

# PFD Recipes



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## Performance Meals

Meal / Example Plate	Key Components	When To Use	Main Performance Benefits
Beet & Arugula Power Salad	Roasted beets, big handful of arugula, quinoa or farro, chickpeas, walnuts, extra-virgin olive oil + lemon	2–3 h before hard intervals or lifting	Beets + arugula = nitrate → nitric oxide → better blood flow & lower O <sub>2</sub> cost; quinoa/chickpeas = slow carbs + protein for steady energy; walnuts/olive oil = healthy fats + anti-inflammatory support.
Salmon, Potato & Greens Plate	Baked salmon, boiled or roasted potatoes, sautéed spinach, drizzle of EVOO, lemon	Dinner before or after hard training days	Salmon = high-quality protein + omega-3s for muscle repair & joint support; potatoes = glycogen refill + potassium; spinach + EVOO = nitrate, magnesium, and anti-inflammatory polyphenols.
Overnight Oats “Endurance Jar”	Oats, soy or Greek yogurt, berries, chia seeds, grated apple, cinnamon	Breakfast 2–3 h pre-endurance (run/ride) or as a recovery meal	Oats/apple = slow-release carbs; yogurt = 20–30 g protein for muscle repair; berries/cinnamon = antioxidants; chia = omega-3s + fiber for gut and metabolic health.
Black Bean & Sweet Potato Burrito Bowl	Brown rice, roasted sweet potato, black beans, salsa, avocado, shredded lettuce, cilantro	Pre-training (3+ h) or post-training recovery	Rice + sweet potato = carbs for glycogen; black beans = plant protein + iron + fiber; avocado = healthy fats for satiety & hormone support; lettuce/salsa = vitamins & phytonutrients. Gut- and performance-friendly plant base.
Pomegranate Chicken Grain Bowl	Grilled chicken or tofu, barley or farro, mixed greens, pomegranate arils, pumpkin seeds, EVOO vinaigrette	2–3 h before strength or mixed conditioning	Chicken/tofu = lean protein; pomegranate = polyphenols + light nitrate hit for blood flow & recovery; barley/farro = slow carbs + beta-glucan; seeds/EVOO = minerals + anti-inflammatory fats. Great “lift + intervals” meal.
“Race Week” Tart Cherry Recovery Parfait	Plain yogurt or skyr, tart cherry concentrate mixed into, granola or oats, chopped nuts	Night snack or post-session during heavy training / race week	Tart cherry = less soreness, better recovery & sleep; yogurt = casein/whey mix for overnight muscle repair; oats/granola = glycogen; nuts = magnesium + healthy fats.
Banana, PB & Cocoa Toast	Whole-grain toast, natural peanut or almond butter, sliced banana, sprinkle of cocoa powder	60–120 min pre-lift or moderate cardio	Banana/toast = fast + moderate carbs; nut butter = protein + fats to stabilize energy; cocoa = flavanols for blood flow + tiny caffeine bump. Great “feel-good” focus snack.
Lentil & Veggie “Engine” Soup	Lentils, carrots, celery, onions, tomatoes, kale or spinach, herbs, EVOO	Lunch or dinner on base / easy days	Lentils = plant protein + iron; veggies/greens = fiber + nitrates + polyphenols; EVOO = oleocanthal (anti-inflammatory). Builds long-term cardiovascular and gut health for consistent training.
Tofu Stir-Fry with Brown Rice	Extra-firm tofu, mixed veggies (broccoli, bell peppers, snap peas), garlic/ginger, sesame oil, brown rice	2–3 h before or after training	Tofu = complete plant protein; brown rice = carb base; broccoli/peppers = vitamin C, sulforaphane, polyphenols; garlic/ginger = immune & anti-inflammatory support. Excellent for recovery + metabolic health.
Egg, Potato & Spinach Hash	Eggs, diced potatoes, spinach or kale, onions, optional turkey sausage, side of fruit	Brunch / post-morning-session meal	Eggs = leucine-rich protein for hypertrophy; potatoes = glycogen, potassium; spinach = nitrate + iron; fruit

Meal / Example Plate	Key Components	When To Use	Main Performance Benefits
			= antioxidants. Great “lift then eat” plate for strength + next-session readiness.
Matcha Green Smoothie	Matcha powder, frozen mango or pineapple, spinach, kefir or yogurt (or soy milk), chia seeds	60–90 min pre-skill or moderate-intensity work	Matcha = caffeine + L-theanine for calm focus; fruit = quick carbs; spinach = nitrate & micronutrients; kefir/yogurt = protein + probiotics; chia = fiber + omega-3s. Ideal for focused, technical sessions.
Mediterranean Chickpea Salad	Chickpeas, cucumber, tomato, red onion, olives, arugula, feta (or tofu), EVOO + lemon	Anytime meal; good on training or rest days	Chickpeas/feta = protein + carbs; olives/EVOO = heart-healthy fats; arugula = nitrate for vascular support; veggies = fiber + hydration + micronutrients. Great for overall resilience, BP, and gut health.
Watermelon, Lime & Pistachio Plate	Watermelon wedges, squeeze of lime, handful of pistachios	Hot-weather pre- or post-session snack	Watermelon = hydration + citrulline for NO and blood flow; pistachios = protein, arginine for NO, electrolytes; lime = vitamin C. Ideal for summer sessions and cramp-prone athletes.
Ginger-Turmeric Rice & Veg Bowl	Brown rice, roasted cauliflower/carrot, sautéed greens, chickpeas, turmeric-ginger sauce, EVOO	Evening meal on high-soreness days	Turmeric/ginger = DOMS and joint discomfort support; rice/chickpeas = carb+protein combo; veggies/greens = fiber + micronutrients. Good for “day-after-brutal-session” recovery.
Dark Chocolate Trail Mix Snack	Small piece dark chocolate (70%+), almonds or walnuts, dried tart cherries or blueberries	Between meals or light pre-workout	Dark chocolate = flavanols for blood flow + mild stimulant; nuts = healthy fats + magnesium; dried fruit = quick carbs + polyphenols. Great “bridge” snack to keep energy and mood up.

## BREAKFAST (5)

### 1. Hemp–Chia Overnight Oats with Berries & Almond Butter

**P (Protein):** Oats + hemp + chia + almond butter ≈ 22–28 g

**F (Fiber):** 10–14 g

**D (Diversity):** Oats, hemp, chia, almonds, berries, banana, cinnamon (6–7 plants)

**Recipe (serves 1)**

#### Ingredients

- ½ cup rolled oats
- ¾ cup unsweetened almond or oat milk
- 2 Tbsp hemp hearts
- 2 Tbsp chia seeds
- ½ small banana, sliced
- ½ cup mixed berries (fresh or frozen)
- 1–2 Tbsp almond butter
- ¼ tsp cinnamon
- Pinch of salt (optional)

#### Directions

1. In a jar or bowl, combine oats, milk, hemp hearts, chia seeds, cinnamon, and salt. Stir well.
  2. Fold in half the berries. Cover and refrigerate overnight (or at least 4 hours).
  3. In the morning, top with remaining berries, banana slices, and almond butter.
  4. Stir before eating; add a splash more milk if you want it looser.
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### 2. Chickpea Veggie Scramble with Potatoes & Spinach

**P:** Chickpeas (1–1.5 cups) ≈ 15–22 g

**F:** 10+ g

**D:** Chickpeas, onions, peppers, spinach, potatoes, parsley, turmeric, black pepper (7–8 plants)

**Recipe (serves 1)**

#### Ingredients

- 1 cup cooked chickpeas (rinsed & drained if canned)
- ½ cup diced potatoes (skin on)
- ¼ cup diced onion
- ½ cup diced bell pepper
- 1 cup fresh spinach, roughly chopped
- 1 Tbsp olive oil (divided)
- ¼ tsp turmeric
- ¼ tsp garlic powder
- Salt & black pepper to taste
- 1 Tbsp chopped fresh parsley (optional)

#### Directions

1. Toss potatoes with ½ Tbsp olive oil, salt, and pepper. Roast in air fryer or oven at 400°F for 15–20 minutes until golden and tender.
2. While potatoes roast, heat remaining ½ Tbsp oil in a skillet over medium heat. Sauté onion and bell pepper 3–5 minutes until softened.
3. Add chickpeas, turmeric, garlic powder, salt, and pepper. Lightly mash some chickpeas with the back of a spoon to create a “scramble” texture.
4. Stir in spinach and cook 1–2 minutes until wilted.
5. Serve chickpea scramble with roasted potatoes on the side; garnish with parsley.

### 3. Lentil–Quinoa “Power Porridge”

**P:** Lentils + quinoa + seeds/nuts  $\approx$  25–30 g

**F:** 12–16 g

**D:** Lentils, quinoa, apple/pear, flax, pumpkin seeds, walnuts, cinnamon (6–7 plants)

**Recipe (serves 1)**

**Ingredients**

- $\frac{1}{4}$  cup dry red lentils, rinsed
- $\frac{1}{4}$  cup dry quinoa, rinsed
- $1\frac{1}{2}$  cups water or vegetable broth
- $\frac{1}{2}$  small apple or pear, diced
- 1 Tbsp ground flaxseed
- 1 Tbsp pumpkin seeds
- 1 Tbsp chopped walnuts
- $\frac{1}{4}$ – $\frac{1}{2}$  tsp cinnamon
- Pinch of salt
- Optional: drizzle maple syrup or date syrup

**Directions**

1. In a small pot, combine lentils, quinoa, and water/broth. Bring to a boil, then reduce heat to low.
  2. Simmer 15–20 minutes, stirring occasionally, until both lentils and quinoa are soft and most liquid is absorbed. Add a splash of water if needed.
  3. Stir in diced apple/pear, ground flax, cinnamon, and salt. Cook 2–3 more minutes to soften fruit.
  4. Transfer to a bowl and top with pumpkin seeds and walnuts. Add a small drizzle of maple/date syrup if desired.
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**4. Black Bean Breakfast Tacos with Avocado & Salsa**

**P:** Black beans (1–1.5 cups)  $\approx$  15–22 g

**F:** 12+ g

**D:** Black beans, corn, avocado, cabbage, tomato, onion, cilantro, lime, spices (8–9 plants)

**Recipe (serves 1–2)**

**Ingredients**

- $\frac{3}{4}$ –1 cup cooked black beans (rinsed & drained if canned)
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{4}$  tsp smoked paprika
- Salt & pepper to taste
- 4 small corn tortillas
- $\frac{1}{2}$  cup shredded cabbage or lettuce
- $\frac{1}{2}$  small avocado, sliced
- $\frac{1}{4}$  cup salsa (pico de gallo or jarred)
- Fresh cilantro and lime wedges

**Directions**

1. In a small pan over medium heat, warm black beans with cumin, smoked paprika, salt, and pepper. Mash slightly if you like a softer texture.
2. Warm corn tortillas in a dry skillet or microwave until pliable.
3. Assemble tacos: layer beans, cabbage/lettuce, avocado, and salsa.
4. Garnish with cilantro and a squeeze of lime. Serve immediately.

**5. Tofu–Kale Breakfast Scramble with Sweet Potato**

**P:** Tofu ( $\frac{1}{2}$ – $\frac{3}{4}$  block)  $\approx$  25–30 g

**F:** 8–10 g

**D:** Tofu, kale, onion, pepper, sweet potato, rosemary, turmeric, black pepper (7–8 plants)

### Recipe (serves 1)

#### Ingredients

- ½ block (about 7–8 oz) firm or extra-firm tofu, pressed and crumbled
- 1 small sweet potato, diced (½–¾ cup)
- ½ cup chopped kale
- ¼ cup diced onion
- ¼ cup diced bell pepper
- 1 Tbsp olive oil (divided)
- ¼ tsp turmeric
- ¼ tsp garlic powder
- ¼ tsp smoked paprika (optional)
- ½ tsp dried rosemary (for sweet potato)
- Salt & black pepper to taste

#### Directions

1. Toss sweet potato with ½ Tbsp olive oil, rosemary, salt, and pepper. Roast at 400°F for 15–20 minutes until tender and browned.
2. Heat remaining ½ Tbsp oil in a skillet over medium heat. Add onion and bell pepper; sauté 3–5 minutes.
3. Add crumbled tofu, turmeric, garlic powder, smoked paprika, salt, and pepper. Cook 5–7 minutes, stirring occasionally, until lightly browned.
4. Stir in chopped kale and cook 2–3 minutes until wilted.
5. Serve tofu–kale scramble with roasted sweet potato on the side or mixed in.

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## LUNCH (5)

### 1. Lentil–Quinoa Buddha Bowl

**P:** Lentils + quinoa + pumpkin seeds ≈ 25–30 g

**F:** 12–16 g

**D:** Lentils, quinoa, kale, carrots, cabbage, avocado, pumpkin seeds, lemon, tahini (9 plants)

### Recipe (serves 1)

#### Ingredients

- ½ cup cooked lentils
- ½ cup cooked quinoa
- 1 cup chopped kale or mixed greens (massaged with a little lemon)
- ¼ cup shredded carrots
- ¼ cup shredded red cabbage
- ½ small avocado, sliced
- 1 Tbsp pumpkin seeds

#### Lemon–Tahini Dressing

- 1 Tbsp tahini
- 1–2 Tbsp lemon juice
- 1–2 Tbsp water (to thin)
- Pinch of salt and pepper
- Optional: ½ tsp maple syrup

#### Directions

1. In a bowl, layer kale/greens, cooked quinoa, and lentils.
2. Top with carrots, cabbage, avocado, and pumpkin seeds.
3. Whisk dressing ingredients until smooth, adjusting water for desired consistency.
4. Drizzle dressing over the bowl just before serving; toss if desired.

## 2. Chickpea “Tuna” Salad Stuffed in Whole-Grain Pita

**P:** Chickpeas + whole-grain pita ≈ 18–24 g

**F:** 10–13 g

**D:** Chickpeas, celery, onion, dill, capers, lettuce, tomato, lemon, tahini/avocado (8–9 plants)

### Recipe (serves 1)

#### Ingredients

- 1 cup cooked chickpeas
- 2–3 Tbsp finely chopped celery
- 2 Tbsp finely chopped red onion
- 1–2 tsp capers, chopped
- 1 Tbsp tahini or ¼ mashed avocado
- 1–2 Tbsp lemon juice
- ½ tsp dried dill or 1 tsp fresh dill
- Salt & pepper to taste
- 1 whole-grain pita pocket
- Lettuce leaves and tomato slices

#### Directions

1. In a bowl, lightly mash chickpeas with a fork (leave some texture).
  2. Stir in celery, onion, capers, tahini/avocado, lemon juice, dill, salt, and pepper. Adjust lemon and salt to taste.
  3. Cut pita in half to form pockets. Stuff with lettuce, tomato slices, and chickpea salad.
  4. Serve immediately or chill for 30 minutes for flavors to meld.
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## 3. Black Bean & Sweet Potato Burrito Bowl

**P:** Black beans + brown rice ≈ 20–25 g

**F:** 14–18 g

**D:** Black beans, sweet potato, rice, corn, romaine, tomato, onion, cilantro, avocado, lime (10 plants)

### Recipe (serves 1)

#### Ingredients

- ½ cup cooked brown rice
- ¾ cup cooked black beans
- ½ cup roasted sweet potato cubes
- ¼ cup corn kernels (fresh or frozen)
- ½ cup chopped romaine or mixed greens
- ¼ cup salsa or pico de gallo
- ¼ small avocado, diced
- Fresh cilantro and lime wedges

#### Directions

1. In a bowl, add warm rice as the base.
2. Top with black beans, roasted sweet potato, corn, and romaine/greens.
3. Spoon salsa over the top, then add diced avocado.
4. Garnish with cilantro and a squeeze of lime before serving.

## 4. Tofu Power Salad with Farro & Citrus

**P:** Tofu + farro + sunflower seeds ≈ 25–30 g

**F:** 10–13 g

**D:** Tofu, farro, mixed greens, orange, cucumber, onion, sunflower seeds, garlic/herbs (8–9 plants)

### Recipe (serves 1)

#### Ingredients

- ½ block (7–8 oz) firm tofu, cubed

- ½ cup cooked farro
- 2 cups mixed salad greens
- ½ small orange, segments or slices
- ¼ cup sliced cucumber
- 2 Tbsp sliced red onion
- 1 Tbsp sunflower seeds

#### **Dressing**

- 1 Tbsp balsamic vinegar
- 1 Tbsp orange juice (from the orange)
- 1 tsp olive oil
- Salt & pepper to taste

#### **Directions**

1. Optional: marinate tofu briefly in a splash of balsamic, tamari, and garlic, then bake or pan-sear until lightly crisp.
2. In a large bowl, combine greens, cooked farro, orange segments, cucumber, and onion.
3. Add warm or room-temp tofu cubes and sunflower seeds.
4. Whisk dressing ingredients and drizzle over salad. Toss gently and serve.

### **5. Mediterranean Lentil Plate**

**P:** Lentils + hummus + pita ≈ 22–28 g

**F:** 12–16 g

**D:** Lentils, tomato, cucumber, olives, arugula, chickpeas, sesame, whole grains (8+ plants)

#### **Recipe (serves 1)**

##### **Ingredients**

- ½–¾ cup warm cooked lentils (seasoned with garlic and herbs)
- ¼ cup cherry tomatoes, halved
- ¼ cup diced cucumber
- 2–3 olives, sliced
- 1 cup arugula or mixed greens
- ¼–½ cup hummus
- 1 small whole-grain pita or 1–2 slices sprouted grain bread
- Olive oil, lemon juice, salt, pepper

##### **Directions**

1. Arrange arugula/greens on a plate.
2. Spoon warm lentils, tomatoes, cucumber, and olives around or over the greens.
3. Add a generous dollop of hummus and the pita on the side.
4. Drizzle everything with a little olive oil and lemon juice; season with salt and pepper to taste.

## **SNACKS (5)**

### **1. Apple Slices with Almond Butter & Hemp Hearts**

**P:** Almond butter + hemp ≈ 7–10 g

**F:** 5–7 g

**D:** Apple, almonds, hemp (3 plants)

#### **Recipe (serves 1)**

##### **Ingredients**

- 1 medium apple, sliced



- 1–2 Tbsp almond butter
- 1–2 tsp hemp hearts

#### **Directions**

1. Slice apple into wedges or rounds.
  2. Spread or dip into almond butter.
  3. Sprinkle hemp hearts over the top as you eat.
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## **2. Hummus & Veggie Plate**

**P:** Hummus (¾–1 cup) ≈ 8–12 g

**F:** 6–10 g

**D:** Chickpeas, tahini, carrots, cucumber, peppers, snap peas, garlic (7 plants)

#### **Recipe (serves 1)**

##### **Ingredients**

- ½–¾ cup hummus
- 1 small carrot, cut into sticks
- ¼ cucumber, cut into rounds
- ¼ red bell pepper, sliced
- ½ cup snap peas

##### **Directions**

1. Arrange cut veggies on a plate around a bowl of hummus.
  2. Use vegetables as dippers.
  3. Optional: drizzle hummus with a bit of olive oil and sprinkle with paprika or parsley.
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## **3. Roasted Chickpeas Trail Mix**

**P:** Chickpeas + seeds + nuts ≈ 10–12 g

**F:** 6–8 g

**D:** Chickpeas, pumpkin seeds, walnuts, raisins/goji (4–5 plants)

#### **Recipe (serves 1–2)**

##### **Ingredients**

- ½ cup cooked chickpeas, rinsed and patted dry
- 1 Tbsp pumpkin seeds
- 1 Tbsp chopped walnuts
- 1–2 Tbsp raisins or goji berries
- 1 tsp olive oil
- ¼ tsp smoked paprika or chili powder
- Pinch of salt

##### **Directions**

1. Toss chickpeas with olive oil, smoked paprika/chili, and salt.
  2. Roast at 400°F on a lined tray for 20–25 minutes, shaking halfway, until crispy. Let cool.
  3. Combine roasted chickpeas with pumpkin seeds, walnuts, and raisins/gojis.
  4. Store in a small jar or bag for grab-and-go.
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## **4. Edamame Pod Snack**

**P:** 1 cup edamame ≈ 15–18 g

**F:** 7–9 g

**D:** Edamame, chili, lime (3 plants)

#### **Recipe (serves 1)**

##### **Ingredients**

- 1 cup frozen edamame in pods

- Pinch of sea salt
- Pinch of chili flakes
- 1 lime wedge

#### **Directions**

1. Steam or boil edamame according to package directions (usually 4–5 minutes). Drain.
2. While hot, toss with sea salt and chili flakes.
3. Squeeze lime over the pods just before serving.
4. Eat by squeezing the beans from the pods with your teeth; discard pods.

#### **5. Chia–Flax Pudding (No Soy or Pea Milk)**

**P:** Chia + flax + plant milk  $\approx$  7–10 g

**F:** 8–10 g

**D:** Chia, flax, almond/oat, berries (4 plants)

#### **Recipe (serves 1)**

##### **Ingredients**

- 2 Tbsp chia seeds
- 1 Tbsp ground flaxseed
- $\frac{1}{2}$ – $\frac{3}{4}$  cup unsweetened almond or oat milk
- $\frac{1}{4}$  cup berries (fresh or frozen)
- $\frac{1}{2}$  tsp vanilla extract (optional)
- $\frac{1}{2}$ –1 tsp maple syrup (optional)

##### **Directions**

1. In a jar or small bowl, combine chia, flax, plant milk, vanilla, and maple syrup (if using).
2. Stir well, let sit 5 minutes, then stir again to break up clumps.
3. Cover and refrigerate at least 1 hour (or overnight) until thickened.
4. Top with berries before serving.

## **DINNER (5)**

#### **1. Three-Bean Chili with Cornbread**

**P:** Mixed beans + cornbread  $\approx$  25–30 g

**F:** 18–22 g

**D:** 3 beans, tomato, onion, peppers, corn, garlic, herbs/spices, whole grains (10+ plants)

#### **Recipe (serves 2 – easy to scale)**

##### **Ingredients**

- $\frac{1}{2}$  cup cooked kidney beans
- $\frac{1}{2}$  cup cooked black beans
- $\frac{1}{2}$  cup cooked pinto beans
- 1 cup canned crushed tomatoes
- $\frac{1}{2}$  cup tomato sauce or extra crushed tomatoes
- $\frac{1}{2}$  cup corn kernels
- $\frac{1}{2}$  cup diced onion
- $\frac{1}{2}$  cup diced bell pepper
- 2 cloves garlic, minced
- 1–2 tsp chili powder
- $\frac{1}{2}$  tsp cumin
- Salt & pepper to taste
- 1–2 tsp olive oil

**Simple cornbread (plant-based, small batch)**

- ½ cup cornmeal
- ½ cup whole-wheat flour or oat flour
- 1 tsp baking powder
- ¼ tsp salt
- ¾ cup unsweetened almond/oat milk
- 1 Tbsp olive oil or melted coconut oil
- 1–2 Tbsp maple syrup (optional)

#### Directions

1. For chili: sauté onion and bell pepper in olive oil 5 minutes. Add garlic and cook 1 minute.
2. Stir in beans, tomatoes, corn, chili powder, cumin, salt, and pepper. Simmer 15–20 minutes, adding water if needed.
3. For cornbread: mix dry ingredients in one bowl, wet ingredients in another, then combine and pour into a greased small baking dish.
4. Bake cornbread at 375°F for 18–22 minutes, until a toothpick comes out clean.
5. Serve chili in bowls with a square of cornbread on the side.

## 2. Lentil Bolognese over Whole-Grain Pasta

**P:** Lentils + pasta ≈ 25–35 g

**F:** 15–20 g

**D:** Lentils, tomato, onion, carrot, celery, garlic, herbs, whole grains/legumes (8–9 plants)

### Recipe (serves 2)

#### Ingredients

- ½ cup dry brown or green lentils, rinsed
- 1 cup water or vegetable broth
- 1 cup marinara or crushed tomatoes
- ¼ cup finely diced onion
- ¼ cup finely diced carrot
- ¼ cup finely diced celery
- 2 cloves garlic, minced
- 1 tsp Italian herbs or oregano/basil mix
- Salt & pepper to taste
- 1 tsp olive oil
- 4–6 oz whole-wheat or lentil pasta

#### Directions

1. Cook pasta according to package directions. Drain and set aside.
2. In a saucepan, heat olive oil and sauté onion, carrot, and celery 5–7 minutes.
3. Add garlic and cook 1 minute, then add lentils and water/broth. Bring to a boil, reduce heat, and simmer 15–20 minutes until lentils are tender.
4. Stir in marinara/tomatoes, herbs, salt, and pepper. Simmer another 5–10 minutes until thickened.
5. Serve lentil Bolognese over pasta.

## 3. Tofu Stir-Fry with Veggie Rainbow & Wild Rice

**P:** Tofu + rice ≈ 25–30 g

**F:** 12–16 g

**D:** Tofu, rice, broccoli, peppers, peas, carrots, mushrooms, garlic, ginger, scallions (9–10 plants)

### Recipe (serves 1–2)

#### Ingredients

- ½ block (7–8 oz) firm tofu, pressed and cubed
- 1 cup mixed veggies (e.g., broccoli florets, bell pepper strips, snap peas, carrot slices, mushrooms)
- 1 cup cooked wild or brown rice

- 1 Tbsp tamari or low-sodium soy sauce
- 1 tsp grated fresh ginger
- 1 clove garlic, minced
- 1–2 tsp sesame seeds (optional)
- 1 Tbsp avocado or olive oil (divided)

#### Directions

1. Heat ½ Tbsp oil in a skillet or wok over medium-high. Add tofu cubes and cook 6–8 minutes, turning, until golden. Remove and set aside.
2. Add remaining oil to the pan, then stir-fry mixed veggies 4–6 minutes until crisp-tender.
3. Add garlic and ginger; cook 1 minute. Return tofu to pan.
4. Stir in tamari and a splash of water if needed; toss to coat.
5. Serve stir-fry over warm wild/brown rice; sprinkle with sesame seeds.

#### 4. Stuffed Bell Peppers with Black Beans & Quinoa

**P:** Quinoa + beans ≈ 20–25 g

**F:** 14–18 g

**D:** Peppers, quinoa, black beans, tomato, onion, corn, avocado, cilantro, spices (9 plants)

#### Recipe (serves 2)

##### Ingredients

- 2 large bell peppers, tops cut off, seeds removed
- ½ cup cooked quinoa
- ½ cup cooked black beans
- ¼ cup corn kernels
- ¼ cup diced tomato
- 2 Tbsp diced onion
- ½ tsp cumin
- ½ tsp chili powder
- Salt & pepper to taste
- ½ small avocado, diced (for topping)
- 1–2 Tbsp chopped cilantro

#### Directions

1. Preheat oven to 375°F. Place hollowed bell peppers upright in a baking dish.
2. In a bowl, combine quinoa, black beans, corn, tomato, onion, cumin, chili powder, salt, and pepper.
3. Spoon mixture into bell peppers, packing it in. Add 1–2 Tbsp water to the bottom of the baking dish.
4. Cover with foil and bake 30–35 minutes until peppers are tender.
5. Top with diced avocado and cilantro before serving.

#### 5. Eggplant & Chickpea Tagine over Millet

**P:** Chickpeas + millet ≈ 18–24 g

**F:** 12–16 g

**D:** Chickpeas, eggplant, tomato, onion, carrot, raisins, millet, parsley, spices (9–10 plants)

#### Recipe (serves 2)

##### Ingredients

- 1 small eggplant, cubed
- 1 cup cooked chickpeas
- ½ cup diced carrot
- ½ cup diced onion
- 1 cup canned crushed tomatoes

- 2 Tbsp raisins
- 1 tsp cumin
- ½ tsp cinnamon
- ½ tsp smoked paprika (optional)
- Salt & pepper to taste
- 1 Tbsp olive oil
- 1 cup cooked millet
- 1–2 Tbsp chopped parsley

#### **Directions**

1. Heat olive oil in a pot over medium heat. Add onion and carrot; sauté 5 minutes.
2. Add eggplant and cook another 5–7 minutes until starting to soften (add a splash of water if sticking).
3. Stir in chickpeas, crushed tomatoes, raisins, cumin, cinnamon, smoked paprika, salt, and pepper.
4. Simmer 15–20 minutes until eggplant is tender and flavors meld. Adjust seasoning.
5. Serve tagine over warm millet and garnish with parsley.

## **PDF Plan 70/30 Plant/Animal Recipes**

### **BREAKFAST (5)**

#### **1. Chickpea–Veggie Egg Skillet**

- **Protein (P)**
  - o **Plant (~70%):** Chickpeas, spinach
  - o **Animal (~30%):** 1 whole egg
- **Fiber (F)**
  - o Chickpeas, spinach, bell pepper, onion
- **Diversity (D)**

- o Olive oil, garlic, cumin, smoked paprika, lemon, fresh cilantro

### Recipe (serves 1)

#### Ingredients

- ½ cup canned chickpeas, rinsed and drained
- 1 whole egg
- 1 cup fresh spinach
- ¼ cup diced bell pepper
- ¼ cup diced onion
- 1 tsp olive oil
- 1 small garlic clove, minced
- ¼ tsp cumin, ¼ tsp smoked paprika
- Pinch salt and pepper
- Lemon wedge, chopped cilantro

#### Directions

1. Heat olive oil in a small skillet over medium heat. Sauté onion, pepper, and garlic 3–4 minutes.
2. Add chickpeas, cumin, and smoked paprika; cook 2–3 minutes, lightly smashing some chickpeas.
3. Stir in spinach until just wilted. Create a small well and crack the egg into the center.
4. Cover and cook until egg white is set but yolk still soft. Finish with lemon and cilantro.

## 2. Berry–Chia Overnight Oats with Greek Yogurt

- **Protein (P)**
  - o **Plant (~70%):** Rolled oats, chia seeds, hemp seeds
  - o **Animal (~30%):** Greek yogurt on top
- **Fiber (F)**
  - o Oats, chia, berries, ground flax
- **Diversity (D)**
  - o Cinnamon, vanilla, mixed berries, nuts

### Recipe (serves 1)

#### Ingredients

- ½ cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tbsp ground flaxseed
- ½–¾ cup almond or oat milk
- ½ cup mixed berries (fresh or frozen)
- ¼ cup plain Greek yogurt
- 1 tbsp chopped walnuts or pecans
- ¼ tsp cinnamon, splash vanilla

#### Directions

1. In a jar, combine oats, chia, hemp, flax, cinnamon, and vanilla. Add milk and stir.
2. Fold in half the berries. Cover and refrigerate overnight.
3. In the morning, top with Greek yogurt, remaining berries, and nuts.

## 3. Black Bean & Egg Breakfast Tacos

- **Protein (P)**
  - o **Plant (~70%):** Black beans, corn tortillas
  - o **Animal (~30%):** 1 scrambled egg
- **Fiber (F)**

- o Black beans, corn tortillas, cabbage, salsa
- **Diversity (D)**
  - o Avocado, cilantro, lime, spices

#### Recipe (serves 1)

##### Ingredients

- 2 small corn tortillas
- ½ cup black beans, rinsed
- 1 egg
- ¼ cup shredded cabbage or lettuce
- ¼ avocado, sliced
- 2 tbsp salsa
- Lime wedge, chopped cilantro
- Pinch cumin, salt, pepper

##### Directions

1. Warm beans in a small pan with cumin, salt, and pepper.
2. In another pan, scramble egg until just set.
3. Warm tortillas. Fill with beans, egg, cabbage, avocado, and salsa.
4. Finish with lime juice and cilantro.

#### 4. Lentil–Sweet Potato Hash with Fried Egg

- **Protein (P)**
  - o **Plant (~70%):** Cooked lentils
  - o **Animal (~30%):** 1 fried or poached egg
- **Fiber (F)**
  - o Lentils, sweet potato, kale, onion
- **Diversity (D)**
  - o Olive oil, rosemary, thyme, black pepper

#### Recipe (serves 1)

##### Ingredients

- ½ cup cooked lentils
- ½ cup diced sweet potato (small cubes)
- ½ cup chopped kale
- ¼ cup diced onion
- 1 egg
- 1 tsp olive oil
- Pinch rosemary and thyme
- Salt and pepper

##### Directions

1. Steam or microwave sweet potato cubes until just tender.
2. In a skillet, heat olive oil and sauté onion 2–3 minutes. Add sweet potato, lentils, herbs; cook 4–5 minutes, browning slightly.
3. Stir in kale and cook until wilted. Season to taste.
4. In a separate pan, fry or poach egg to desired doneness and place over the hash.

#### 5. Quinoa–Nut Porridge with Skyr

- **Protein (P)**
  - o **Plant (~70%):** Quinoa, nuts, seeds

- o **Animal (~30%):** Skyr or Greek yogurt
- **Fiber (F)**
  - o Quinoa, apple or pear, nuts, seeds
- **Diversity (D)**
  - o Cinnamon, nutmeg, pumpkin seeds

#### Recipe (serves 1)

##### Ingredients

- ½ cup cooked quinoa (warm)
- ¼ cup unsweetened almond or oat milk
- ¼ apple or pear, diced
- 1 tbsp chopped almonds or walnuts
- 1 tbsp pumpkin or sunflower seeds
- ¼ cup plain skyr or Greek yogurt
- ¼ tsp cinnamon, pinch nutmeg

##### Directions

1. Warm cooked quinoa with the plant milk in a small pot until creamy.
2. Stir in cinnamon and nutmeg.
3. Top with apple/pear, nuts, seeds, and a dollop of skyr/yogurt.

## LUNCH (5)

### 1. Mediterranean Chickpea & Tuna Bowl

- **Protein (P)**
  - o **Plant (~70%):** Chickpeas, quinoa
  - o **Animal (~30%):** Light canned tuna in water
- **Fiber (F)**
  - o Chickpeas, quinoa, vegetables (tomato, cucumber, arugula)
- **Diversity (D)**
  - o Olive oil, lemon, parsley, olives, oregano

#### Recipe (serves 1)

##### Ingredients

- ½ cup cooked quinoa
- ½ cup canned chickpeas, rinsed
- ¼–½ cup canned tuna, drained
- ½ cup chopped cucumber and tomato
- ½ cup arugula or mixed greens
- 1 tbsp olives, sliced
- 1 tbsp olive oil
- Juice of ½ lemon
- ½ tsp dried oregano, salt, pepper

##### Directions

1. Place quinoa in a bowl. Top with chickpeas, tuna, cucumber, tomato, and greens.
2. Sprinkle olives and oregano on top.
3. Whisk olive oil, lemon juice, salt, and pepper and drizzle over bowl. Toss lightly.

### 2. Lentil Bolognese with Ground Turkey (Over Whole Grains)

- **Protein (P)**
  - o **Plant (~70%):** Lentils, whole-grain pasta or barley



- o **Animal (~30%):** Lean ground turkey
- **Fiber (F)**
  - o Lentils, whole grains, vegetables in sauce
- **Diversity (D)**
  - o Olive oil, garlic, herbs, tomato

#### Recipe (serves 1–2)

##### Ingredients

- ½ cup dry lentils, cooked (about 1 cup cooked)
- 2 oz lean ground turkey
- ½ cup crushed tomatoes or tomato sauce (no sugar added)
- ¼ cup diced onion
- ¼ cup diced carrot and celery
- 1 tsp olive oil
- 1 cup cooked whole-wheat pasta or barley
- 1 tsp Italian herb blend, salt, pepper

##### Directions

1. Cook lentils according to package, drain.
2. In a pan, heat olive oil and sauté onion, carrot, and celery 3–4 minutes.
3. Add ground turkey; cook until browned. Stir in lentils and tomatoes, plus herbs, salt, and pepper. Simmer 5–10 minutes.
4. Serve over cooked whole-wheat pasta or barley.

### 3. Black Bean Burrito Bowl with Grilled Shrimp

- **Protein (P)**
  - o **Plant (~70%):** Black beans, brown rice
  - o **Animal (~30%):** Grilled shrimp
- **Fiber (F)**
  - o Black beans, rice, corn, veggies
- **Diversity (D)**
  - o Avocado, cilantro, lime, salsa, spices

#### Recipe (serves 1)

##### Ingredients

- ½ cup cooked brown rice
- ½ cup black beans, rinsed
- 4–5 medium shrimp, peeled and deveined
- ¼ cup corn (fresh or frozen)
- ¼ cup diced bell pepper
- ¼ cup shredded lettuce
- ¼ avocado, sliced
- 2–3 tbsp salsa
- Lime wedge, cilantro
- ½ tsp cumin, ½ tsp chili powder, salt, pepper

##### Directions

1. Toss shrimp with cumin, chili powder, salt, and pepper; grill or pan-sear 2–3 minutes per side.
2. In a bowl, layer rice, black beans, corn, pepper, and lettuce.
3. Top with shrimp, avocado, salsa, cilantro, and a squeeze of lime.

### 4. White Bean & Grilled Chicken Panzanella

- **Protein (P)**

- o **Plant (~70%):** White beans, whole-grain bread
- o **Animal (~30%):** Grilled chicken breast
- **Fiber (F)**
  - o Beans, whole-grain bread, veggies
- **Diversity (D)**
  - o Olive oil, vinegar, basil, capers

#### Recipe (serves 1)

##### Ingredients

- ½ cup white beans (cannellini), rinsed
- ¼–⅓ cup grilled chicken breast, cubed
- ½–¾ cup cherry tomatoes, halved
- ¼ cup diced cucumber
- ¼ cup red onion, thinly sliced
- 1 slice whole-grain bread, toasted and cut into cubes
- 1 tbsp capers (optional)
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- Fresh basil, salt, pepper

##### Directions

1. In a bowl, combine beans, chicken, tomatoes, cucumber, onion, bread cubes, and capers.
2. Whisk olive oil, vinegar, salt, and pepper; pour over salad.
3. Toss well and finish with torn fresh basil. Let sit 5–10 minutes so bread absorbs dressing.

#### 5. Red Lentil Soup with Yogurt & Whole-Grain Pita

- **Protein (P)**
  - o **Plant (~70%):** Red lentils
  - o **Animal (~30%):** Greek yogurt garnish
- **Fiber (F)**
  - o Lentils, vegetables, whole-grain pita
- **Diversity (D)**
  - o Olive oil, cumin, coriander, lemon, herbs

#### Recipe (serves 2)

##### Ingredients

- ½ cup dry red lentils, rinsed
- ½ cup diced onion
- ¼ cup diced carrot
- ¼ cup diced celery
- 1 small clove garlic, minced
- 1 tbsp olive oil
- 2 cups low-sodium vegetable broth or water
- ½ tsp cumin, ½ tsp coriander, salt, pepper
- ¼ lemon, squeezed
- ¼ cup plain Greek yogurt (for garnish)
- 1 small whole-grain pita, cut into wedges

##### Directions

1. Heat olive oil in a pot; sauté onion, carrot, celery, and garlic 3–4 minutes.
2. Add lentils, broth, cumin, coriander, salt, and pepper. Bring to a boil, then simmer 15–20 minutes until lentils are soft.
3. Adjust thickness with water if needed; finish with lemon juice.
4. Serve with a spoonful of Greek yogurt on top and pita wedges on the side.

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## SNACKS (5)

### 1. Apple Slices with Almond Butter & Cottage Cheese

- **Protein (P)**
  - **Plant (~70%):** Almond butter
  - **Animal (~30%):** Cottage cheese
- **Fiber (F)**
  - Apple, optional chia
- **Diversity (D)**
  - Cinnamon, nuts, lemon

#### Recipe (serves 1)

##### Ingredients

- 1 medium apple, sliced
- 1 tbsp almond butter
- ¼ cup cottage cheese
- 1 tsp chia seeds (optional)
- Pinch cinnamon

##### Directions

1. Arrange apple slices on a plate.
  2. Serve with almond butter and cottage cheese for dipping.
  3. Sprinkle chia and cinnamon over cottage cheese if desired.
- 

### 2. Mixed Nuts with Hard-Boiled Egg

- **Protein (P)**
  - **Plant (~70%):** Almonds, walnuts, pistachios
  - **Animal (~30%):** 1 hard-boiled egg
- **Fiber (F)**
  - Nuts, optional raw veggies
- **Diversity (D)**
  - Variety of nuts, spices if desired

#### Recipe (serves 1)

##### Ingredients

- ¼ cup mixed nuts (no added sugar; mostly almonds, walnuts, pistachios)
- 1 hard-boiled egg
- Optional: few raw carrot/celery sticks

##### Directions

1. Combine nuts and egg as a simple, portable snack.
2. Add raw veggies for crunch and extra fiber.

### 3. Hummus with Veggie Sticks & Egg Wedge

- **Protein (P)**
  - **Plant (~70%):** Hummus
  - **Animal (~30%):** Hard-boiled egg wedge
- **Fiber (F)**
  - Carrot, celery, cucumber, peppers
- **Diversity (D)**
  - Olive oil, paprika, olives

#### Recipe (serves 1)

##### Ingredients

- ¼ cup hummus
- 1 hard-boiled egg, cut into halves or quarters
- ½ cup mixed veggie sticks (carrot, celery, bell pepper, cucumber)
- Pinch smoked paprika, 1 tsp olive oil (optional)

#### Directions

1. Place hummus in a small bowl; drizzle with olive oil and sprinkle paprika.
  2. Serve with veggie sticks and egg wedges on the side for dipping.
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#### 4. Edamame & String Cheese

- **Protein (P)**
  - o **Plant (~70%):** Shelled edamame
  - o **Animal (~30%):** String cheese
- **Fiber (F)**
  - o Edamame
- **Diversity (D)**
  - o Sea salt, chili flakes, lemon

#### Recipe (serves 1)

##### Ingredients

- ½ cup shelled edamame (steamed)
- 1 mozzarella string cheese
- Pinch sea salt and chili flakes
- Lemon wedge

#### Directions

1. Steam or microwave edamame until hot; sprinkle with salt and chili flakes.
  2. Serve with string cheese and a squeeze of lemon over the edamame.
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#### 5. Lentil Salad Cup with Feta

- **Protein (P)**
  - o **Plant (~70%):** Lentils
  - o **Animal (~30%):** Feta cheese
- **Fiber (F)**
  - o Lentils, veggies
- **Diversity (D)**
  - o Olive oil, vinegar, herbs

#### Recipe (serves 1)

##### Ingredients

- ½ cup cooked lentils (green or brown)
- ¼ cup diced cucumber
- ¼ cup diced tomato or bell pepper
- 1 tbsp crumbled feta
- 1 tsp olive oil
- 1 tsp red wine vinegar or lemon juice
- Chopped parsley or mint, salt, pepper

#### Directions

1. Mix lentils, cucumber, tomato/pepper in a small bowl.
2. Drizzle with olive oil and vinegar/lemon; season with salt, pepper, and herbs.
3. Top with feta and serve chilled or at room temperature.

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## DINNER (5)

### 1. Three-Bean Chili with Ground Turkey

- **Protein (P)**
  - **Plant (~70%):** Kidney, black, and pinto beans
  - **Animal (~30%):** Lean ground turkey
- **Fiber (F)**
  - Beans, tomatoes, vegetables
- **Diversity (D)**
  - Chili spices, garlic, cilantro, avocado

#### Recipe (serves 3–4)

##### Ingredients

- ½ lb lean ground turkey
- 1 can (15 oz) kidney beans, rinsed
- 1 can (15 oz) black beans, rinsed
- 1 can (15 oz) pinto beans, rinsed
- 1 can (15 oz) diced tomatoes
- ½ cup diced onion
- ½ cup diced bell pepper
- 1 tbsp olive oil
- 1–2 tbsp chili powder, 1 tsp cumin, ½ tsp smoked paprika
- Salt, pepper, water/broth as needed
- Optional: avocado, cilantro for garnish

##### Directions

1. Heat olive oil in a pot; sauté onion and pepper 3–4 minutes.
2. Add ground turkey; cook until browned.
3. Add beans, tomatoes, spices, salt, and pepper. Add a splash of water or broth if too thick.
4. Simmer 20–30 minutes. Serve with cilantro and avocado slices.

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### 2. Chickpea & Spinach Curry with Shrimp

- **Protein (P)**
  - **Plant (~70%):** Chickpeas
  - **Animal (~30%):** Shrimp
- **Fiber (F)**
  - Chickpeas, spinach, tomato, onion
- **Diversity (D)**
  - Curry spices, coconut milk (light), cilantro, lime

#### Recipe (serves 2)

##### Ingredients

- ½ cup onion, diced
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tbsp olive or avocado oil
- 1 can (15 oz) chickpeas, rinsed
- ½ can (about ¾ cup) crushed tomatoes
- ½ cup light coconut milk
- 8–10 medium shrimp, peeled and deveined
- 2 cups fresh spinach
- 1–2 tsp curry powder, ½ tsp cumin, salt, pepper

- Lime wedge, cilantro
- Optional: ½–1 cup cooked brown rice to serve

#### Directions

1. Heat oil in a pan; sauté onion 3–4 minutes, then add garlic and ginger.
2. Stir in curry powder and cumin for 30 seconds. Add tomatoes, coconut milk, and chickpeas; simmer 5–10 minutes.
3. Add shrimp and cook until pink (3–4 minutes). Stir in spinach until wilted.
4. Season with salt and pepper; serve over brown rice with lime and cilantro.

### 3. Quinoa Stuffed Peppers with Turkey & Beans

- **Protein (P)**
  - o **Plant (~70%):** Quinoa, black or kidney beans
  - o **Animal (~30%):** Lean ground turkey
- **Fiber (F)**
  - o Beans, peppers, quinoa
- **Diversity (D)**
  - o Tomato, cumin, paprika, herbs

#### Recipe (serves 2)

##### Ingredients

- 2 large bell peppers, tops cut off and seeds removed
- ½ cup cooked quinoa
- ¼ cup black or kidney beans, rinsed
- 3 oz lean ground turkey
- ¼ cup diced onion
- ¼ cup diced tomato (fresh or canned)
- 1 tsp olive oil
- ½ tsp cumin, ½ tsp smoked paprika, salt, pepper

##### Directions

1. Preheat oven to 375°F (190°C).
2. Sauté onion in olive oil; add ground turkey and cook until browned.
3. Stir in quinoa, beans, tomato, spices, salt, and pepper.
4. Stuff peppers with mixture, place in baking dish, cover with foil, and bake 25–30 minutes until peppers are tender.

### 4. White Bean & Wild Rice Soup with Salmon Flakes

- **Protein (P)**
  - o **Plant (~70%):** White beans, wild rice
  - o **Animal (~30%):** Baked salmon
- **Fiber (F)**
  - o Beans, rice, vegetables
- **Diversity (D)**
  - o Olive oil, herbs, lemon zest

#### Recipe (serves 2)

##### Ingredients

- ½ cup cooked wild rice
- 1 can (15 oz) white beans, rinsed
- ½ cup diced carrot
- ½ cup diced celery
- ½ cup diced onion
- 1 tbsp olive oil
- 3–4 oz baked salmon, flaked

- 3 cups low-sodium vegetable broth
- ½ tsp thyme, 1 bay leaf, salt, pepper
- Lemon zest and juice to finish

#### Directions

1. Heat olive oil in a pot; sauté onion, carrot, and celery 5 minutes.
  2. Add beans, cooked wild rice, broth, thyme, bay leaf, salt, and pepper.
  3. Simmer 15–20 minutes. Stir in flaked salmon and warm through.
  4. Remove bay leaf, finish with lemon zest and a squeeze of lemon.
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### 5. Mediterranean Grain Bowl with Falafel & Grilled Chicken

- **Protein (P)**
  - o **Plant (~70%):** Baked falafel (chickpeas), quinoa or bulgur
  - o **Animal (~30%):** Strips of grilled chicken breast
- **Fiber (F)**
  - o Chickpeas (falafel), grains, vegetables
- **Diversity (D)**
  - o Tahini, lemon, olives, herbs

#### Recipe (serves 1)

##### Ingredients

- ½ cup cooked quinoa or bulgur
- 2–3 small baked falafel (homemade or clean-ingredient baked version)
- ¼–½ cup grilled chicken breast, sliced
- ½ cup chopped cucumber and tomato
- ½ cup mixed greens
- 1 tbsp olives, sliced
- 1 tbsp tahini
- Juice of ½ lemon, water to thin
- Salt, pepper, chopped parsley

#### Directions

1. In a bowl, layer quinoa/bulgur, greens, cucumber, and tomato.
2. Top with falafel and grilled chicken slices.
3. Whisk tahini, lemon juice, a little water, salt, and pepper until pourable.
4. Drizzle dressing over bowl, garnish with olives and parsley.

## **PFD Animal Forward Recipes**

### **BREAKFAST**

#### **1. Smoked Salmon Veggie Scramble**

Eggs scrambled with wild smoked salmon, spinach, mushrooms, onions, and cherry tomatoes.

- **P:** Eggs + wild smoked salmon
- **F:** Spinach, mushrooms, onions, tomatoes
- **D:** Fresh dill, chives, side of mixed berries

#### **Recipe (serves 1)**

##### **Ingredients**

- 2 whole eggs
- 1 egg white (optional for extra protein)
- 1–2 oz wild smoked salmon, chopped
- ½ cup fresh spinach, chopped
- ¼ cup mushrooms, sliced
- 2–3 cherry tomatoes, halved
- 2 tbsp onion, finely diced
- 1 tsp olive oil or avocado oil
- Fresh dill and/or chives, chopped
- Salt and pepper to taste
- ½–1 cup mixed berries on the side

##### **Directions**

1. Whisk eggs (and egg white if using) in a bowl with a pinch of salt and pepper.
2. Heat oil in a nonstick pan over medium heat. Sauté onion and mushrooms 2–3 minutes, until softened.



3. Add spinach and cherry tomatoes; cook 1–2 minutes until spinach wilts.
  4. Pour eggs over the vegetables, add smoked salmon, and gently scramble until eggs are just set.
  5. Top with fresh dill/chives. Serve with mixed berries on the side.
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## 2. Greek Yogurt Power Parfait

Plain Greek yogurt layered with berries, seeds, and nuts.

- **P:** Plain Greek yogurt
- **F:** Raspberries, blueberries, chia seeds, ground flax
- **D:** Walnuts, cinnamon, drizzle of vanilla

### Recipe (serves 1)

#### Ingredients

- $\frac{3}{4}$ –1 cup plain Greek yogurt (2% or 0%)
- $\frac{1}{4}$  cup blueberries
- $\frac{1}{4}$  cup raspberries
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1–2 tbsp walnuts, chopped
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{4}$  tsp pure vanilla extract (optional)

#### Directions

1. In a bowl or glass, add half the yogurt.
2. Layer with half the berries, chia seeds, and flax.
3. Add remaining yogurt, then top with remaining berries, walnuts, cinnamon, and vanilla.
4. Let sit 5–10 minutes if you want the chia to thicken slightly.

## 3. Cottage Cheese Fruit Crunch Bowl

Cottage cheese topped with fruit, seeds, and nuts.

- **P:** Cottage cheese
- **F:** Diced pear or apple (with skin), ground flax, chia
- **D:** Pumpkin seeds, sunflower seeds, cacao nibs

### Recipe (serves 1)

#### Ingredients

- $\frac{3}{4}$ –1 cup cottage cheese (low-fat or full-fat)
- $\frac{1}{2}$  medium pear or apple, diced (skin on)
- 1 tsp ground flaxseed
- 1 tsp chia seeds
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tsp cacao nibs

#### Directions

1. Add cottage cheese to a bowl.
  2. Top with diced fruit.
  3. Sprinkle flax, chia, pumpkin seeds, sunflower seeds, and cacao nibs evenly over the top.
  4. Stir lightly if you want everything mixed, or leave layered.
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## 4. Turkey & Veggie Egg Bake

Baked casserole with eggs, chopped home-roasted turkey breast, and veggies.

- **P:** Eggs + roasted turkey breast (not deli)
- **F:** Bell peppers, onions, spinach
- **D:** Side of orange slices, fresh parsley and basil

### Recipe (serves 2–4; great for meal prep)

#### Ingredients

- 6 eggs
- ½ cup milk of choice (cow's milk or unsweetened almond/oat; no pea/soy)
- 1 cup cooked, chopped turkey breast (home-roasted)
- 1 cup spinach, chopped
- ½ cup bell pepper, diced
- ¼ cup onion, diced
- 1–2 tbsp fresh parsley and/or basil, chopped
- 1 tbsp olive oil (for the pan)
- Salt and pepper to taste
- Orange slices for serving

#### Directions

1. Preheat oven to 375°F (190°C). Lightly oil an 8x8 baking dish.
  2. In a large bowl, whisk eggs, milk, salt, and pepper.
  3. Stir in turkey, spinach, bell pepper, onion, and herbs.
  4. Pour mixture into the prepared dish and spread evenly.
  5. Bake 20–25 minutes, or until the center is set.
  6. Slice into 2–4 portions. Serve with orange slices.
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### 5. Sardine & Avocado Rye Toast

Sardines on avocado-smeared rye toast with crunchy veggies.

- **P:** Sardines (in olive oil or water)
- **F:** 100% rye bread, avocado, sliced radish
- **D:** Arugula, capers, lemon, black pepper

#### Recipe (serves 1)

#### Ingredients

- 1–2 slices 100% rye or dense whole-grain bread
- ½ ripe avocado
- 1 small can sardines (3–4 oz), in olive oil or water, drained
- 2–3 radishes, thinly sliced
- Small handful arugula
- 1 tsp capers (optional)
- 1–2 tsp lemon juice
- Salt and black pepper to taste

#### Directions

1. Toast the rye bread to your liking.
  2. Mash avocado with lemon, salt, and pepper; spread over toast.
  3. Top with sardines, breaking them into chunks if desired.
  4. Add radish slices, arugula, and capers on top.
  5. Finish with a final squeeze of lemon and a bit more pepper.
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## LUNCH

### 1. Grilled Chicken Rainbow Salad

Big salad bowl with grilled chicken and lots of color.

- **P:** Grilled chicken breast
- **F:** Mixed greens, chickpeas, cherry tomatoes, cucumber

- **D:** Red cabbage, carrots, pumpkin seeds, olive oil–lemon dressing

#### **Recipe (serves 1)**

##### **Ingredients**

- 4–5 oz grilled chicken breast, sliced
- 2 cups mixed salad greens
- ¼ cup chickpeas, rinsed and drained
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumber, sliced or diced
- ¼ cup shredded red cabbage
- ¼ cup shredded carrot
- 1 tbsp pumpkin seeds
- 1–2 tbsp extra-virgin olive oil
- Juice of ½ lemon
- Salt, pepper, and optional dried oregano

##### **Directions**

1. Add greens to a large bowl. Top with chickpeas, tomatoes, cucumber, red cabbage, and carrots.
2. Place sliced grilled chicken on top.
3. Sprinkle with pumpkin seeds.
4. In a small bowl, whisk olive oil, lemon juice, salt, pepper, and oregano.
5. Drizzle dressing over the salad and toss lightly or leave dressed on top.

## **2. Turkey & Quinoa Stuffed Peppers**

Bell peppers stuffed with quinoa, veggies, and roasted turkey.

- **P:** Roasted turkey breast + small amount feta (optional)
- **F:** Quinoa, bell peppers, onions, spinach
- **D:** Oregano, basil, side of mixed greens

#### **Recipe (serves 2)**

##### **Ingredients**

- 2 large bell peppers, halved lengthwise and seeded
- 1 cup cooked quinoa
- 1 cup cooked, chopped turkey breast
- ½ cup spinach, chopped
- ¼ cup onion, finely diced
- ¼ cup crumbled feta (optional)
- 1–2 tsp olive oil
- ½ tsp dried oregano
- ½ tsp dried basil
- Salt and pepper to taste
- Mixed greens for serving

##### **Directions**

1. Preheat oven to 375°F (190°C). Place pepper halves in a baking dish, cut side up.
2. In a bowl, combine cooked quinoa, turkey, spinach, onion, feta (if using), olive oil, oregano, basil, salt, and pepper.
3. Spoon the filling into the pepper halves, packing it in.
4. Cover loosely with foil and bake 25–30 minutes, until peppers are tender.
5. Serve 1 pepper (2 halves) per person over a bed of mixed greens.

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## **3. Sardine “Niçoise” Style Plate**

Deconstructed salad plate with sardines instead of tuna.

- **P:** Sardines
- **F:** Green beans, baby potatoes, cherry tomatoes
- **D:** Mixed greens, olives, capers, Dijon vinaigrette

#### Recipe (serves 1)

##### Ingredients

- 1 small can sardines (3–4 oz), drained
- ½ cup green beans, trimmed
- 3–4 small baby potatoes, halved
- 1 cup mixed greens
- ¼ cup cherry tomatoes, halved
- 4–6 olives
- 1 tsp capers (optional)
- 1 tbsp extra-virgin olive oil
- 1 tsp Dijon mustard
- 1–2 tsp red wine or apple cider vinegar
- Salt and pepper to taste

##### Directions

1. Boil potatoes in salted water until tender (10–12 minutes). Drain and cool slightly.
2. Steam or blanch green beans 3–4 minutes until crisp-tender. Cool slightly.
3. On a plate, arrange mixed greens, potatoes, green beans, cherry tomatoes, olives, and sardines. Sprinkle capers on top.
4. Whisk olive oil, Dijon, vinegar, salt, and pepper; drizzle over everything.

#### 4. Salmon Farro Bowl

Warm farro base topped with baked salmon and veggies.

- **P:** Baked wild salmon
- **F:** Farro, kale, roasted beets
- **D:** Pumpkin seeds, orange segments, balsamic drizzle

#### Recipe (serves 1)

##### Ingredients

- 4–5 oz wild salmon fillet
- ½ cup cooked farro
- ½–1 cup kale, chopped
- ½ cup cooked or pre-roasted beets, cubed
- 1–2 tbsp pumpkin seeds
- ½ orange, peeled and segmented
- 1 tsp olive oil (for cooking)
- 1–2 tsp balsamic vinegar
- Salt, pepper, and optional garlic powder

##### Directions

1. Preheat oven to 375°F (190°C). Season salmon with salt, pepper, and a bit of olive oil. Bake 10–15 minutes, depending on thickness.
2. In a pan, lightly sauté kale with a splash of water or oil until wilted; season with salt and pepper.
3. In a bowl, layer cooked farro, kale, and roasted beets.
4. Top with baked salmon, orange segments, and pumpkin seeds.
5. Drizzle with balsamic vinegar before serving.

#### 5. Shrimp & Black Bean Lettuce Tacos

Lettuce leaves as shells filled with shrimp and beans.

- **P:** Sautéed shrimp

- **F:** Black beans, lettuce wraps, salsa (tomato, onion, peppers)
- **D:** Avocado, cilantro, squeeze of lime

### **Recipe (serves 1–2)**

#### **Ingredients**

- 4–6 large shrimp, peeled and deveined
- ½ cup black beans, rinsed and drained
- 4–6 large lettuce leaves (romaine or butter lettuce)
- ¼ cup salsa (fresh or jarred, low sugar)
- ¼ avocado, diced
- 1–2 tbsp fresh cilantro, chopped
- 1–2 tsp olive oil
- ½ tsp chili powder or taco seasoning (no added sugar or junk)
- Lime wedges
- Salt and pepper to taste

#### **Directions**

1. Pat shrimp dry and season with salt, pepper, and chili powder.
2. Heat oil in a pan over medium heat, cook shrimp 2–3 minutes per side until opaque.
3. In a bowl, combine black beans and salsa.
4. Lay out lettuce leaves, spoon bean mixture into each, top with shrimp and avocado.
5. Sprinkle with cilantro and finish with lime juice.

## **DINNER**

### **1. Herb Roasted Chicken Tray Bake**

Sheet pan chicken with roots and crucifers.

- **P:** Skinless chicken thighs or breasts
- **F:** Brussels sprouts, sweet potato wedges
- **D:** Red onion, garlic, rosemary, side green salad

### **Recipe (serves 2)**

#### **Ingredients**

- 2 chicken breasts or 4 small chicken thighs, skinless
- 1 medium sweet potato, cut into wedges
- 1 cup Brussels sprouts, halved
- ½ red onion, sliced into wedges
- 2–3 cloves garlic, smashed or minced
- 2 tbsp olive oil
- 1 tsp dried rosemary (or fresh)
- ½ tsp dried thyme
- Salt and pepper to taste
- Mixed greens for side salad

#### **Directions**

1. Preheat oven to 400°F (205°C). Line a sheet pan with parchment.
2. Toss sweet potato, Brussels sprouts, onion, and garlic with half the olive oil, rosemary, thyme, salt, and pepper. Spread on pan.
3. Place chicken on top, drizzle with remaining olive oil, and season with salt, pepper, and a bit more rosemary/thyme.
4. Roast 25–30 minutes, or until chicken reaches 165°F and vegetables are tender.
5. Serve with a simple side salad if desired.

## 2. Wild Salmon, Broccoli & Quinoa Plate

Classic “healthy plate” done right.

- **P:** Baked wild salmon
- **F:** Steamed or roasted broccoli, quinoa
- **D:** Lemon, garlic, olive oil, parsley

### Recipe (serves 1)

#### Ingredients

- 4–5 oz wild salmon fillet
- ½–¾ cup cooked quinoa
- 1–1½ cups broccoli florets
- 1–2 tsp olive oil
- 1 clove garlic, minced (optional)
- Juice of ½ lemon
- 1 tbsp chopped fresh parsley
- Salt and pepper to taste

#### Directions

1. Preheat oven to 375°F (190°C). Season salmon with salt, pepper, and a drizzle of olive oil. Bake 10–15 minutes.
2. Steam or roast broccoli until crisp-tender (about 5–8 minutes if steaming, 15–20 if roasting at 400°F). Toss with a bit of olive oil, garlic, salt, and pepper.
3. Plate cooked quinoa, top with salmon and broccoli.
4. Finish with lemon juice and chopped parsley.

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## 3. Grass-Fed Sirloin Stir-Fry

Quick stir-fry with lean beef and mixed veggies.

- **P:** Lean grass-fed sirloin strips
- **F:** Broccoli, snap peas, carrots, brown rice
- **D:** Bell peppers, mushrooms, ginger, garlic

### Recipe (serves 2)

#### Ingredients

- 8 oz grass-fed sirloin, sliced thin against the grain
- 1 cup broccoli florets
- ½ cup snap peas
- ½ cup bell pepper strips
- ½ cup carrots, matchsticks or thin slices
- ½ cup mushrooms, sliced
- 1–2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1–2 tbsp avocado or olive oil
- 2 tbsp low-sodium tamari or soy sauce (or coconut aminos)
- 1–2 tsp rice vinegar or lime juice
- 1 cup cooked brown rice (½ cup per serving)

#### Directions

1. Heat half the oil in a large pan or wok over medium-high heat. Add beef and cook 2–3 minutes until browned; remove and set aside.
2. Add remaining oil and stir-fry broccoli, snap peas, carrots, bell pepper, and mushrooms 4–5 minutes.
3. Add garlic and ginger, cook 1 minute.
4. Return beef to the pan, add tamari and vinegar/lime, toss 1–2 minutes until everything is hot and coated.
5. Serve over brown rice.

#### 4. Turkey Meatballs with Lentil Pasta

Red sauce bowl with higher-fiber pasta.

- **P:** Lean ground turkey meatballs (baked, not fried)
- **F:** Lentil or chickpea pasta, tomato-onion sauce
- **D:** Spinach in the sauce, basil, side of roasted zucchini

##### Recipe (serves 2)

###### Ingredients

For meatballs:

- 8 oz lean ground turkey
- 1 small egg or 1 egg white
- 2 tbsp oat flour or whole-wheat breadcrumbs
- 1 tbsp grated Parmesan (optional)
- 1 tsp Italian seasoning
- Salt and pepper

For pasta and sauce:

- 4 oz dry lentil or chickpea pasta
- 1 cup tomato sauce (no added sugar)
- ¼ cup onion, finely diced
- 1 clove garlic, minced
- 1 cup spinach, chopped
- 1–2 tsp olive oil
- Fresh basil for serving
- Optional: 1 small zucchini, sliced and roasted on the side

###### Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet.
2. Mix turkey, egg, oat flour/breadcrumbs, Parmesan (if using), Italian seasoning, salt, and pepper. Form into 8–10 small meatballs.
3. Bake 15–20 minutes until cooked through.
4. Cook lentil/chickpea pasta according to package directions.
5. In a pan, sauté onion and garlic in olive oil, add tomato sauce, then spinach; simmer 5–10 minutes.
6. Add cooked meatballs to the sauce to warm.
7. Serve meatballs and sauce over pasta, with basil on top. Add roasted zucchini on the side if using.

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#### 5. Shrimp & Veggie Skewers with Wild Rice

Grilled skewers and a grain side.

- **P:** Shrimp
- **F:** Onions, bell peppers, cherry tomatoes on skewers; wild rice
- **D:** Zucchini on the skewers, mixed greens on the side

##### Recipe (serves 2)

###### Ingredients

- 12–16 large shrimp, peeled and deveined
- 1 bell pepper, cut into chunks
- ½ red onion, cut into chunks
- 8–10 cherry tomatoes
- 1 small zucchini, sliced into rounds or half-moons
- 1–2 tbsp olive oil
- 1 tsp smoked paprika or mild seasoning blend
- Juice of ½ lemon
- Salt and pepper

- 1 cup cooked wild rice (½ cup per serving)
- Mixed greens for side salad

**Directions**

1. If using wooden skewers, soak them in water for 15–20 minutes.
2. In a bowl, toss shrimp and vegetables with olive oil, smoked paprika, lemon juice, salt, and pepper.
3. Thread shrimp and vegetables onto skewers, alternating pieces.
4. Grill on a grill pan or outdoor grill 2–3 minutes per side, until shrimp are opaque and veggies slightly charred.
5. Serve skewers over wild rice with a small green salad.