



## **B Strong Meal Plan**

Created by Aeryon Wellness



## B Strong Meal Plan

Aeryon Wellness

This nutritional planner is a guideline for a balanced healthy approach. As always, we must listen to our bodies and our hunger cues.

*The recipes provided may contain ingredients that may cause allergic reactions in some individuals.*

*These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician.*

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

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## B Strong Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Strawberry Kefir Smoothie	Strawberry Kefir Smoothie	Cinnamon & Banana Protein Oatmeal	Cinnamon & Banana Protein Oatmeal	Egg, Feta & Avocado Breakfast Tacos	Egg, Feta & Avocado Breakfast Tacos	Vanilla Protein Pancakes
Snack 1	Sweet Potato & Turkey Breakfast Patties	Sweet Potato & Turkey Breakfast Patties	Raspberry Chia Protein Pudding	Raspberry Chia Protein Pudding	Raspberry Chia Protein Pudding	Eggs, Cottage Cheese & Microgreens	Eggs, Cottage Cheese & Microgreens
Lunch	Tuna & Artichoke Salad Sandwich	Tuna & Artichoke Salad Sandwich	Greek Chicken, Bulgur & Tzatziki Bowl	Greek Chicken, Bulgur & Tzatziki Bowl	Chicken & Chickpea Pasta Salad	Chicken & Chickpea Pasta Salad	Chicken & Chickpea Pasta Salad
Snack 2	Chicken Pesto Mini Pitas	Chicken Pesto Mini Pitas	Avocado & Mustard Tuna Hand Rolls	Avocado & Mustard Tuna Hand Rolls	Steamed Edamame with Tamari	Steamed Edamame with Tamari	Steamed Edamame with Tamari
Dinner	One Pan Beef, Broccoli & Sweet Potato	One Pan Beef, Broccoli & Sweet Potato	Chicken & Black Bean Lettuce Wraps	Chicken & Black Bean Lettuce Wraps	Grilled Cajun Chicken Salad	Grilled Cajun Chicken Salad	Mediterranean Farro Salad with Salmon
Snack 3	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Cherry & Blueberry Yogurt Parfait	Cherry & Blueberry Yogurt Parfait	Chocolate & Yogurt Cashew Chia Pudding	Chocolate & Yogurt Cashew Chia Pudding

# B Strong Meal Plan

85 items

## Fruits

- ☐ 1 1/2 Avocado
- ☐ 4 Banana
- ☐ 1 cup Blueberries
- ☐ 1 cup Cherries
- ☐ 2 1/2 Lemon
- ☐ 1 1/4 tbsps Lime Juice
- ☐ 2 1/4 cups Raspberries
- ☐ 2 cups Strawberries

## Seeds, Nuts & Spices

- ☐ 1 1/3 tbsps Cajun Seasoning
- ☐ 1/2 cup Cashews
- ☐ 1 1/2 cups Chia Seeds
- ☐ 1/3 tsp Cinnamon
- ☐ 2 tpsps Everything Bagel Seasoning
- ☐ 2 tbsps Greek Seasoning
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1 tsp Ground Mustard
- ☐ 2 tbsps Hemp Seeds
- ☐ 2 tbsps Italian Seasoning
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 2 3/4 tpsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sesame Seeds

## Frozen

- ☐ 6 cups Edamame Pods
- ☐ 1 cup Frozen Corn
- ☐ 18 Ice Cubes

## Vegetables

- ☐ 2 heads Boston Lettuce
- ☐ 4 cups Broccoli
- ☐ 6 1/8 cups Cherry Tomatoes
- ☐ 3 1/4 Cucumber
- ☐ 2/3 cup Fresh Dill
- ☐ 6 Garlic
- ☐ 12 stalks Green Onion
- ☐ 1/2 cup Microgreens
- ☐ 1/4 cup Parsley
- ☐ 6 Red Bell Pepper
- ☐ 2 cups Red Onion
- ☐ 4 leaves Romaine
- ☐ 4 heads Romaine Hearts
- ☐ 4 Sweet Potato
- ☐ 3 Tomato

## Boxed & Canned

- ☐ 3 cups Black Beans
- ☐ 1 cup Bulgur
- ☐ 13 1/2 ozs Chickpea Pasta
- ☐ 1/2 cup Farro
- ☐ 1 cup Salsa
- ☐ 3 cans Tuna

## Baking

- ☐ 2 tbsps Cocoa Powder
- ☐ 1 cup Oats
- ☐ 1 tbsps Raw Honey
- ☐ 1/3 cup Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

- ☐ 8 ozs Cheddar Cheese
- ☐ 5 1/4 lbs Chicken Breast
- ☐ 12 ozs Chicken Breast, Cooked
- ☐ 2 lbs Chicken Thighs
- ☐ 4 Corn Tortilla
- ☐ 1 1/2 lbs Extra Lean Ground Beef
- ☐ 2 lbs Extra Lean Ground Turkey
- ☐ 1 2/3 cups Feta Cheese
- ☐ 4 ozs Mini Whole Wheat Pita
- ☐ 10 ozs Salmon Fillet
- ☐ 14 1/8 ozs Sourdough Bread

## Condiments & Oils

- ☐ 1/2 cup Artichoke Hearts
- ☐ 2 tbsps Avocado Oil
- ☐ 2 tpsps Balsamic Vinegar
- ☐ 1 tbsps Coconut Oil
- ☐ 1/2 tsp Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tpsps Hot Sauce
- ☐ 1 tbsps Mayonnaise
- ☐ 3 tbsps Pesto
- ☐ 1/2 cup Pitted Kalamata Olives
- ☐ 2/3 cup Ranch Dressing
- ☐ 2 tbsps Sesame Oil
- ☐ 1/3 cup Tamari

## Cold

- ☐ 2 tpsps Butter
- ☐ 1 cup Cottage Cheese
- ☐ 12 Egg
- ☐ 1 cup Oat Milk
- ☐ 3 1/2 cups Plain Greek Yogurt
- ☐ 2 1/2 cups Plain Kefir
- ☐ 2 cups Soy Milk
- ☐ 1 cup Tzatziki
- ☐ 6 1/2 cups Unsweetened Almond Milk

## Other

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- ☐ **2** Nori Sheets
- ☐ **3 cups** Vanilla Protein Powder

# Strawberry Kefir Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Fiber

Add a handful of baby spinach or kale.

### Dairy-Free

Use coconut milk kefir.

## Ingredients

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**1 1/4 cups** Plain Kefir

**1 cup** Strawberries (frozen)

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Chia Seeds



# Cinnamon & Banana Protein Oatmeal

6 ingredients · 15 minutes · 1 serving



## Directions

1. In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
2. Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
3. Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/4 cups.

### No Soy Milk

Use other milk alternative.

## Ingredients

- 1 cup Soy Milk
- 1/2 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1 Banana (sliced)

# Egg, Feta & Avocado Breakfast Tacos

8 ingredients · 10 minutes · 1 serving



## Directions

1. Warm the butter in a pan over medium heat. Add the whisked eggs to the pan and season with the everything bagel seasoning. Scramble until the eggs are cooked to your liking.
2. To assemble the tacos, place the tortillas onto a plate and evenly divide the scrambled eggs, feta, avocado, onions, and hot sauce between the tortillas. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

### Additional Toppings

Top with microgreens, baby spinach, or arugula.

### Grain-Free

Use grain-free tortillas.

### Dairy-Free

Omit the cheese and use oil to cook the eggs or use plant-based cheese and butter instead.

## Ingredients

- 1 tsp Butter
- 3 Egg (whisked)
- 1 tsp Everything Bagel Seasoning (plus more for garnish)
- 2 Corn Tortilla (small, warmed)
- 1/4 cup Feta Cheese (crumbled)
- 1/4 Avocado (medium, sliced)
- 1 stalk Green Onion (chopped)
- 1 tsp Hot Sauce



# Vanilla Protein Pancakes

4 ingredients · 15 minutes · 2 servings



## Directions

1. In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
2. Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
3. Transfer to a plate and top with additional banana slices. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

### Serving Size

One serving is approximately two pancakes.

### Additional Toppings

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

## Ingredients

2 Banana (plus extra for topping)

4 Egg

1/2 cup Vanilla Protein Powder

1 tbsp Coconut Oil

# Sweet Potato & Turkey Breakfast Patties

5 ingredients · 1 hour · 5 servings



## Directions

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1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
3. Using a paper towel, gently pat the turkey to remove excess moisture.
4. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
5. Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### Serving Size

One serving is approximately two patties.

### More Flavor

Add black pepper, onion powder or red pepper flakes.

### Sweet Potato

One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.

## Ingredients

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- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 **tsps** Italian Seasoning
- 1 **tsp** Sea Salt

# Raspberry Chia Protein Pudding

5 ingredients · 30 minutes · 2 servings



## Directions

1. In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Nut-Free

Use coconut milk instead of almond milk.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

- 1/4 cup** Chia Seeds
- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 3/4 cup** Raspberries (divided)
- 2 tbsps** Unsweetened Coconut Flakes



# Eggs, Cottage Cheese & Microgreens

8 ingredients · 15 minutes · 1 serving



## Directions

1. Place the egg(s) in a saucepan and cover with cold water. Cover and bring to a boil. Remove from heat and let stand covered for 12 minutes. Drain the water and run cold water over the egg(s) until it is cool enough to handle, peel and slice in half.
2. Meanwhile, place the cottage cheese at the bottom of a bowl. Add the microgreens, tomatoes, and cucumber on top.
3. Add the sliced egg(s) and garnish with dill and green onions. Season with salt and pepper. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Prepare in Advance

Hard boiled eggs can be stored in the refrigerator for up to seven days with the shell on.

### More Flavor

Add or swap the vegetables for wilted greens, avocado, radishes, and/or fried mushrooms. Swap out the herbs for basil, parsley, chives, or cilantro.

### Additional Toppings

Swap the hard boiled eggs with fried or poached eggs.

## Ingredients

- 1 Egg (large)
- 1/2 cup Cottage Cheese
- 1/4 cup Microgreens
- 1/4 cup Cherry Tomatoes (halves)
- 1/4 Cucumber (small, sliced)
- 1 tbsp Fresh Dill (chopped finely)
- 1/2 stalk Green Onion (sliced finely)
- Sea Salt & Black Pepper (to taste)

# Tuna & Artichoke Salad Sandwich

8 ingredients · 10 minutes · 2 servings



## Directions

1. In a bowl, whisk together the lemon juice, oil, salt, and pepper. Add in the tuna, tomatoes, artichokes, and parsley. Stir well.
2. Divide the tuna salad between the pieces of toast. Close the sandwich and enjoy!

## Notes

### Leftovers

Refrigerate the tuna salad separate from the bread in an airtight container for up to three days. Assemble the sandwich just before serving.

### Serving Size

One serving is equal to one sandwich.

### More Flavor

Add red onion and bell pepper to the tuna salad.

### Gluten-Free

Use gluten-free bread instead.

### Sourdough Bread

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

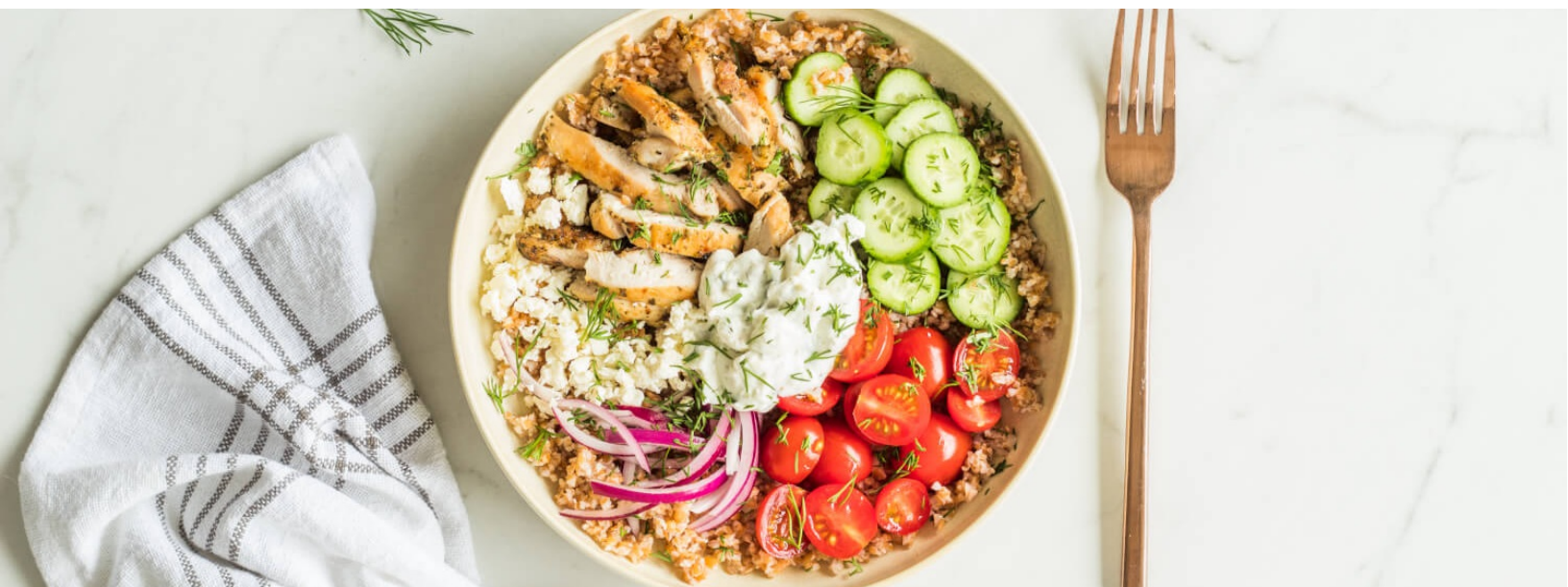
## Ingredients

- 1/2 Lemon (juiced)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 **can** Tuna (drained)
- 1/3 **cup** Cherry Tomatoes (halved)
- 1/4 **cup** Artichoke Hearts (from the jar, drained, chopped)
- 2 **tbsps** Parsley (chopped)
- 7 1/16 **ozs** Sourdough Bread (sliced, toasted)



# Greek Chicken, Bulgur & Tzatziki Bowl

10 ingredients · 25 minutes · 3 servings



## Directions

1. Cook the bulgur according to package instructions and set aside to cool.
2. Heat the oil in a medium pan over medium heat. Season the chicken with Greek seasoning and cook for six to eight minutes per side or until golden and cooked through. Set aside to cool completely, then slice thinly.
3. Divide the bulgur, chicken, cucumber, onions, tomatoes, and feta cheese evenly between bowls. Add a dollop of tzatziki and sprinkle with dill, if desired. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1/3 cup bulgur, two tablespoons of feta, and 1/3 cup of tzatziki with veggies and chicken.

## Ingredients

- 1/2 cup Bulgur (dry)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tbsp Greek Seasoning
- 1/2 Cucumber (medium, sliced)
- 1/4 cup Red Onion (sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/3 cup Feta Cheese (crumbled)
- 1/2 cup Tzatziki
- 1/4 cup Fresh Dill (chopped, optional)

# Chicken & Chickpea Pasta Salad

9 ingredients · 20 minutes · 3 servings



## Directions

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1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
3. In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for three days.

### Serving Size

One serving is about 1 1/2 cups of pasta salad.

### Make it Vegan

Use tofu or tempeh instead of chicken.

### More Flavor

Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.

## Ingredients

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- 4 1/2 ozs Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Breast (cubed)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered)
- 2 tbsps Red Onion (thinly sliced)
- 1/2 Lemon (zested and juiced)

# Chicken Pesto Mini Pitas

6 ingredients · 10 minutes · 2 servings



## Directions

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1. In a bowl, add the chicken breast and pesto. Stir well until the chicken pieces are well coated with pesto. Taste and add salt and pepper as needed.
2. Season the tomato slices with salt. Cut the pitas in half and stuff them with chicken, tomato, and romaine lettuce. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to one stuffed mini pita.

### More Flavor

Add pickle and red onion.

### Gluten-Free

Use a gluten-free pita or bread.

### Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

## Ingredients

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**6 ozs** Chicken Breast, Cooked (cubed)

**1 1/2 tbsps** Pesto

Sea Salt & Black Pepper (to taste)

**1/2** Tomato (small, sliced)

**2 ozs** Mini Whole Wheat Pita

**2 leaves** Romaine (chopped)



# Avocado & Mustard Tuna Hand Rolls

6 ingredients · 10 minutes · 1 serving



## Directions

1. Mix the tuna, ground mustard, and mayonnaise together.
2. Divide the avocado, tuna mixture, and green onions between the nori sheets. Roll each nori sheet into a hand roll. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh.

### Serving Size

One serving is four nori wraps.

### No Ground Mustard

Use wasabi paste, prepared horseradish and/or hot sauce.

### Canned Tuna

One can of tuna equals 165 grams or 5.8 ounces, drained.

## Ingredients

- 1/2 can Tuna (drained)
- 1/2 tsp Ground Mustard
- 1 1/2 tps Mayonnaise
- 1/2 Avocado (medium, sliced)
- 1/2 stalk Green Onion (sliced)
- 1 Nori Sheets (quartered)

# Steamed Edamame with Tamari

2 ingredients · 10 minutes · 1 serving



## Directions

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1. Bring a pot of water to a boil.
2. Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add sesame oil, finishing salt, and/or sesame seeds.

## Ingredients

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**2 cups** Edamame Pods

**1 tsp** Tamari



# One Pan Beef, Broccoli & Sweet Potato

10 ingredients · 30 minutes · 2 servings



## Directions

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1. Heat the oil in a large pan over medium-high heat. Add the potatoes to the pan and cook for four to five minutes until starting to soften.
2. Add the bell pepper and garlic to the pan and sauté for two minutes. Add the beef and cook for three to four minutes, or until the beef is cooked through, breaking it up as it cooks. Season with salt and pepper.
3. Stir in the broccoli, green onions, tamari, and sesame seeds. Cook for three to five minutes or until the broccoli is tender, stirring as needed.
4. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add a seasoning blend of choice. Serve over rice or potatoes.

### No Beef

Use any ground meat or meat substitute of choice.

## Ingredients

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- 1 **tbps** Sesame Oil
- 1 Sweet Potato (medium, cubed)
- 1 Red Bell Pepper (medium, chopped)
- 2 Garlic (clove, chopped)
- 12 **ozs** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Broccoli (cut into small florets)
- 4 **stalks** Green Onion (chopped)
- 2 **tbps** Tamari
- 1 **tbps** Sesame Seeds

# Chicken & Black Bean Lettuce Wraps

8 ingredients · 40 minutes · 2 servings



## Directions

1. Add the chicken breasts, salsa, lime juice, salt, and pepper to a sealable container. Cover, shake, and allow to marinate for at least 15 minutes.
2. Heat a pan over medium heat and add the chicken and marinade. Cover the pan and cook for 20 minutes or until the chicken is cooked through. Flip the chicken a few times and spoon the marinade over as needed.
3. Transfer the chicken and marinade to a large bowl and shred it with two forks. Once shredded, mix with the marinade.
4. Fill the lettuce leaves with the chicken, black beans, red onion, and peppers. Serve and enjoy!

## Notes

### Leftovers

Refrigerate ingredients separately in airtight containers for up to three days.

### Serving Size

One serving is equal to approximately four lettuce wraps.

### Make it Vegan

Use tempeh or tofu instead of chicken.

### More Flavor

Add cilantro and chipotle aioli.

## Ingredients

**8 ozs** Chicken Breast (boneless, skinless)

**1/2 cup** Salsa

**2 tsps** Lime Juice

Sea Salt & Black Pepper (to taste)

**1 head** Boston Lettuce (leaves separated)

**1 cup** Black Beans

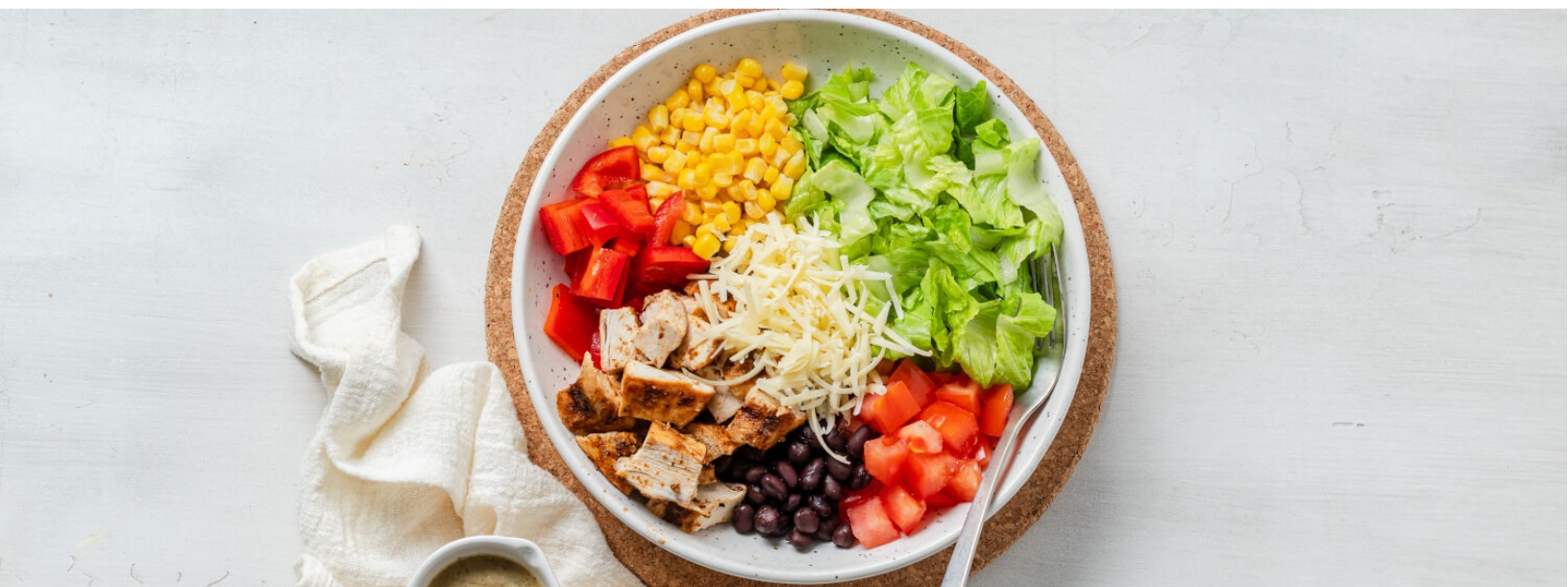
**1/2 cup** Red Onion (diced)

**1** Red Bell Pepper (medium, chopped)



# Grilled Cajun Chicken Salad

10 ingredients · 30 minutes · 3 servings



## Directions

1. Preheat the grill to medium heat.
2. Season the chicken with the oil and cajun seasoning.
3. Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before cutting into cubes.
4. While the chicken is cooking, add the corn, black beans, bell pepper, tomato, romaine, and cheese to a large bowl.
5. Add the cooked chicken and dressing to the bowl. Mix to combine. Taste and add more dressing if desired.
6. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 2/3 cups of salad, topped with chicken.

### Additional Toppings

Top with salsa or guacamole.

### Dairy-Free

Use a dairy-free ranch dressing.

## Ingredients

**10 ozs** Chicken Breast (boneless, skinless)

**1 tbsp** Avocado Oil

**2 tsps** Cajun Seasoning

**1/2 cup** Frozen Corn (thawed)

**1/2 cup** Black Beans (cooked)

**1** Red Bell Pepper (medium, chopped)

**1** Tomato (medium, chopped)

**2 heads** Romaine Hearts (chopped)

**4 ozs** Cheddar Cheese (shredded)

**1/3 cup** Ranch Dressing

# Mediterranean Farro Salad with Salmon

10 ingredients · 30 minutes · 2 servings



## Directions

1. Cook the farro according to package directions and set aside to cool slightly.
2. Preheat the oven to 400°F (205°C).
3. Place the salmon on a baking sheet. Drizzle with 1/4 of the oil and season with salt and pepper. Transfer to the oven and bake for 13 to 15 minutes, until cooked through. The amount of time will depend on thickness.
4. Meanwhile, in a jar combine the remaining oil, balsamic vinegar, mustard, salt, and pepper. Shake vigorously to combine.
5. Place the cooled farro in a large bowl and add the tomatoes, cucumber, and olives. Pour the dressing over and toss to combine. Fold in the feta cheese.
6. Divide the salmon and the farro salad onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about 1 1/4 cups of salad with salmon.

### More Flavor

Season the fish with sumac, dried herbs or another favorite marinade.

### Additional Toppings

Fresh parsley, dill, lemon zest/juice.

### Gluten-Free

Use a gluten-free grain such as wild rice or quinoa.

### Dairy-Free

Use a dairy-free feta cheese or omit.

## Ingredients

- 1/2 cup Farro (dry, rinsed)
- 10 ozs Salmon Fillet (skin removed)
- 2 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (medium, chopped)
- 1/2 cup Pitted Kalamata Olives
- 1/2 cup Feta Cheese (crumbled)

# Simple Vanilla Protein Shake

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Serving Size

One serving is approximately 1 1/4 cups.

### More Flavor

Use frozen fruit instead of ice cubes.

### No Vanilla Protein Powder

Use chocolate or another flavor instead.

### Nut-Free

Use oat milk, rice milk, or dairy instead of almond milk.

### Ice

Six ice cubes is approximately one cup of ice.

### Protein Powder

A plant-based protein powder was used to create and test this recipe.

## Ingredients

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**2/3 cup** Unsweetened Almond Milk

**1/4 cup** Vanilla Protein Powder

**6** Ice Cubes (large)



# Cherry & Blueberry Yogurt Parfait

9 ingredients · 10 minutes · 2 servings



## Directions

1. In a bowl, mix the Greek yogurt, oat milk, flax, and chia seeds together until smooth.
2. Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
3. If desired, drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
4. Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Dairy-Free

Use plant-based yogurt instead.

## Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Oat Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tsps Raw Honey (optional)
- 2 tsps Pumpkin Seeds
- 1/16 tsp Cinnamon

# Chocolate & Yogurt Cashew Chia Pudding

5 ingredients · 30 minutes · 2 servings



## Directions

1. In a bowl, whisk together the chia seeds, almond milk, and cocoa powder. Refrigerate for at least 20 to 25 minutes or overnight.
2. Divide the yogurt and chia seeds mixture between serving bowls or jars. Top with cashews and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately one cup.

### Likes it Sweet

Add honey or maple syrup.

## Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Cocoa Powder
- 3/4 cup Plain Greek Yogurt
- 1/4 cup Cashews (chopped)