — minimum 7 days before expiration (Tuesday Baked Sweet Potato + Saturday Turkey & Sweet Potato Salad Plate from Sunday prep)
- **Avocados, 3 medium** — minimum 8 days before expiration (Monday Turkey Avocado Egg Wrap + Sunday Black Bean Avocado Scramble; buy slightly firm)
- **Cucumbers, 3 medium** — minimum 6 days before expiration (Monday Cucumber Tomato Salad + Tuesday Napa Cabbage Salad + Sunday Cucumber Tomato Salad)
- **Tomatoes on the vine, 5 medium** — minimum 6 days before expiration (Monday salad + Caprese Wed + Tue Baked Cod + Sun salad)
- **Cherry tomatoes, 1 pint** — minimum 5 days before expiration (Tuesday Baked Cod + Sunday Chickpea Shakshuka)
- **Bell peppers (red and orange), 4 medium** — minimum 7 days before expiration (Monday Turkey Avocado Egg Wrap + Thursday Vegetarian Chili + Sunday Chickpea Shakshuka)
- **Zucchini, 2 medium** — minimum 6 days before expiration (Thursday Vegetarian Chili with Pinto Beans)
- **Baby spinach, 1 (5 oz) container** — minimum 8 days before expiration (Sunday Poached Eggs with Quinoa & Spinach)
- **Romaine lettuce or mixed greens, 1 (5 oz) bag** — minimum 4 days before expiration (Tuesday Tuna, Corn & Egg Salad)
- **Arugula, 1 (5 oz) bag** — minimum 5 days before expiration (Wednesday Roast Beef & Egg Breakfast Plate + Wednesday Chicken with Roasted Cauliflower & Quinoa)

•**Radishes, 1 bunch** — minimum 5 days before expiration (Wednesday Roast Beef & Egg Breakfast Plate)

•**Pears (Bosc or Anjou, firm), 4 medium** — minimum 7 days before expiration (Friday + Saturday Baked Pears with Greek Yogurt; buy firm so they ripen by use day)

•**Ripe bananas, 4 medium** — minimum 4 days before expiration (Sunday prep Banana Oat Cookies; the riper the better)

•**Apples, 1 medium** — minimum 7 days before expiration (Thursday Quinoa with Walnuts & Cinnamon breakfast bowl)

•**Fresh basil, 1 small bunch** — minimum 4 days before expiration (Wednesday Caprese Salad)

•**Fresh dill, 1 bunch** — minimum 4 days before expiration (Tuesday White Fish Fritters with Dill and Onion)

•**Fresh parsley, 1 bunch** — minimum 7 days before expiration (Monday Cucumber Tomato Salad + Friday Shrimp & Lentil Bowl + Saturday Chopped Chicken Patties)

•**Lemons, 3** — minimum 10 days before expiration

•**Yellow onions** — use remaining from previous weeks; top up with 3 medium if needed •**Garlic** — use remaining from previous weeks; top up with 2 heads (garlic is used in nearly every recipe; 7+ cloves needed this week)

•**Red onion, 1 medium** — long shelf life item

MEAT & POULTRY

•**Boneless, skinless turkey breast, 1.5 lb** — minimum 2 days before expiration; Sunday prep: cook 3 oz (refrigerate, for Monday Turkey Avocado Egg Wrap); cook 1 serving (~6–8 oz) for Saturday Turkey & Sweet Potato Salad Plate and freeze immediately; thaw Friday night

•**Boneless, skinless chicken breast, 1.5 lb** — minimum 2 days before expiration; use for Monday Chicken & White Bean Skillet (~8 oz) and Saturday Chopped Chicken Patties double batch (~1 lb)

•**Chicken sausages (fully cooked, mild flavor), 1 (12 oz) package** — minimum 5 days before expiration (Monday Chicken Sausage with Sautéed Kale)

•**Deli-sliced roast beef, 1 (4–6 oz) package** — minimum 4 days before expiration (Wednesday Roast Beef & Egg Breakfast Plate)

•**Tempeh, 1 (8 oz) package** — minimum 8 days before expiration (Thursday Tempeh Grain Bowl with Brussels Sprouts)

FISH & SEAFOOD

•**Canned tuna in water or olive oil, 2 (5 oz) cans** — long shelf life item (Tuesday Tuna, Corn & Egg Salad + Friday Tuna Cottage Cheese Bowl)

•**White fish fillets (cod or tilapia), 1.5 lb** — minimum 2 days before expiration; last use Friday Baked White Fish (portions: ~8 oz Tuesday White Fish Fritters + ~6–8 oz Friday Baked White Fish); or buy frozen

•**Cod fillets, ¾ lb (12 oz)** — minimum 2 days before expiration (Tuesday Baked Cod with Asparagus & Tomatoes); can combine with white fish purchase

•**Shrimp (medium, peeled & deveined), 1 (12 oz) bag** — buy frozen; thaw in refrigerator Thursday night (Friday Shrimp & Lentil Bowl)

DAIRY & REFRIGERATED

•**Greek yogurt (plain, whole-milk or 2%), 1 (32 oz) container** — minimum 8 days before expiration (Saturday breakfast 2 fl oz + Fri & Sat Baked Pears + Sunday dinner 4 fl oz; also used in Tuesday yogurt serving)

•**Kefir (plain, whole-milk), 1 (32 fl oz) carton** — minimum 7 days before expiration (4 fl oz Monday–Saturday dinners = 24 fl oz)

- **Cottage cheese (2% or low-fat), 2 (16 oz) containers** — minimum 8 days before expiration (Saturday Flourless Cottage Cheese Pancakes + Friday Tuna Cottage Cheese Bowl + possibly Shakshuka topping)
- **Ricotta cheese (whole-milk), 1 (15 oz) container** — minimum 8 days before expiration (Sunday Berry Ricotta Parfé)
- **Fresh mozzarella, 1 (4 oz) ball** — minimum 7 days before expiration (Wednesday Caprese Salad)
- **Cream cheese (block style), 1 (4 oz) package** — minimum 8 days before expiration (Sunday prep Cherry Cheesecake Brownies)
- **Shredded cheddar or Monterey Jack cheese, 1 (8 oz) bag** — minimum 7 days before expiration (Monday Chicken & White Bean Skillet)
- **Sharp cheddar cheese (shredded), 1 (8 oz) bag** — minimum 7 days before expiration (Wednesday Creamy Broccoli Soup)
- **Feta cheese (crumbled), 1 (4 oz) container** — minimum 6 days before expiration (Sunday Chickpea Shakshuka topping)
- **Hummus (plain or garlic), 1 (10 oz) container** — minimum 5 days before expiration (Monday Turkey Avocado Egg Wrap)

EGGS

- **Large eggs, 2 dozen** — minimum 8 days before expiration (Turkey Avocado Egg Wrap, Tuna/Corn/Egg Salad, Roast Beef & Egg Plate, Flourless Cottage Cheese Pancakes, Poached Eggs with Quinoa, Chickpea Shakshuka, Cherry Cheesecake Brownies, White Fish Fritters, Banana Oat Cookies)

CANNED & JARRED GOODS

- **Pinto beans (no salt added), 2 (15 oz) cans** — long shelf life item (Thursday Vegetarian Chili with Pinto Beans)
- **White beans (cannellini), 1 (15 oz) can** — long shelf life item (Monday Chicken & White Bean Skillet)
- **Black beans (no salt added), 1 (15 oz) can** — long shelf life item (Sunday Black Bean Avocado Scramble)
- **Chickpeas (no salt added), 1 (15 oz) can** — long shelf life item (Sunday Chickpea Shakshuka)
- **Diced tomatoes (no salt added), 2 (14.5 oz) cans** — long shelf life item (Thursday Vegetarian Chili + Sunday Chickpea Shakshuka)
- **Whole kernel corn (no salt added), 1 (15 oz) can** — long shelf life item (Tuesday Tuna, Corn & Egg Salad + Tuesday Napa Cabbage Salad with Corn)
- **Green or brown lentils, 1 (15 oz) can OR use dry lentils from Week 1 bag** — long shelf life item (Friday Shrimp & Lentil Bowl)
- **Black olives (sliced or whole), 1 (3.8 oz) can** — long shelf life item (Wednesday Caprese Salad)
- **Kalamata olives, 1 (6 oz) can or jar** — long shelf life item (Friday Cabbage & Carrot Salad with Olives)
- **Cherry preserves or jarred sour cherries, 1 (12 oz) jar** — long shelf life item (Sunday prep Cherry Cheesecake Brownies)
- **Salsa (chunky, mild or medium), 1 (16 oz) jar** — long shelf life item (Sunday Black Bean Avocado Scramble)
- **Low-sodium chicken or vegetable broth, 2 (32 fl oz) cartons** — long shelf life item (Wednesday Creamy Broccoli Soup + Monday Chicken Sausage with Kale + Vegetarian Chili + Shakshuka)

- **Tomato paste** — use remaining from previous weeks; buy 1 (6 oz) can only if completely out
- **Soy sauce/tamari** — use remaining from previous weeks

GRAINS, BREAD & DRY GOODS

- **Whole-grain sandwich bread, 1 loaf** — minimum 5 days before expiration
- **Oat bran, 1 (16 oz) canister** — long shelf life item (Saturday Flourless Cottage Cheese Pancakes; first purchase if not already in pantry)
- **Hemp seeds (hemp hearts), 1 (8 oz) bag** — long shelf life item (Thursday Quinoa with Walnuts & Cinnamon breakfast bowl + Sunday Poached Eggs with Quinoa & Spinach; first purchase)
- **Quinoa** — use remaining from Week 1/3 (Wednesday Chicken with Roasted Cauliflower & Quinoa + Thursday Quinoa with Walnuts & Cinnamon + Sunday Poached Eggs with Quinoa); buy 1 (12 oz) bag if less than 1½ cups remains
- **Farro** — use remaining from Week 3 (Thursday Tempeh Grain Bowl with Brussels Sprouts; same recipe uses farro)
- **Rolled oats** — use remaining from Week 1 (Sunday prep Banana Oat Cookies); buy 1 (18 oz) canister only if less than ¾ cup remains
- **Whole-wheat flour** — use remaining from Week 1 (Tuesday White Fish Fritters + Saturday Chopped Chicken Patties); top up if less than ¾ cup remains
- **Whole-grain breadcrumbs** — use remaining from Week 1 (White Fish Fritters coating); top up if less than ¼ cup remains

BAKING

- **Mixed frozen or fresh berries, 1 (10–12 oz) bag** — for Sunday Berry Ricotta Parfé; or use fresh berries from your weekly fruit allotment
- **Unsweetened cocoa powder** — use remaining from Week 1 (Sunday prep Cherry Cheesecake Brownies)
- **Baking powder** — should remain from Week 1
- **Honey or maple syrup** — check quantity; needed for Banana Oat Cookies + Baked Pears + Quinoa Breakfast Bowl; top up if running low
- **Vanilla extract** — should remain from Week 1
- **Ground cinnamon** — should remain from Week 1 (Quinoa Breakfast Bowl + Banana Oat Cookies)
- **Sugar or coconut sugar** — use remaining from Week 2 (Cherry Cheesecake Brownies)

SEEDS & DRIED FRUIT

- **Apple cider vinegar, 1 (16 fl oz) bottle** — long shelf life item (Tuesday Napa Cabbage Salad with Corn & Cucumber + Friday Cabbage & Carrot Salad with Olives; first purchase if not already in pantry)
- **Walnut halves** — use remaining from Week 1/2 (Thursday Quinoa with Walnuts & Cinnamon + Tempeh Grain Bowl); buy 1 additional (6 oz) bag if less than ¾ cup remains
- **Pecan halves** — check remaining from Week 1; not required in Week 4 core recipes
- **Pumpkin seeds (pepitas)** — use remaining from Week 2/3
- **Sesame seeds** — use remaining from Week 1
- **Almonds** — use remaining from Week 2 if any

FROZEN

- **Mixed berries (frozen), 1 (10 oz) bag** — long shelf life in freezer (Sunday Berry Ricotta Parfé; or use fresh from fruit allotment)
- **Shrimp** is listed under Fish & Seafood above (buy fresh frozen; thaw Thursday night)

OPTIONAL / PANTRY CHECK

- **Olive oil** — check quantity; needed for sautéing kale, roasting cauliflower, and dressings
- **Sesame oil** — check pantry (Thursday Tempeh Grain Bowl)
- **Apple cider vinegar** — listed in Nuts & Seeds section above; needed for 2 salads this week
- **Balsamic vinegar** — check pantry (Wednesday Caprese Salad)
- **Dijon mustard** — check pantry (various dressings)
- **Dried Italian herbs** — needed for Tuesday Baked Cod + Friday Baked White Fish; check pantry or buy 1 jar
- **Ground cumin and chili powder** — check pantry (Thursday Vegetarian Chili)
- **Smoked paprika and dried oregano** — check pantry (Sunday Chickpea Shakshuka + Chili)
- **Cayenne pepper or hot sauce** — optional for Shakshuka and Chili
- **Ground nutmeg** — optional for Flourless Cottage Cheese Pancakes; check pantry
- **Cooking spray (oil spray)** — for Flourless Cottage Cheese Pancakes; check pantry
- **Salt and black pepper** — check and replenish if needed
- **Berries or low-glycemic fruit** — 4.5–5.5 lb total (2–2.5 kg) for the week; choose from strawberries, raspberries, blueberries, blackberries, kiwi, peaches, or plums; buy in stages if possible, since fresh berries are best within 3–4 days of purchase.
- **Check pantry for olive oil, sauces, and spices before shopping.**

Kitchen Conversion Chart

LIQUID MEASURES

FLUID OZ	CUP	PINT	QUART	GALLON
8	1	1/2	1/4	1/16
16	2	1	1/2	1/8
32	4	2	1	1/4
64	8	4	2	1/2
128	16	8	4	1

DRY MEASURES

GRAM	TEASPOON	TABLESPOON	CUP
14	3	1	1/16
29	6	2	1/8
57	12	4	1/4
114	24	8	1/2
171	36	12	3/4
229	48	16	1

OVEN TEMPERATURES

°C	120	160	180	205	220
°F	250	320	350	400	425

COOKING TIPS

1 Use a sharp knife.

A sharp knife is one of the most important tools in a healthy kitchen. It gives you precise, clean cuts, speeds up prep, helps food cook more evenly, and reduces frustration.

2 Preheat your pan.

Give your pan a few minutes to warm before adding food. A properly preheated pan helps ingredients brown better, cook more evenly, and release more easily without sticking.

3 Taste as you cook.

Taste your food throughout the cooking process, not only at the end. Small adjustments with salt, lemon juice, herbs, or spices can turn a simple dish into something balanced and satisfying.

4 Read the recipe before cooking.

Read the full recipe before you begin so you know the steps, timing, and ingredients in advance. This helps you avoid surprises and makes cooking feel calmer and more organized.

5 Use high-quality ingredients.

Choose fresh, simple ingredients whenever possible. Good vegetables, quality protein, healthy fats, and flavorful herbs make everyday meals more nourishing without adding extra complexity.

Conclusion

If there is one message I have tried to weave through every chapter, every explanation, every recommendation, and yes, even through some deliberate repetition, it is this: nourishment matters more than most of us were ever taught to believe.

I wrote this book with deep care because I truly wanted to help women understand that food is not just about weight, calories, or rules. It is about showing up strong — physically, mentally, and emotionally. It is about protecting your bones, muscles, brain, hormones, and independence so that you can truly live on your own terms. For women over 50, nutrition stops being an afterthought. It becomes one of the most direct levers you have for shaping how you feel, move, and age. Throughout these pages, certain themes kept surfacing — protein, balance, whole foods, blood sugar stability, muscle preservation, consistency. That repetition was deliberate. The ideas that shift how we live rarely land on the first pass; they need time, context, and repetition to take root. My aim was never just to leave you feeling motivated for a day. I wanted to give you something concrete — a framework clear enough to recall and practical enough to actually use.

Now, the next step is yours.

How willing are you to care for your body with the respect it deserves? How ready are you to protect your mind, your strength, and your vitality for the years ahead? Healthy aging is not about chasing youth. It is about creating the conditions for a strong, clear, capable, joyful adulthood. It is about giving yourself the best possible chance to feel well in your own body and at home in your own life.

I hope this book helps you begin that process with more confidence and less confusion. And I hope it reminds you that small, steady choices are never small when they are repeated over time.

This book is only the first step. In my next book, I plan to take a deeper look at what truly happens in women 50+ on every level: physiology, psychology, emotional change, adaptation, identity, and the many visible and invisible transitions that shape this stage of life. But before we can go deeper, we need a strong foundation. And that is exactly why I felt nutrition had to become its own book. Bringing order to the way we eat is not a minor task. It is one of the most important acts of self-support a woman can make.

So start here. Start with your plate. Start with one meal, one habit, one better choice at a time.

And then keep going.

Because your life is still unfolding. And you deserve to meet the years ahead feeling nourished, strong, and fully alive.

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Sea Bream Oven-Baked	96
Sesame-Ginger Shrimp Bowls	89
Sesame Tempeh and Broccoli Plate	49
Shrimp and Citrus Salad	125
Shrimp and Lentil Bowl	90
Shrimp Avocado Salad	43
Smoked Salmon Beet and Bean Salad	126
Smoked Salmon Scramble	45
Soy Milk Chia Pudding with Almonds	50
Spinach Feta Omelet	33
Spicy Parmesan Lime Dressing	160
Steak and Arugula Salad	121
Tempeh Grain Bowl with Brussels Sprouts	101
Tempeh Quinoa Broccoli Bowl	100
Tofu and Edamame Veggie Bowl	98
Tomato-Crusted White Fish with Bulgur	94
Tomato Lentil Soup	115
Tomato White Bean Soup with Tuna	112
Tropical Yogurt Bowl	54
Tuna Cottage Cheese Bowl	53
Tuna Corn Egg Muffins	66
Tuna Stuffed Avocado	88
Tuna White Bean Salad	46
Tuna, Corn, and Egg Salad	123
Turkey and Apple Walnut Salad	120
Turkey and Sweet Potato Salad Plate	78
Turkey and White Bean Salad Bowl	80
Turkey Avocado Egg Wrap	41
Turkey Bell Pepper Egg Muffins	64
Turkey Cobb Salad	122
Turkey Grain Bowl with Hummus	79
Turkey Ham Cheese Egg Muffins	63
Turkey Hummus Sandwich	42
Turkey Meatball and Vegetable Soup with Dill	107
Turkey Veggie Egg Muffins	65
Turkey with Braised Cabbage	82
Turkey Zucchini Patties with Asparagus	81
Turmeric Tofu Scramble with Whole-Grain Toast	51
Vegetarian Chili with Pinto Beans	99
Warm Roasted Vegetable Salad with Tahini Dressing ..	133
White Bean Spread on Whole-Grain Crackers	52
White Fish Fritters with Dill and Onion and Baked Sweet Potato ...	95
Whole-Grain-Crusted White Fish with Green Beans	97