



## Lose The Regain Bariatric Meal Plan

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[Sheri Burke](#)

<http://international-patient-facilitators.com>

Hey - Lose the Regain!

It happens to the best of us. Don't allow it to continue!

I've got your back. This menu is super high in protein, low in calories, SATIATING. You won't feel starving hungry as you shed the regain.

And....it's low in carbohydrates.

Go get it done! Use my REAL FOOD bariatric food plan to shed the regain.





























I've got your back!

Healthy Hugs,

Sheri Burke

RHN specializing in bariatric nutrition



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries	 Blackberry Chia Pudding	 Blackberry Chia Pudding	 Sheri's Chocolate Strawberry Chia Pudding
Lunch	 Eggs, Cottage Cheese & Microgreens	 Sher's Mason Jar Salmon Salad	 Philly Cheesesteak Stuffed Red Peppers	 Sheri's Tahini Chopped Salad	 Sheri's Tahini Chopped Salad	 Snap Peas, Peppers & Hummus	 Cobb Salad Sheri-Style
Dinner	 Sheri's Creamy Herb Chicken Lettuce Wraps	 One Pan Chicken Thighs & Veggies	 Shrimp Madras Curry	 Zucchini & Ground Beef Skillet	 Sheri's Grilled Cilantro Lime Pesto Shrimp	 Steak & Tomato Skewer	 Tomato & Onion Egg White Omelette
Snack 3	 Cottage Cheese with Mixed Berries	 Cottage Cheese with Mixed Berries	 French Toast Mug Cake	 French Toast Mug Cake	 Flaxseed Pudding Parfait	 Flaxseed Pudding Parfait	 Clementines & Macadamia Nuts

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 57%	Fat	<div><div></div></div> 44%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 48%	Fat	<div><div></div></div> 57%
Carbs	<div><div></div></div> 12%	Carbs	<div><div></div></div> 11%	Carbs	<div><div></div></div> 22%	Carbs	<div><div></div></div> 25%	Carbs	<div><div></div></div> 20%	Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 18%
Protein	<div><div></div></div> 49%	Protein	<div><div></div></div> 32%	Protein	<div><div></div></div> 34%	Protein	<div><div></div></div> 38%	Protein	<div><div></div></div> 33%	Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 25%
Calories	791	Calories	977	Calories	883	Calories	737	Calories	1014	Calories	919	Calories	931
Fat	34g	Fat	62g	Fat	43g	Fat	31g	Fat	54g	Fat	50g	Fat	60g
Carbs	24g	Carbs	28g	Carbs	49g	Carbs	46g	Carbs	53g	Carbs	65g	Carbs	43g
Fiber	2g	Fiber	6g	Fiber	9g	Fiber	9g	Fiber	24g	Fiber	27g	Fiber	15g
Sugar	16g	Sugar	16g	Sugar	27g	Sugar	23g	Sugar	9g	Sugar	13g	Sugar	19g
Protein	97g	Protein	78g	Protein	76g	Protein	70g	Protein	87g	Protein	58g	Protein	60g



## Fruits

- ☐ 1/2 cup Blackberries
- ☐ 1/2 cup Blueberries
- ☐ 1 Clementines
- ☐ 2 tbsps Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 1/2 cup Raspberries
- ☐ 1/4 cup Strawberries

## Breakfast

- ☐ 1 tbsp Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/2 tsps Cinnamon
- ☐ 1/3 tsp Cumin
- ☐ 1/2 tsp Dried Parsley
- ☐ 1/4 tsp Garlic Powder
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1 tsp Hemp Seeds
- ☐ 1/4 cup Macadamia Nuts
- ☐ 1 tbsp Madras Curry Powder
- ☐ 1/16 tsp Onion Powder
- ☐ 2 tbsps Pecans
- ☐ 1 1/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

- ☐ 1/2 cup Frozen Berries

## Vegetables

- ☐ 1/2 cup Baby Spinach
- ☐ 1 cup Broccoli
- ☐ 1/2 Carrot
- ☐ 1 1/4 cups Cherry Tomatoes
- ☐ 2 tbsps Chives
- ☐ 1/3 cup Cilantro
- ☐ 2 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 6 3/4 Garlic
- ☐ 1/4 Green Bell Pepper
- ☐ 1/16 head Green Lettuce
- ☐ 2 1/2 stalks Green Onion
- ☐ 1/4 cup Microgreens
- ☐ 3/4 cup Parsley
- ☐ 2 1/4 Red Bell Pepper
- ☐ 6 leaves Romaine
- ☐ 1/2 head Romaine Hearts
- ☐ 1/2 cup Snap Peas
- ☐ 1/2 Tomato
- ☐ 1/4 Yellow Bell Pepper
- ☐ 3/4 Yellow Onion
- ☐ 1/3 Zucchini

## Boxed & Canned

- ☐ 1/4 cup Canned Coconut Milk
- ☐ 1/2 cup Diced Tomatoes
- ☐ 2 tbsps Vegetable Broth

## Baking

- ☐ 1/2 tsp Stevia Powder
- ☐ 1/2 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- ☐ 1 slice Bacon
- ☐ 12 ozs Chicken Breast, Cooked
- ☐ 3 ozs Chicken Thighs With Skin
- ☐ 3 ozs Extra Lean Ground Beef
- ☐ 2 lbs Extra Lean Ground Chicken
- ☐ 1/4 cup Hummus
- ☐ 1 oz Provolone Cheese
- ☐ 4 ozs Salmon Fillet
- ☐ 4 ozs Shrimp
- ☐ 4 ozs Shrimp, Cooked
- ☐ 6 ozs Top Sirloin Steak
- ☐ 1 slice Whole Grain Bread

## Condiments & Oils

- ☐ 3/4 tsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Tahini
- ☐ 1 tsp Tamari

## Cold

- ☐ 3 cups Cottage Cheese
- ☐ 4 Egg
- ☐ 1/2 cup Egg Whites
- ☐ 1/4 cup Oat Milk
- ☐ 1/2 cup Plain Coconut Milk
- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 2 cups Unsweetened Greek Yogurt

## Other

- ☐ 3 Barbecue Skewers
- ☐ 2 tbsps Chocolate Protein Powder
- ☐ 2 1/8 ozs Vanilla Protein Powder
- ☐ 1/2 cup Water



## Chicken Breakfast Sausages

4 servings

20 minutes

### Ingredients

1 lb Extra Lean Ground Chicken  
 1/4 cup Parsley (very finely chopped)  
 3 Garlic (cloves, minced)  
 1/4 tsp Sea Salt  
 1 tbsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	197
Fat	13g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g

### Directions

- 1 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
- 2 Heat the oil in a non-stick pan over medium heat.
- 3 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Serving Size:** One serving is equal to two patties.

**More Flavor:** Add other fresh or dried herbs and spices to taste.

**No Extra Virgin Olive Oil:** Use avocado or coconut oil instead.

**No Chicken:** Use ground turkey or pork instead.



## Cottage Cheese with Blueberries

1 serving

5 minutes

### Ingredients

1/2 cup Cottage Cheese  
1/4 cup Blueberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	124
Fat	5g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	12g

### Directions

1

Divide the cottage cheese and blueberries into bowls or storage containers.  
Enjoy!

### Notes

**Make It Sweet:** Drizzle honey or maple syrup overtop.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.





## Blackberry Chia Pudding

1 serving

25 minutes

### Ingredients

1/2 cup Unsweetened Almond Milk  
 1/4 cup Blackberries  
 1/4 tsp Vanilla Extract  
 1 1/16 ozs Vanilla Protein Powder  
 2 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	259
Fat	10g
Carbs	16g
Fiber	9g
Sugar	2g
Protein	28g

### Directions

- 1 Add the almond milk, blackberries, protein powder, and vanilla to a blender and blend well until combined.
- 2 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Place into a small jar or bowl and refrigerate for at least 20 minutes to thicken.
- 3 Top with additional blackberries if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Granola, nuts, seeds, yogurt.

**Nut-Free:** Use oat milk or coconut milk instead of almond milk.



## Sheri's Chocolate Strawberry Chia Pudding

1 serving  
30 minutes

### Ingredients

2 tbsps Chia Seeds  
1/2 cup Plain Coconut Milk  
(unsweetened, from the carton)  
2 tbsps Chocolate Protein Powder  
1/4 cup Strawberries (halved)

### Nutrition

Amount per serving	
Calories	214
Fat	11g
Carbs	17g
Fiber	7g
Sugar	5g
Protein	14g

### Directions

- 1 In a small bowl, or mason jar, combine the chia seeds with the coconut 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 Top the chia pudding with the strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Eggs, Cottage Cheese & Microgreens

1 serving

15 minutes

### 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)

### Nutrition

Amount per serving	
Calories	202
Fat	9g
Carbs	10g
Fiber	1g
Sugar	6g
Protein	19g

### 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.





## Sher's Mason Jar Salmon Salad

1 serving

20 minutes

### Ingredients

1/4 tsp Sea Salt (divided)  
 4 ozs Salmon Fillet  
 1 tbsp Extra Virgin Olive Oil  
 1 tbsp Lemon Juice  
 1/2 tsp Dijon Mustard  
 1/2 Cucumber (sliced)  
 2 leaves Romaine (chopped)

### Nutrition

Amount per serving	
Calories	318
Fat	21g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	24g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

**Leftovers:** Refrigerate in the mason jar or an airtight container for up to two days.

**More Flavor:** Add additional herbs or spices to the salmon.

**Additional Toppings:** Add additional veggies to the salad such as carrots, peppers or cabbage.



## Philly Cheesesteak Stuffed Red Peppers

1 serving  
40 minutes

### Ingredients

- 1 Red Bell Pepper (medium, halved)
- 1/4 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (small, sliced)
- 1/4 Green Bell Pepper (small, diced)
- 3 ozs Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste, divided)
- 1 oz Provolone Cheese (sliced)

### Nutrition

Amount per serving	
Calories	339
Fat	21g
Carbs	12g
Fiber	4g
Sugar	8g
Protein	26g

### Directions

- 1 Preheat the oven to 325°F (165°C). Arrange the red bell pepper halves on a parchment-lined baking sheet and bake for 30 minutes.
- 2 Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the onions and green bell pepper until soft, about six minutes. Season with salt and pepper. Add the steak and cook for three minutes, or until your desired doneness is reached. Season with more salt and pepper, if needed.
- 3 Top red pepper halves with the steak mixture and a slice of provolone. Set the oven to broil and return the stuffed peppers to the oven. Cook for about three minutes, or until golden brown. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals one stuffed bell pepper halves.

**Dairy-Free:** Use vegan cheese instead of provolone cheese or omit completely.

**More Flavor:** Add horseradish, or Italian seasoning.

**Additional Toppings:** Add garlic and mushrooms to the steak mixture.





## Sheri's Tahini Chopped Salad

1 serving  
10 minutes

### Ingredients

1 tbsp Tahini  
2 tbsps Water  
1 tbsp Chives  
Sea Salt & Black Pepper  
1/4 head Romaine Hearts (chopped)  
1/4 Cucumber (medium, chopped)  
1/4 Carrot (medium, peeled and chopped)  
1/4 Red Bell Pepper (medium, chopped)  
1/4 cup Broccoli (chopped)  
3 ozs Chicken Breast, Cooked (chopped)

### Nutrition

Amount per serving	
Calories	253
Fat	11g
Carbs	11g
Fiber	4g
Sugar	4g
Protein	30g

### Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

**Additional Toppings:** Add other chopped veggies or fresh herbs.

**No Cooked Chicken:** Use cooked shrimp, salmon, or tofu instead.

**No Chives:** Use fresh parsley instead.





## Snap Peas, Peppers & Hummus

1 serving

10 minutes

### Ingredients

1/4 Red Bell Pepper (medium, sliced)

1/4 Yellow Bell Pepper (medium, sliced)

1/2 cup Snap Peas (trimmed)

1/4 cup Hummus

### Nutrition

Amount per serving	
Calories	182
Fat	11g
Carbs	17g
Fiber	6g
Sugar	3g
Protein	6g

### Directions

1

Divide the bell peppers and snap peas onto plates and serve with hummus. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Hummus:** Use baba ganoush or tzatziki instead.



## Cobb Salad Sheri-Style

1 serving  
25 minutes

### Ingredients

1 Egg  
1 slice Bacon  
1 1/2 tsps Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
1/4 tsp Dijon Mustard  
4 leaves Romaine (chopped)  
2 ozs Chicken Breast, Cooked (chopped)  
1/4 Cucumber (sliced)  
1 stalk Green Onion (chopped, greens parts only)

### Nutrition

Amount per serving	
Calories	365
Fat	24g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	29g

### Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the egg to a bowl of cold water and let the egg sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, place the romaine on a plate and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add stevia, monk fruit, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

**Additional Toppings:** Cheese, olives, tomatoes, and/or avocado.

**No Romaine:** Use baby spinach or another salad green instead.





## Sheri's Creamy Herb Chicken Lettuce Wraps

1 serving

10 minutes

### Ingredients

4 ozs Chicken Breast, Cooked (chopped)  
 1/4 cup Plain Greek Yogurt  
 1 tbsp Fresh Dill (finely chopped)  
 1 tbsp Parsley (finely chopped)  
 1/4 tsp Sea Salt (to taste)  
 1/16 head Green Lettuce (leaves separated)

### Nutrition

Amount per serving	
Calories	218
Fat	5g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	40g

### Directions

- 1 In a bowl, combine the chicken, yogurt, dill, parsley, and salt.
- 2 Fill the lettuce leaves with creamy herb chicken and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add fresh chives, basil, and green onion.

**Additional Toppings:** Add tomatoes, carrots, celery, or radishes.





## One Pan Chicken Thighs & Veggies

1 serving  
25 minutes

### Ingredients

3 ozs Chicken Thighs With Skin (bone-in, trimmed)  
1/2 cup Broccoli (cut into florets)  
1/2 Red Bell Pepper (medium, chopped)  
1/4 cup Cherry Tomatoes (whole)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 tsp Dried Parsley  
1/4 tsp Garlic Powder  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	288
Fat	21g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	16g

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Place the chicken thighs in the center of the pan and add the broccoli, bell pepper, and cherry tomatoes. Drizzle with the oil and season with parsley, garlic powder, and salt. Toss to coat the vegetables in the seasoning.
- 3 Bake for 20 to 25 minutes or until the chicken is cooked through and the veggies are tender. For crispier skin transfer the chicken thighs to a clean baking sheet and turn the oven to broil. Broil for two to three minutes or until the skins have browned.
- 4 Plate and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Extra Virgin Olive Oil:** Use avocado oil instead.



## Shrimp Madras Curry

1 serving  
20 minutes

### Ingredients

2 tbsps Vegetable Broth  
1/2 Yellow Onion (medium, finely diced)  
1/2 Tomato (medium, finely diced)  
1 tbsp Madras Curry Powder  
1/4 cup Canned Coconut Milk  
4 ozs Shrimp, Cooked (peeled, deveined)  
1 tbsp Cilantro (chopped, for garnish)

### Nutrition

Amount per serving	
Calories	251
Fat	11g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	29g

### Directions

- 1 In a medium pot, heat the vegetable broth over medium-high heat. Cook the onions for five minutes, or until soft and golden brown. Add a tablespoon of water at a time, if the onions begin to stick.
- 2 Add the tomato and madras curry powder. Cook for one minute.
- 3 Stir in the coconut milk and lower the heat to a simmer for five minutes. Add more water until your desired consistency is reached (optional).
- 4 Add the shrimp and simmer until warmed through, about two to three minutes. Plate and garnish with cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately 3/4 cup of curry.

**More Flavor:** Add red hot chili peppers, chili powder, or cayenne if you prefer it spicier. Instead of using vegetable broth, fry curry leaves and mustard seeds in oil before cooking the onions.

**No Broth:** Use water instead. Be sure to add salt and any other spices.

**No Madras Curry Powder:** Use yellow curry powder instead, adding additional chili powder according to your preference.





## Zucchini & Ground Beef Skillet

1 serving  
25 minutes

### Ingredients

3 ozs Extra Lean Ground Beef  
1/2 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Diced Tomatoes (with juices)  
1/3 Zucchini (medium, chopped)  
1/3 tsp Cumin  
1/16 tsp Onion Powder

### Nutrition

Amount per serving	
Calories	191
Fat	9g
Carbs	7g
Fiber	2g
Sugar	5g
Protein	19g

### Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Place into your bowl and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add chili powder and/or green chilis.

**Additional Toppings:** Add red pepper flakes.

**Make it Vegan:** Use extra firm tofu instead of ground beef.





## Sheri's Grilled Cilantro Lime Pesto Shrimp

1 serving  
30 minutes

### Ingredients

- 1/4 cup Cilantro (tough stems removed)
- 1/4 cup Parsley (tough stems removed)
- 1/4 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 tsp Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Extra Virgin Olive Oil
- 4 ozs Shrimp (peeled, deveined, tails removed)
- 1 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	245
Fat	16g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	24g

### Directions

- 1 Add the cilantro, parsley, garlic, lime juice, hemp seeds, salt, and pepper to the food processor. Pulse to finely chop the cilantro and parsley. With the food processor running, stream in the olive oil. Blend for about a minute, scraping down the sides of the bowl as needed.
- 2 Add half of the sauce to a zipper-lock bag then add the shrimp. Marinate the shrimp for at least 15 minutes.
- 3 Shake off any excess marinade and pierce the shrimp onto the barbecue skewers. Discard the leftover marinade that was touching the shrimp.
- 4 Grill over medium-high heat for four to five minutes, flipping halfway through or until the shrimp are cooked through. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one 12-inch skewer.

**More Flavor:** Add cumin or red pepper flakes to the pesto sauce.

**No Parsley:** Use more cilantro instead.

**No Hemp Seeds:** Omit or use walnuts or pine nuts instead.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



## Steak & Tomato Skewer

1 serving

15 minutes

### Ingredients

3 ozs Top Sirloin Steak (cut into one-inch pieces)  
 1/2 cup Cherry Tomatoes  
 2 Barbecue Skewers  
 Sea Salt & Black Pepper (to taste)  
 1/2 cup Baby Spinach  
 1/2 Cucumber (medium, sliced)

### Nutrition

Amount per serving	
Calories	221
Fat	12g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	19g

### Directions

- 1 Pierce the steak and cherry tomatoes onto the barbecue skewers. Season with salt and black pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or until your desired doneness is reached.
- 3 Divide the spinach and cucumbers onto plates. Top with the steak and tomato skewers. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately two 12-inch skewers and two cups of salad.

**More Flavor:** Marinate the beef in balsamic, tamari, or barbecue sauce. Serve with your dressing of choice.

**Additional Toppings:** Avocado, peppers, olives, and/or crumbled cheese.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.





## Tomato & Onion Egg White Omelette

1 serving

10 minutes

### Ingredients

- 1/4 cup Water
- 1/2 cup Egg Whites
- 1/8 tsp Sea Salt (to taste)
- 1/4 cup Cherry Tomatoes (halved)
- 1 stalk Green Onion (sliced)
- 1 tsp Tamari

### Nutrition

Amount per serving	
Calories	77
Fat	0g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	14g

### Directions

- 1 Heat the water in a large non-stick pan over medium to medium-high heat. Bring to a simmer.
- 2 Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Season with salt. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the tomatoes and green onions down the middle of the omelette. Fold the sides of the omelette towards the center and drizzle with tamari. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Sauté the tomatoes and onions with garlic before adding to the omelette.

**Additional Toppings:** Leftover veggies, avocado, cheese, nutritional yeast, spinach, or arugula.

**No Non-Stick Pan:** Use your choice of oil as needed.

**No Tamari:** Use soy sauce or coconut aminos instead.





## Cottage Cheese with Mixed Berries

1 serving

5 minutes

### Ingredients

3/4 cup Cottage Cheese  
1/4 cup Frozen Berries (or fresh)

### Nutrition

Amount per serving	
Calories	174
Fat	7g
Carbs	10g
Fiber	1g
Sugar	8g
Protein	18g

### Directions

- 1 Top the cottage cheese with frozen berries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



## French Toast Mug Cake

1 serving

10 minutes

### Ingredients

1 Egg  
2 tbsps Oat Milk  
1/4 tsp Cinnamon  
1 1/2 tsps Maple Syrup  
1/2 slice Whole Grain Bread (cut into small pieces)

### Nutrition

Amount per serving	
Calories	169
Fat	6g
Carbs	19g
Fiber	2g
Sugar	8g
Protein	9g

### Directions

- 1 In a mug whisk the egg and milk together. Stir in the cinnamon and maple syrup.
- 2 Add the bread to the mug and stir to combine with the egg mixture. If the bread isn't saturated with the egg mixture add a splash more milk. Press the bread into an even layer in the bottom of the mug and let it rest for about five minutes so the bread can absorb the egg mixture.
- 3 Microwave for two minutes or until the bread is firm to the touch and just moist on top. Let the mug cake cool slightly then transfer to a plate or a bowl. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Gluten-Free:** Use gluten-free bread instead.

**No Oat Milk:** Use another non-dairy or dairy milk instead.

**More Flavor:** Add vanilla, nutmeg or a pinch of salt.

**Additional Toppings:** Maple syrup, butter, fresh berries, or chia jam.

**Cooking Time:** Cooking time may vary depending on microwave.



## Flaxseed Pudding Parfait

1 serving  
35 minutes

### Ingredients

2 tbsps Ground Flax Seed  
1/2 tsp Cinnamon  
1/2 cup Unsweetened Almond Milk  
1/4 tsp Stevia Powder  
1 cup Unsweetened Greek Yogurt  
1/4 cup Raspberries  
1 tbsp Pecans (crushed)

### Nutrition

Amount per serving	
Calories	257
Fat	17g
Carbs	23g
Fiber	10g
Sugar	3g
Protein	5g

### Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and stevia. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Nut-Free:** Use pumpkin seeds or hemp seeds instead of pecans.

**More Flavor:** Add vanilla extract or a variety of berries.





## Clementines & Macadamia Nuts

1 serving

5 minutes

### Ingredients

- 1/4 cup Macadamia Nuts
- 1 Clementines (peeled and sectioned)

### Nutrition

Amount per serving	
Calories	275
Fat	25g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	3g

### Directions

- 1 Divide the macadamia nuts and clementines onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead of macadamia nuts.

**No Macadamia Nuts:** Use almonds or walnuts instead.