

3-days of meal plan recipes

simple, delicious recipes
to help you meet your
health goals

Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created healthy meal plans to help you meet your health goals. All of our delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

Mix and match the recipes in this e-book to create three days of health-promoting meals!

To check out more recipes with access to a customizable planner and smart grocery list, go to my website and sign up for a FREE trial of the plans. Not sure which one is for you? Please reach out and we'll have a chat.

Let's get cooking!

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menu

Breakfast

Blender Oat Muffins

Chard, Tomato, and Zucchini Frittata

Overnight Strawberry Chia Oatmeal

Lunch/Dinner

Sheet Pan Maple Mustard Chicken with Squash and Brussels Sprouts

Turkey Mushroom Burgers with Simple Radicchio Arugula Salad

One-Pan Avocado Lime Salmon

Snacks

Peanut Butter Energy Bites

Green with Envy Smoothie

Edamame Hummus



Blender Oat Muffins

Serves 4



Ingredients

- 2 bananas, *very ripe*
- 2 eggs
- 1 tsp vanilla extract
- 3 Tbs unsweetened almond milk *(or other milk of choice)*
- 3 Tbs maple syrup
- 1 cup quick-cook oatmeal, *gluten-free*
- 1/2 cup tapioca flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- cooking spray

NOTES:

- Serving size is one full-sized muffin or 5 minis.
- These muffins freeze beautifully!

Directions

Prep

1. Preheat oven to 350° F.
2. Peel bananas and break into pieces.
3. Spray muffin tins with oil.

Make

1. Add bananas, eggs, vanilla, milk, and maple syrup to blender and process until creamy.
2. Add oats and process until just combined.
3. In a bowl, whisk together tapioca flour, baking powder, cinnamon, and salt.
4. Make a well in dry ingredients and pour in liquid from blender.
5. Stir until just combined.
6. Using a small ice cream scoop or two spoons, place batter in muffin tin and bake for about 8-10 minutes [minis] or 12-15 minutes full size.

Nutrition Facts

Calories 268 per serving

Amount/serving	% Daily Value*
Total Fat 4.3g	6%
Saturated Fat 1.1g	5%
Trans Fat 0.0g	
Cholesterol 93mg	31%
Sodium 331mg	14%

Amount/serving	% Daily Value*
Total Carbohydrates 53g	17%
Dietary Fiber 4g	15%
Total Sugars 17g	
Protein 7g	

Vitamin D 1mcg 5% · Calcium 112mg 11% · Iron 11mg 59% · Potassium 490mg 10%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chard, Tomato, and Zucchini Frittata

Serves 3



Ingredients

- 1 Tbs olive oil
- 1/2 cup onion, chopped
- 2 Cloves garlic, minced or pressed
- 1 zucchini, chopped
- 2 cup cherry tomatoes
- 2 cup Swiss chard, tough spines removed and leaves shredded
- 6 eggs, whisked
- 1/2 tsp salt

Directions

Prep

1. Chop onion, zucchini, tomatoes, and chard.
2. Mince garlic.
3. Whisk eggs.
4. Preheat oven to 350°F.

Make

1. In an oven-safe, non-stick skillet, heat olive oil. Sauté zucchini and tomatoes until they begin to brown. Add chard and sauté for a few more minutes until wilted.
2. Add onions and garlic and continue to sauté until soft and fragrant.
3. Push vegetables around pan to distribute evenly.
4. Whisk salt into eggs and pour over vegetables. Place in oven for 8-10 minutes until cooked through.
5. Remove frittata from oven and let stand for a few minutes. Remove from pan and slice to serve.
6. If desired, sprinkle with 2 tablespoons of cheese [feta or parmesan] when you remove from oven and let melt before serving.

Nutrition Facts

Calories 226 per serving

Amount/serving	% Daily Value*
Total Fat 14.3g	22%
Saturated Fat 3.8g	18%
Trans Fat 0.0g	
Cholesterol 372mg	124%
Sodium 394mg	17%

Amount/serving	% Daily Value*
Total Carbohydrates 10g	3%
Dietary Fiber 2g	8%
Total Sugars 4g	
Protein 15g	

Vitamin D 2mcg 20% · Calcium 96mg 9% · Iron 3mg 14% · Potassium 552mg 11%

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Overnight Strawberry Chia Oatmeal

Serves 2



Ingredients

- 2/3 cup rolled oats *certified gluten-free, if needed*
- 1/4 cup chia seeds
- 1/2 banana, mashed
- 2 cup unsweetened almond milk *or milk of choice*
- 1 1/2 tsp vanilla extract
- 2 tsp maple syrup
- 1 cup strawberries, sliced

NOTES:

- Steel cut oats will also work well here.
- Feel free to substitute with other seasonal fruit

Directions

Prep

1. Mash banana with a fork.
2. Slice strawberries.

Make

1. Place oats, chia seeds, mashed banana, milk, vanilla, and maple syrup in a mason jar with lid. Shake vigorously to combine. Let sit for 10 minutes, shake again then place in refrigerator overnight.
2. The next morning take oats out of the refrigerator and stir well. Layer in a serving glass or a mason jar with sliced strawberries.
3. Top with additional milk and a drizzle of maple syrup if desired.

Nutrition Facts

Calories **355**

per serving

Amount/serving	% Daily Value*
Total Fat 13.4g	20%
Saturated Fat 1.4g	7%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 196mg	8%

Amount/serving	% Daily Value*
Total Carbohydrates 52g	17%
Dietary Fiber 15g	60%
Total Sugars 15g	
Protein 10g	

Vitamin D 3mcg 26% · Calcium 695mg 69% · Iron 17mg 91% · Potassium 638mg 13%

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Sheet Pan Maple Mustard Chicken

with Squash & Brussels Sprouts

Serves 4



Ingredients

- 2 Tbs fresh oregano, chopped *(or 1 teaspoon dried)*
- 2 Tbs Dijon mustard
- 2 Tbs maple syrup
- 1 1/2 lb chicken breasts, skinless
- 4 cup butternut squash, peeled and cubed (about 1 pound)
- 1 sweet onion, chopped small
- 8 oz Brussels sprouts, trimmed and halved (about 2 cups)
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste

NOTES:

- A variety of vegetables will work in this dish - be sure to cut all piece to approximately the same size for even cooking

Directions

Prep

1. Preheat oven to 425°F. Place a large rimmed baking sheet in oven (leave pan in the oven as it preheats).
2. Combine oregano, mustard, and syrup in a small bowl.
3. Cube squash, chop onion, trim and halve Brussels sprouts.

Make

1. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
2. Toss squash, onion, and sprouts with remaining dressing in small bowl
3. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
4. Bake at 425°F for 20-30 minutes or until chicken is done (until internal temperature of the chicken reaches 165 degrees F) and vegetables are tender.

Nutrition Facts

Calories 377 per serving

Amount/serving	% Daily Value*
Total Fat 10.2g	15%
Saturated Fat 1.7g	8%
Trans Fat 0.0g	
Cholesterol 97mg	32%
Sodium 192mg	8%

Amount/serving	% Daily Value*
Total Carbohydrates 32g	10%
Dietary Fiber 7g	26%
Total Sugars 11g	
Protein 42g	

Vitamin D 0mcg 0% · Calcium 172mg 17% · Iron 4mg 24% · Potassium 1234mg 26%

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Turkey Mushroom Burgers with Simple Radicchio Arugula Salad

Serves 4



Ingredients

- 1 1/2 lb ground turkey
- 1 cup mushrooms, finely chopped
- 2 cup spinach, chopped and loosely packed
- 1 tsp fennel seed, crushed
- 1 tsp ground sage
- 1/4 tsp salt
- 1/4 cup feta cheese
- cooking spray

Directions

Prep

1. Chop mushrooms and spinach.

Make

1. In a large bowl, mix together ground turkey, mushrooms, spinach, crushed fennel seed, ground sage, salt, and feta cheese or alternative (if using).
2. Preheat grill pan (or saute pan) over medium-high heat. Coat with cooking spray.
3. Evenly divide meat into 4 to create 4 burgers. Cook burgers, browning both sides until internal temperature reaches 165° F.

For the salad:

- 6 cup arugula
- 2 Heads radicchio lettuce, chopped
- 3 Tbs olive oil
- 2 tsp Dijon mustard
- 2 Tbs red wine vinegar
- 1 lemon, for 1 tablespoon juice

Prep

1. Chop radicchio.
2. Wash and dry lettuces.
3. Juice lemon.

Make

1. Add oil, mustard, vinegar, and lemon juice to a small mason jar. Shake to combine.
2. Add lettuces to a bowl and toss to coat.
3. Season with salt and pepper to taste.

Nutrition Facts

Calories **286**

per serving

Amount/serving	% Daily Value*
Total Fat 15.3g	23%
Saturated Fat 4.7g	23%
Trans Fat 0.2g	
Cholesterol 126mg	41%
Sodium 364mg	15%

Amount/serving	% Daily Value*
Total Carbohydrates 2g	0%
Dietary Fiber 1g	3%
Total Sugars 0g	
Protein 36g	

Vitamin D 1mcg 7% · Calcium 103mg 10% · Iron 3mg 14% · Potassium 559mg 11%

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One-Pan Avocado Lime Salmon

Serves 4

Ingredients

- 1 1/2 lb salmon, skinless
- 1 Clove garlic
- olive oil, to taste
- salt, to taste
- pepper, to taste
- 2 tsp paprika
- 1 avocado, chopped
- 1 red onion, chopped
- 4 Tbs fresh cilantro, chopped
- 4 Tbs olive oil
- 4 Tbs lime juice



NOTES:

- Replace avocado with another fleshy fruit like peaches or tomatoes for a different take on this dish

Directions

Prep

1. Preheat oven to 400°F. Spray a large baking sheet with cooking spray.
2. Chop avocado, onion, and cilantro.
3. Juice lime.

Make

1. On a baking sheet, season salmon with garlic, olive oil, salt, pepper, and paprika.
2. Bake for 10–12 minutes.
3. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
4. Spoon avocado topping over the salmon.

Nutrition Facts

Calories 441 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 35.3g	54%	**Total Carbohydrates** 8g	2%
Saturated Fat 6.2g	31%	Dietary Fiber 3g	13%
Trans Fat 0.0g		Total Sugars 2g	
Cholesterol 62mg	20%		
Sodium 73mg	3%	**Protein** 24g	

Vitamin D 12mcg 124% · Calcium 28mg 2% · Iron 1mg 5% · Potassium 676mg 14%

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Peanut Butter Energy Bites

Serves 8



Ingredients

- 1 cup mini chocolate chips
- 1 1/2 cup oats, *gluten-free if necessary, old-fashioned preferred*
- 3 Tbs chia seeds
- 1 Tbs maple syrup
- 2/3 cup peanut butter

NOTES:

- Peanut butter can be replaced with any nut butter or alternative
- Add water 1 teaspoon at a time if dough is too dry, as moisture is dependent on nut butter

Directions

Prep

1. Measure ingredients.

Make

1. Mix all ingredients together in a large bowl.
2. Scoop with teaspoon-size spoonfuls onto a piece of parchment paper placed in a container.
3. Cover and store in the refrigerator.

Nutrition Facts

Calories 386

per serving

Amount/serving	% Daily Value*
Total Fat 25.8g	39%
Saturated Fat 9.5g	47%
Trans Fat 0.0g	
Cholesterol 1mg	0%
Sodium 11mg	0%

Amount/serving	% Daily Value*
Total Carbohydrates 32g	10%
Dietary Fiber 7g	29%
Total Sugars 11g	
Protein 10g	

Vitamin D 0mcg 0% · Calcium 74mg 7% · Iron 12mg 64% · Potassium 403mg 8%

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Green with Envy Smoothie

Serves 1



Ingredients

- 1 cup water
- 1 cup kale, stems removed and torn 1-2 leaves
- 1/2 Head romaine
- 1/2 cucumber, chopped
- 1/4 avocado
- 1/2 apple, sliced
- 1 banana, frozen
- 1 ice cube, if desired

Directions

Prep

1. Kale stems removed and leaves torn.
2. Chop cucumber and slice apple.

Make

1. Place all ingredients in a high-speed blender and process until smooth and creamy.

NOTES:

- The smoothie is creamy yet fresh (thank you avocado and cucumber!) If you would like it sweeter, add a few pinches of stevia.
- Use a variety of greens - spinach works well

Nutrition Facts

Calories 329

per serving

Amount/serving	% Daily Value*
Total Fat 9.3g	14%
Saturated Fat 1.4g	6%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 45mg	1%

Amount/serving	% Daily Value*
Total Carbohydrates 63g	20%
Dietary Fiber 17g	66%
Total Sugars 32g	
Protein 8g	

Vitamin D 0mcg 0% · Calcium 199mg 19% · Iron 4mg 24% · Potassium 1838mg 39%

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Edamame Hummus

Serves 6



Ingredients

- 3 cup shelled edamame beans, frozen and defrosted
- 2 cloves garlic, minced
- 2 lemons, squeezed (1/4 cup juice)
- 2 Tbs tahini
- 1/2 tsp salt
- 1/4 tsp ground cumin
- 1/4 cup water, or more as needed
- 4 scallions, chopped

NOTES:

- Using edamame beans in place of other beans significantly reduces the carbohydrate content of this recipe
- Be sure to purchase shelled, frozen edamame

Directions

Prep

1. Crush garlic/juice lemons/chop scallions.

Make

1. Add edamame to food processor, reserving a few beans for garnish.
2. Pulse until finely chopped. Add garlic and pulse several more times.
3. Add lemon juice, tahini, salt, and cumin and run processor until smooth, adding more water as needed to thin.
4. Pulse in scallions.
5. Season with salt and pepper to taste.
6. Place hummus in bowl, garnish with reserved beans and drizzle with olive oil if desired. Serve with crisp, raw vegetables.

Nutrition Facts

Calories 130 per serving

Amount/serving	% Daily Value*
Total Fat 6.5g	9%
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 205mg	8%

Amount/serving	% Daily Value*
Total Carbohydrates 10g	3%
Dietary Fiber 5g	19%
Total Sugars 2g	
Protein 10g	

Vitamin D 0mcg 0% · Calcium 81mg 8% · Iron 2mg 11% · Potassium 402mg 8%

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Notes: