



Brain Health Support Program

MELISSA SCALA

Hello
Wellness Lovely

MON



BREAKFAST
Blueberry Chia Pancakes



SNACK 1
Applesauce & Almonds



LUNCH
Eggplant, Rice & Beans



SNACK 2
Kiwi Yogurt Parfait



DINNER
Chicken Caesar Salad Wraps

TUE



BREAKFAST
Blueberry Chia Pancakes



SNACK 1
Kiwi Yogurt Parfait



LUNCH
Chicken Caesar Salad Wraps



SNACK 2
Applesauce & Almonds



DINNER
Eggplant, Rice & Beans

WED



BREAKFAST
Blueberry Chia Pancakes



SNACK 1
Applesauce & Almonds



LUNCH
Eggplant, Rice & Beans



SNACK 2
Banana Orange Green Smoothie



DINNER
Baked Salmon with Broccoli & Quinoa

THU



BREAKFAST
Orange Turmeric Overnight Oats



SNACK 1
Banana Orange Green Smoothie



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Applesauce & Yogurt, Almonds



DINNER
Meal Prep Chicken & Cilantro Lime Quinoa

FRI



BREAKFAST
Orange Turmeric Overnight Oats



SNACK 1
Applesauce & Yogurt, Almonds



LUNCH
Meal Prep Chicken & Cilantro Lime Quinoa



SNACK 2
Apples & Almonds



DINNER
Pressure Cooker Rice & Bean Burritos

SAT



BREAKFAST
Spinach & Sweet Potato Frittata



SNACK 1
Apples & Almonds



LUNCH
Pressure Cooker Rice & Bean Burritos



SNACK 2
Strawberry & Blueberry Parfait



DINNER
One Pot White Fish & Rice

SUN



BREAKFAST
Spinach & Sweet Potato Frittata



SNACK 1
Strawberry & Blueberry Parfait



LUNCH
One Pot White Fish & Rice



SNACK 2
Apples & Almonds



DINNER
Pressure Cooker Rice & Bean Burritos

MON

FAT 38% **CARBS 46%** **PROTEIN 16%**

Calories 1842 Vitamin C 85mg
Fat 79g Calcium 734mg
Saturated 13g Iron 12mg
Carbs 217g Vitamin D 15IU
Fiber 41g Vitamin B12 7.7µg
Sugar 58g Magnesium 355mg
Protein 77g Zinc 6mg
Sodium 971mg Selenium 67µg
Vitamin A 836IU

TUE

FAT 38% **CARBS 46%** **PROTEIN 16%**

Calories 1842 Vitamin C 85mg
Fat 79g Calcium 734mg
Saturated 13g Iron 12mg
Carbs 217g Vitamin D 15IU
Fiber 41g Vitamin B12 7.7µg
Sugar 58g Magnesium 355mg
Protein 77g Zinc 6mg
Sodium 971mg Selenium 67µg
Vitamin A 836IU

WED

FAT 31% **CARBS 52%** **PROTEIN 17%**

Calories 1704 Vitamin C 291mg
Fat 61g Calcium 582mg
Saturated 8g Iron 13mg
Carbs 234g Vitamin D 812IU
Fiber 45g Vitamin B12 7.1µg
Sugar 74g Magnesium 443mg
Protein 75g Zinc 6mg
Sodium 734mg Selenium 68µg
Vitamin A 4810IU

THU

FAT 29% **CARBS 47%** **PROTEIN 24%**

Calories 1701 Vitamin C 332mg
Fat 58g Calcium 1237mg
Saturated 12g Iron 14mg
Carbs 209g Vitamin D 799IU
Fiber 40g Vitamin B12 10.4µg
Sugar 62g Magnesium 566mg
Protein 108g Zinc 10mg
Sodium 602mg Selenium 101µg
Vitamin A 16317IU

FRI

FAT 33% **CARBS 50%** **PROTEIN 17%**

Calories 1874 Vitamin C 106mg
Fat 71g Calcium 1204mg
Saturated 12g Iron 15mg
Carbs 243g Vitamin D 1IU
Fiber 49g Vitamin B12 3.7µg
Sugar 53g Magnesium 505mg
Protein 84g Zinc 8mg
Sodium 1057mg Selenium 52µg
Vitamin A 13658IU

SAT

FAT 31% **CARBS 53%** **PROTEIN 16%**

Calories 1863 Vitamin C 97mg
Fat 66g Calcium 640mg
Saturated 13g Iron 15mg
Carbs 250g Vitamin D 124IU
Fiber 39g Vitamin B12 3.4µg
Sugar 51g Magnesium 392mg
Protein 75g Zinc 8mg
Sodium 1087mg Selenium 88µg
Vitamin A 10484IU

SUN

FAT 31% **CARBS 53%** **PROTEIN 16%**

Calories 1863 Vitamin C 97mg
Fat 66g Calcium 640mg
Saturated 13g Iron 15mg
Carbs 250g Vitamin D 124IU
Fiber 39g Vitamin B12 3.4µg
Sugar 51g Magnesium 392mg
Protein 75g Zinc 8mg
Sodium 1087mg Selenium 88µg
Vitamin A 10484IU

FRUITS

- 4 Apple
- 3/4 Avocado
- 3 Banana
- 1/2 cup Blueberries
- 2 Kiwi
- 1/4 Lemon
- 1 1/4 tbsps Lemon Juice
- 2 tsps Lime Juice
- 1 Navel Orange
- 1/2 cup Strawberries

BREAKFAST

- 2 cups Granola

SEEDS, NUTS & SPICES

- 2 cups Almonds
- 2 1/2 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 3/4 tsp Cumin
- 1/3 tsp Dried Thyme
- 1/3 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 3/4 tsp Turmeric

FROZEN

- 5 Brown Rice Tortilla
- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower

VEGETABLES

- 4 cups Arugula
- 3 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 1/2 Eggplant
- 1 1/2 Garlic
- 1 stalk Green Onion
- 3/4 Red Bell Pepper
- 1/2 Sweet Potato
- 1/2 Tomato
- 1 1/8 Yellow Onion

BOXED & CANNED

- 2 1/4 cups Basmati Rice
- 1 1/3 cups Black Beans
- 1 1/3 cups Cannellini Beans
- 1 cup Quinoa
- 1/2 cup Salsa

BAKING

- 1 tsp Baking Powder
- 1 tsp Nutritional Yeast
- 2 cups Oats
- 2 cups Unsweetened Applesauce

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast, Cooked
- 1 Cod Fillet
- 10 ozs Salmon Fillet

CONDIMENTS & OILS

- 1/4 cup Assorted Olives
- 1/2 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 1/2 tsps White Wine Vinegar

COLD

- 5 Egg
- 1 3/4 cups Oat Milk
- 1 cup Orange Juice
- 4 cups Unsweetened Coconut Yogurt

OTHER

- 4 cups Water

Blueberry Chia Pancakes

3 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Oats
1/2 cup Oat Milk (unsweetened, plain)
1 Banana (medium)
1 Egg (large)
1 tsp Baking Powder
1 cup Frozen Blueberries
1 1/2 tbsps Chia Seeds
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	276	Vitamin C	5mg
Fat	11g	Calcium	216mg
Saturated	2g	Iron	2mg
Carbs	39g	Vitamin D	14IU
Fiber	7g	Vitamin B12	0.4µg
Sugar	11g	Magnesium	53mg
Protein	8g	Zinc	1mg
Sodium	206mg	Selenium	13µg
Vitamin A	139IU		

DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 02 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide onto plates and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving equals two to three 4-inch pancakes.

MORE FLAVOR

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

NO BANANA

Use applesauce instead.

NO OAT MILK

Use dairy or any alternative milk.

BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Orange Turmeric Overnight Oats

2 SERVINGS 2 HOURS



INGREDIENTS

1 cup Oats (rolled)
1 1/4 cups Oat Milk (unsweetened)
3/4 tsp Turmeric
1/4 tsp Cinnamon
1 tbsp Chia Seeds
1 Navel Orange (divided)

NUTRITION

AMOUNT PER SERVING

Calories	295	Vitamin C	41mg
Fat	8g	Calcium	314mg
Saturated	1g	Iron	3mg
Carbs	50g	Vitamin D	0IU
Fiber	9g	Vitamin B12	0.8µg
Sugar	11g	Magnesium	66mg
Protein	9g	Zinc	2mg
Sodium	67mg	Selenium	12µg
Vitamin A	174IU		

DIRECTIONS

- 01 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 02 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add maple syrup, honey or a pinch of sea salt.

ADDITIONAL TOPPINGS

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

Spinach & Sweet Potato Frittata

2 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/2 Sweet Potato (medium, peeled and cut into small cubes)
1 1/2 cups Baby Spinach (chopped)
4 Egg (whisked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	206	Vitamin C	7mg
Fat	13g	Calcium	88mg
Saturated	4g	Iron	3mg
Carbs	8g	Vitamin D	82IU
Fiber	1g	Vitamin B12	0.9µg
Sugar	2g	Magnesium	38mg
Protein	14g	Zinc	2mg
Sodium	178mg	Selenium	31µg
Vitamin A	7261IU		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 03 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 04 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

ADDITIONAL TOPPING

Salsa, hot sauce, or ketchup.

NO SPINACH

Use kale or swiss chard instead.

Applesauce & Almonds

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Applesauce
3/4 cup Almonds (raw or roasted)

NUTRITION

AMOUNT PER SERVING

Calories	258	Vitamin C	1mg
Fat	18g	Calcium	101mg
Saturated	1g	Iron	2mg
Carbs	21g	Vitamin D	0IU
Fiber	6g	Vitamin B12	0µg
Sugar	13g	Magnesium	100mg
Protein	8g	Zinc	1mg
Sodium	3mg	Selenium	2µg
Vitamin A	36IU		

DIRECTIONS

01 Serve the applesauce with the almonds. Enjoy!

NOTES

LEFTOVERS

Refrigerate the applesauce in an airtight container for up to four days.

MORE FLAVOR

Add cinnamon.

NUT-FREE

Use pumpkin seeds or sunflower seeds instead of almonds.

ADDITIONAL TOPPINGS

Add chopped fruit, hemp seeds, or yogurt.

Banana Orange Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
1 cup Baby Spinach
1/2 cup Frozen Cauliflower
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	232	Vitamin C	113mg
Fat	1g	Calcium	82mg
Saturated	0g	Iron	2mg
Carbs	57g	Vitamin D	0IU
Fiber	9g	Vitamin B12	0µg
Sugar	35g	Magnesium	84mg
Protein	5g	Zinc	1mg
Sodium	46mg	Selenium	2µg
Vitamin A	3195IU		

DIRECTIONS

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

NOTES

NO SPINACH

Use kale instead.

NO FROZEN CAULIFLOWER

Omit or use zucchini or more apple instead.

ORANGE JUICE

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

Eggplant, Rice & Beans

3 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 Eggplant (cut in half lengthwise)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
3/4 cup Basmati Rice
1/3 Yellow Onion (chopped fine)
1 1/2 Garlic (cloves, smashed)
1 1/3 cups Cannellini Beans (drained, rinsed, and pat dry with paper towel)
1/3 tsp Oregano
1/3 tsp Dried Thyme
3/4 tsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	473	Vitamin C	7mg
Fat	14g	Calcium	55mg
Saturated	2g	Iron	3mg
Carbs	77g	Vitamin D	0IU
Fiber	15g	Vitamin B12	0µg
Sugar	12g	Magnesium	39mg
Protein	11g	Zinc	0mg
Sodium	304mg	Selenium	1µg
Vitamin A	70IU		

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Using a sharp knife, score the cut sides of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 03 Meanwhile, cook the rice according to package directions.
- 04 In a large skillet, heat the remaining oil over medium heat. Once hot, add the onion and cook for three minutes and then add the garlic, beans, oregano, and thyme. Cook until the beans are somewhat browned and getting crispy, about five minutes and then remove from the heat.
- 05 Divide the rice onto plates and top with the eggplant and beans. Squeeze the lemon juice over top. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container in the fridge for up to three days.

SERVING SIZE

One serving is half an eggplant, half a cup of rice, and half a cup of beans.

ADDITIONAL TOPPINGS

Top with shaved parmesan, chili flakes, or toasted walnuts or pumpkin seeds.

Kiwi Yogurt Parfait

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1 cup Granola
2 Kiwi (peeled, diced)

NUTRITION

AMOUNT PER SERVING

Calories	396	Vitamin C	65mg
Fat	19g	Calcium	320mg
Saturated	5g	Iron	3mg
Carbs	49g	Vitamin D	0IU
Fiber	9g	Vitamin B12	1.4µg
Sugar	19g	Magnesium	114mg
Protein	10g	Zinc	3mg
Sodium	43mg	Selenium	16µg
Vitamin A	72IU		

DIRECTIONS

01 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Nuts, shredded coconut, hemp seeds, or chia seeds.

Applesauce & Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1/2 cup Unsweetened Applesauce

NUTRITION

AMOUNT PER SERVING

Calories	136	Vitamin C	1mg
Fat	7g	Calcium	502mg
Saturated	6g	Iron	1mg
Carbs	19g	Vitamin D	0IU
Fiber	4g	Vitamin B12	2.7µg
Sugar	7g	Magnesium	2mg
Protein	1g	Zinc	0mg
Sodium	51mg	Selenium	0µg
Vitamin A	18IU		

DIRECTIONS

01 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

NO YOGURT

Use oatmeal instead.

Almonds

2 SERVINGS 2 MINUTES



INGREDIENTS

1/2 cup Almonds (raw)

NUTRITION

AMOUNT PER SERVING

Calories	207	Vitamin C	0mg
Fat	18g	Calcium	96mg
Saturated	1g	Iron	1mg
Carbs	8g	Vitamin D	0IU
Fiber	4g	Vitamin B12	0µg
Sugar	2g	Magnesium	97mg
Protein	8g	Zinc	1mg
Sodium	0mg	Selenium	1µg
Vitamin A	1IU		

DIRECTIONS

01 Place in a bowl and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the pantry.

MORE FLAVOR

Roast, toast and/or season with salt.

Apples & Almonds

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Apple (sliced)
3/4 cup Almonds

DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

NUTRITION

AMOUNT PER SERVING

Calories	302	Vitamin C	8mg
Fat	18g	Calcium	107mg
Saturated	1g	Iron	2mg
Carbs	33g	Vitamin D	0IU
Fiber	9g	Vitamin B12	0µg
Sugar	20g	Magnesium	106mg
Protein	8g	Zinc	1mg
Sodium	2mg	Selenium	1µg
Vitamin A	99IU		

Strawberry & Blueberry Parfait

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1 cup Granola
1/2 cup Strawberries
1/2 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	386	Vitamin C	25mg
Fat	19g	Calcium	304mg
Saturated	5g	Iron	3mg
Carbs	47g	Vitamin D	0IU
Fiber	9g	Vitamin B12	1.4µg
Sugar	18g	Magnesium	109mg
Protein	9g	Zinc	3mg
Sodium	41mg	Selenium	16µg
Vitamin A	36IU		

DIRECTIONS

01 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.

Chicken Caesar Salad Wraps

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)
1 tbsp Tahini
1 tbsp Lemon Juice
1/2 tsp Dijon Mustard
1 tsp Nutritional Yeast
1/8 tsp Sea Salt (divided)
1 tbsp Water
1/2 head Boston Lettuce
2 Brown Rice Tortilla
1/2 Tomato (chopped, seeds removed)
8 ozs Chicken Breast, Cooked (chopped into cubes or slices)

NUTRITION

AMOUNT PER SERVING

Calories	439	Vitamin C	7mg
Fat	17g	Calcium	42mg
Saturated	3g	Iron	2mg
Carbs	31g	Vitamin D	1IU
Fiber	4g	Vitamin B12	5.9µg
Sugar	3g	Magnesium	49mg
Protein	40g	Zinc	1mg
Sodium	415mg	Selenium	35µg
Vitamin A	519IU		

DIRECTIONS

- 01 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 02 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

NOTES

LEFTOVERS

All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

SERVING SIZE

One serving is equal to one wrap.

ADDITIONAL TOPPINGS

Add sliced or cubed avocado.

MORE FLAVOR

Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.

Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	465	Vitamin C	165mg
Fat	17g	Calcium	128mg
Saturated	3g	Iron	4mg
Carbs	40g	Vitamin D	798IU
Fiber	8g	Vitamin B12	6.7µg
Sugar	3g	Magnesium	167mg
Protein	43g	Zinc	3mg
Sodium	175mg	Selenium	50µg
Vitamin A	1370IU		

DIRECTIONS

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

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Meal Prep Chicken & Cilantro Lime Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
1/4 cup Cilantro (chopped)
2 tsps Lime Juice (to taste)
1/8 tsp Sea Salt (to taste)
4 cups Arugula (packed)
2 Carrot (small, chopped)
8 ozs Chicken Breast, Cooked (sliced)
1 stalk Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	366	Vitamin C	12mg
Fat	7g	Calcium	115mg
Saturated	1g	Iron	3mg
Carbs	35g	Vitamin D	1IU
Fiber	6g	Vitamin B12	0.2µg
Sugar	4g	Magnesium	150mg
Protein	42g	Zinc	3mg
Sodium	263mg	Selenium	36µg
Vitamin A	11559IU		

DIRECTIONS

- 01 Cook the quinoa according to the package directions and let cool.
- 02 Toss the quinoa with cilantro, lime juice, and salt.
- 03 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Use balsamic vinegar or your dressing of choice.

ADDITIONAL TOPPING

Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.

Pressure Cooker Rice & Bean Burritos

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 **tsps** Extra Virgin Olive Oil
3/4 Yellow Onion (chopped)
3/4 Red Bell Pepper (chopped)
1 1/2 **tsps** Smoked Paprika
3/4 **tsp** Cumin
1/8 **tsp** Sea Salt
1 1/3 **cups** Black Beans (cooked, rinsed)
3/4 **cup** Basmati Rice
1/2 **cup** Salsa
1 1/8 **cups** Water
3 Brown Rice Tortilla
3/4 Avocado (mashed, optional)

NUTRITION

AMOUNT PER SERVING

Calories	568	Vitamin C	44mg
Fat	13g	Calcium	70mg
Saturated	2g	Iron	5mg
Carbs	98g	Vitamin D	0IU
Fiber	17g	Vitamin B12	0µg
Sugar	9g	Magnesium	84mg
Protein	16g	Zinc	1mg
Sodium	674mg	Selenium	2µg
Vitamin A	1807IU		

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 02 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 03 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 04 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to one burrito.

MORE FLAVOR

Add minced garlic and/or chili powder when cooking the onions and peppers. Add cilantro to the mashed avocado.

One Pot White Fish & Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Basmati Rice (rinsed)
1 cup Water
1 cup Cherry Tomatoes (chopped)
1 1/2 tsps White Wine Vinegar
1/2 cup Basil Leaves (torn, divided)
1/4 cup Assorted Olives
Sea Salt & Black Pepper (to taste)
1 Cod Fillet (cut into pieces)

NUTRITION

AMOUNT PER SERVING

Calories	401	Vitamin C	13mg
Fat	3g	Calcium	71mg
Saturated	1g	Iron	2mg
Carbs	64g	Vitamin D	42IU
Fiber	3g	Vitamin B12	1.1µg
Sugar	2g	Magnesium	55mg
Protein	28g	Zinc	1mg
Sodium	192mg	Selenium	38µg
Vitamin A	1281IU		

DIRECTIONS

- 01 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 02 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 03 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture otop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 04 Garnish with the remaining basil, divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 to 2 cups.

MORE FLAVOR

Use olive tapenade or pesto instead of assorted olives.

ADDITIONAL TOPPINGS

Red pepper flakes and/or a drizzle of olive oil.

NO COD

Use haddock, tilapia, salmon, or shrimp.

NO WHITE WINE VINEGAR

Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.