



High-Fiber Recipe Bundle

WHOLESOME, HIGH-FIBER RECIPES
TO SUPPORT GUT HEALTH & STEADY
ENERGY.

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A high-angle photograph of a white ceramic bowl filled with oatmeal. The oatmeal is topped with several thin, white slices of banana. In the upper left corner, there is a small white bowl containing a thick, brown substance, likely peanut butter. To the right of the main bowl, a silver spoon rests on a light-colored, textured cloth. The background is a light, neutral-toned surface. The text "High-Fiber Breakfast" is centered over the bowl, and "KICKSTART YOUR DAY" is centered below it.

High-Fiber Breakfast

KICKSTART YOUR DAY

Protein-Packed Almond Banana Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **1 scoop** [20 g] Protein Powder - Vanilla
- **1.5 tsp** [6 g] Chia Seeds
- **0.25 tsp** [0.57 g] Cinnamon
- **1 dash** [0.63 ml] Kosher Salt
- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **0.5 medium** [59 g] Banana (*Sliced or mashed*)
- **2 tsp** [10 g] Maple Syrup
- **1 tbsp** [16 g] Almond Butter

DIRECTIONS

1. Combine oats, protein powder, chia seeds, cinnamon, and salt in a jar or bowl.
2. Stir in almond milk, mashed banana, and maple syrup until evenly mixed. Refrigerate overnight (or at least 4 hours).
3. Stir and top with almond butter and extra banana slices before serving.
4. Add a splash of almond milk if needed to loosen after chilling.

NUTRITION INFO

Energy : 502 Cal

Fat : 15.7 g

Carbs : 60.6 g

Protein : 35.6 g

Fiber : 14.9 g

Sugar : 16.2 g

Berry Chia Coconut Protein Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **3 tbsp** [36 g] Chia Seeds
- **0.75 cup** [180 ml] Coconut Milk Unsweetened (Carton)
- **0.5 cup** [76 g] Strawberries (*Diced*)
- **0.25 cup** [36.25 g] Blueberries
- **1 scoop** [20 g] Protein Powder - Vanilla
- **1 tbsp** [20 g] Maple Syrup
- **0.25 tsp** [1.05 g] Vanilla Extract
- **1 dash** [0.63 ml] Kosher Salt

DIRECTIONS

1. In a small bowl, whisk the protein powder with the coconut milk until smooth. Then add chia seeds, maple syrup, vanilla extract, and salt.
2. Stir well until fully combined and the chia seeds are evenly distributed.
3. Cover and refrigerate for at least 4 hours or overnight, until thickened.
4. Before serving, top with fresh strawberries and blueberries.
5. Stir gently if desired and enjoy.

NUTRITION INFO

Energy : 398 Cal

Fat : 15.3 g

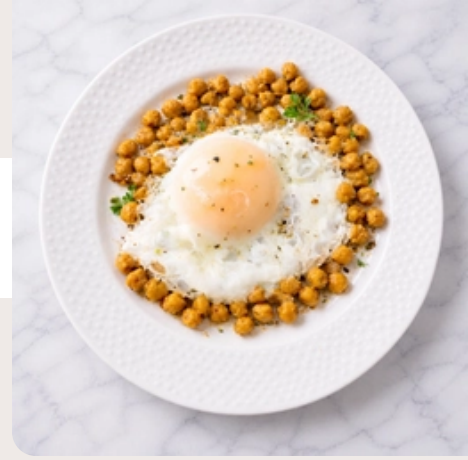
Carbs : 40 g

Protein : 28.8 g

Fiber : 16.4 g

Sugar : 21.3 g

Chickpea Fried Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **0.5 tbsp** [7 g] Olive Oil
- **0.75 cup** [187.5 g] Chickpeas (canned and drained)
- **1 pinch** [0.31 ml] Black Pepper
- **1 dash** [0.4 g] Salt
- **1 tsp** [4 g] Za'atar Seasoning
- **0.5 tsp** [0.9 g] Red Pepper Flakes

DIRECTIONS

1. Toss chickpeas in Za'atar Seasoning mix and chili flakes.
2. Pan-fry chickpeas in olive oil over medium heat.
3. When the chickpeas start to brown, crack a fresh egg on top of the chickpeas.
4. Season the egg with a pinch of black pepper and kosher salt.
5. Cook until the egg reaches your desired doneness.

NUTRITION INFO

Energy : 437 Cal

Fat : 19.7 g

Carbs : 42.5 g

Protein : 22.5 g

Fiber : 9 g

Sugar : 0.8 g

Peanut Butter Raspberry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **1 medium** [118 g] Banana
- **0.75 cup** [92.25 g] Raspberries (*Frozen*)
- **0.5 tbsp** [8 g] Peanut Butter
- **1 scoop** [24 g] Organic Vegan Protein Powder
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **2 tsp** [8 g] Chia Seeds
- **1 dash** [0.63 ml] Kosher Salt

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy. Add a dash of salt to balance the flavor.

NUTRITION INFO

Energy : 405 Cal

Fat : 12.5 g

Carbs : 55.5 g

Protein : 25.9 g

Fiber : 22.2 g

Sugar : 20.6 g

Coconut Date Energy Balls with Blueberries



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 date, pitted** [48 g] Medjool Dates
- **2 tbsp** [12 g] Unsweetened Shredded Coconut
- **1 scoop** [20 g] Protein Powder
- **1 tbsp** [6 g] Rolled Oats Gluten Free
- **1 tbsp** [12 g] Chia Seeds
- **1 dash** [0.63 ml] Kosher Salt
- **1 tbsp** [16 g] Almond Butter
- **0.5 tsp** [2.1 g] Vanilla Extract
- **1 tsp** [5 ml] Water (*Add more as needed*)
- **0.25 cup** [36.25 g] Blueberries

DIRECTIONS

1. If dates are dry, soak in warm water for 5 minutes and drain.
2. Add all ingredients except blueberries to a food processor. For a smoother texture, whisk the protein powder with 1-2 tbsp of water (for 1 serving) before adding, or substitute with collagen powder.
3. Pulse until the mixture forms a thick, sticky dough. Add additional water (1 tsp at a time) as needed, until the dough holds together easily.
4. Roll into bite-sized balls and refrigerate for at least 30 minutes.
5. Serve chilled with blueberries on the side.

NUTRITION INFO

Energy : 502 Cal

Fat : 22.1 g

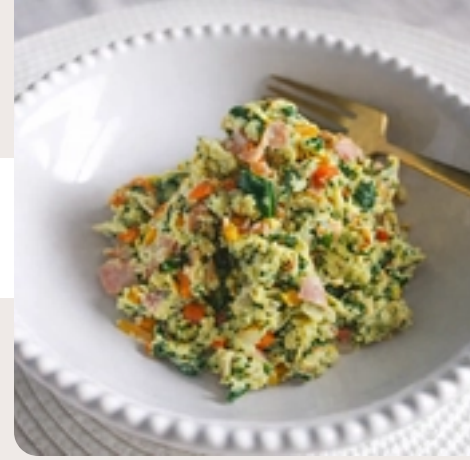
Carbs : 55.5 g

Protein : 29.1 g

Fiber : 12.8 g

Sugar : 38.2 g

Spinach and Pepper Scrambled Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 medium** [88 g] Egg
- **2 large** [66 g] Egg White
- **0.5 cup** [113.5 g] Whole Milk Greek Yogurt Plain
- **2 cup** [60 g] Spinach (*Chopped*)
- **0.5 cup, chopped** [57 g] Red Bell Pepper
- **0.5 cup** [60 g] Orange Bell Pepper (*Chopped*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **2 slice** [38 g] Organic Roast Turkey Meat (*Chopped*)
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 tsp** [0.57 g] Black Pepper
- **2 tsp, ground** [5 g] Flaxseeds
- **2 pumps** [2 g] Avocado Oil Cooking Spray
- **1 cup** [123 g] Raspberries

DIRECTIONS

1. Crack the whole eggs into a bowl, then add the egg whites. Whisk thoroughly until the yolks and whites are fully combined and the mixture is uniform.
2. Add the yogurt, chopped spinach, red and orange bell peppers, red onions, turkey, salt, black pepper, and flaxseeds to the bowl. Stir until all ingredients are evenly combined.
3. Heat a non-stick pan over medium-low heat and lightly grease it with avocado oil cooking spray. Pour in the egg mixture and cook, stirring occasionally, until the eggs are fully set and no longer runny.
4. Transfer the scrambled eggs to a plate and serve with raspberries on the side.

NOTES

1. **Spinach:** Use fresh spinach for the best results. Frozen spinach is not recommended, as its higher water content can negatively affect the recipe.
2. **Yogurt:** Adding yogurt to scrambled eggs makes them lighter and fluffier.

NUTRITION INFO

Energy : 486 Cal

Fat : 18.3 g

Carbs : 35.9 g

Protein : 46.8 g

Fiber : 15.2 g

Sugar : 16.7 g

Apple Cinnamon Protein Shake with Flax



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **0.5 medium** [90 g] Apples (*Chopped with skin*)
- **0.5 medium** [59 g] Banana (*Frozen*)
- **1 scoop** [20 g] Protein Powder - Vanilla
- **1 tbsp** [16 g] Almond Butter
- **1.5 tbsp, ground** [9.75 g] Flaxseeds
- **0.25 tsp** [0.57 g] Cinnamon
- **1 dash** [0.63 ml] Kosher Salt
- **3** [3 cube] Ice Cubes

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy.

NUTRITION INFO

Energy : 390 Cal

Fat : 17.1 g

Carbs : 34.8 g

Protein : 28.6 g

Fiber : 8.1 g

Sugar : 19.1 g

Pumpkin Protein Cottage Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.75 cup** [169.5 g] Cottage Cheese (4% milk fat)
- **2 tbsp** [32 g] Pumpkin Puree
- **3 tbsp** [18 g] Rolled Oats Gluten Free
- **1 scoop** [20 g] Collagen Powder (*Vanilla*)
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.25 tsp** [0.42 g] Pumpkin Pie Spice
- **1 tbsp, chopped** [8 g] Pecans
- **2 tsp** [10 g] Maple Syrup
- **1 medium** [180 g] Apples (*Chopped*)

DIRECTIONS

1. In a bowl, stir together cottage cheese, pumpkin purée, maple syrup, pumpkin pie spice, rolled oats, and collagen until well combined.
2. Mix in the ground flaxseed and let sit for about 10–15 minutes to soften the oats.
3. If storing in the fridge overnight, toss the chopped apple with a small squeeze of lemon juice, then fold it into the mixture.
4. Top with chopped pecans and an optional dash of cinnamon before serving.

NOTES

1. **Make-Ahead Option::** Prepare the base (cottage cheese, collagen, pumpkin, oats, flaxseed, maple syrup, & pumpkin pie spice) and refrigerate overnight. Add chopped apple and pecans just before serving to maintain crunch and freshness.

NUTRITION INFO

Energy : 497 Cal

Fat : 17.3 g

Carbs : 55.7 g

Protein : 36.3 g

Fiber : 9.5 g

Sugar : 33 g

High Fiber Red Juice



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 g] Coconut Water
- **0.5 cup** [68 g] Beets (*Pre-cooked, canned beets*)
- **0.5 small** [74.5 g] Green Apple (*Sliced*)
- **0.5 cup** [61.5 g] Raspberries
- **0.25 cup** [28.25 g] Shredded Carrots
- **0.5 Juice of 1 lemon (2-1/8" dia)** [23.5 g] Fresh Lemon Juice
- **1 tsp** [2 g] Ginger
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **3 medium** [132 g] Egg (*Hard-boiled*)

DIRECTIONS

1. Add the coconut water, beets, green apple, raspberries, shredded carrots, lemon juice, ginger, and flaxseeds to a blender. Blend on high speed until smooth.
2. Optional: For a smoother texture, pour the juice through a fine-mesh strainer to remove pulp.
3. Chill in the refrigerator until cold. Serve the juice alongside the hard-boiled eggs.

NOTES

1. **Equipment:** You can use either a blender or a juicer to prepare this meal. Using a blender results in a thicker, fiber-rich drink, while a juicer separates the pulp for a smoother, thinner juice.
2. **Beets:** Pre-cooked beets are recommended to save time. They are also sweeter and easier to blend.

NUTRITION INFO

Energy : 388 Cal

Fat : 16.1 g

Carbs : 40 g

Protein : 22 g

Fiber : 13.8 g

Sugar : 23.7 g

Warm Oatmeal with Berries & Nuts



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.5 tsp** [1.15 g] Cinnamon
- **0.5 cup** [113.5 g] Whole Milk Greek Yogurt - Vanilla
- **0.5 tbsp** [3.5 g] Chopped Walnuts
- **0.5 cup** [76 g] Strawberries

DIRECTIONS

1. In a small saucepan, bring the almond milk to a boil. Stir in the oats, flaxseeds, and cinnamon. Reduce heat to a simmer and cook for 4-5 minutes, or until the oats are soft and most of the liquid is absorbed.
2. Remove from heat and stir in the vanilla Greek yogurt until fully incorporated.
3. Spoon into a bowl and top with berries and chopped walnuts.

NUTRITION INFO

Energy : 409 Cal

Fat : 15.8 g

Carbs : 44.2 g

Protein : 23.9 g

Fiber : 7.9 g

Sugar : 8.4 g

A close-up photograph of a sandwich on a white plate. The sandwich is made with whole-grain bread, lettuce, tomato, and a slice of turkey. A semi-transparent white rectangular box is overlaid in the center of the image, containing the text 'High-Fiber Lunch' and 'RE-FUEL AND RE-ENERGIZE'. In the background, a folded white cloth is visible. In the bottom left corner, there is a small sprig of fresh green herbs.

High-Fiber Lunch

RE-FUEL AND RE-ENERGIZE

Chicken Avocado Hummus Wrap



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **3 oz** [84 g] Skinless Chicken Breast (*Cooked*)
- **1 tsp** [4.8 g] Olive Oil
- **0.5 tsp** [2.35 g] Lemon Juice
- **1 dash** [0.63 ml] Kosher Salt
- **1 wrap** [43 g] Sprouted Grain Wrap
- **2 tbsp** [30 g] Hummus
- **5 leaf** [50 g] Spinach
- **0.25 cup** [28.25 g] Shredded Carrots
- **0.25 medium** [37.5 g] Avocado (*Sliced*)
- **1 medium** [180 g] Apples (*Sliced*)

DIRECTIONS

1. Shred or slice the cooked chicken breast, then toss it with olive oil, lemon juice, and a dash of salt to lightly coat. Set aside.
2. Lay the wrap flat and spread the hummus evenly across the surface.
3. Layer with spinach, carrots, avocado slices, and the seasoned chicken.
4. Roll the wrap tightly, tucking in the sides as you go.
5. Slice in half and serve. Add additional salt to taste, if desired. Serve sliced apple on the side.

NOTES

1. **Wrap Tip::** Warm the wrap briefly in a dry skillet or microwave for 10 seconds to make it more pliable and prevent tearing.

NUTRITION INFO

Energy : 507 Cal

Fat : 20.1 g

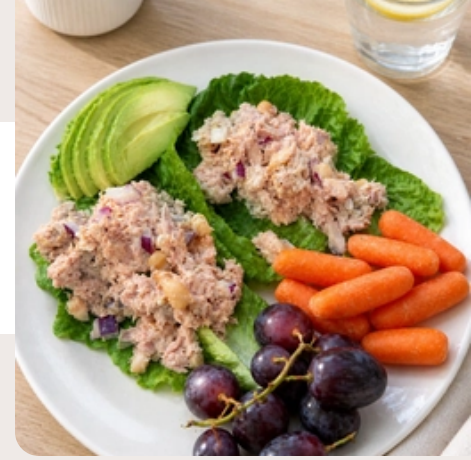
Carbs : 56.2 g

Protein : 29.4 g

Fiber : 12.9 g

Sugar : 22.5 g

Tuna & White Bean Lettuce Wraps with Mayo



SERVINGS: 1

PREP TIME: 12 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [113.4 g] Tuna in Oil (Canned)
- **0.25 cup** [65.25 g] Canned White Beans
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **1 tbsp, chopped** [5 g] Red Onions
- **1 tsp** [4.7 g] Lemon Juice
- **1 dash** [0.63 ml] Kosher Salt (*To taste*)
- **1 dash** [0.63 ml] Black Pepper (*To taste*)
- **0.25 tsp** [1.38 g] Dijon Mustard
- **2 leaf** [40 g] Romaine Lettuce
- **0.25 cup** [37.25 g] Baby Carrots
- **0.25 cup, seedless** [40 g] Grapes
- **0.5 medium** [75 g] Avocado (*Sliced and lightly salted*)

DIRECTIONS

1. In a bowl, combine tuna, white beans, mayo, red onion, lemon juice, salt, pepper, and Dijon mustard. Mix until evenly blended. Taste and adjust seasoning as needed.
2. Spoon the mixture into large romaine leaves, dividing it evenly.
3. Serve with baby carrots, grapes, and lightly salted sliced avocado on the side.

NOTES

1. **Make-Ahead Tip::** Prepare the tuna mixture (step 1) up to 2 days in advance and store it in an airtight container in the fridge. Slice the avocado and assemble the wraps just before serving to prevent browning and soggy lettuce. Keep the carrots and grapes packed separately for freshness.

NUTRITION INFO

Energy : 560 Cal

Fat : 32.3 g

Carbs : 29.3 g

Protein : 39.7 g

Fiber : 10.4 g

Sugar : 8.7 g

Very Berry Vegan Chia Seed Pudding



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.75 cup** [180 ml] Organic Unsweetened Almond Milk
- **1 scoop** [24 g] Organic Vegan Protein Powder
- **0.25 cup, halves** [38 g] Strawberries
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup** [30.75 g] Raspberries
- **0.25 tsp** [1.05 g] Vanilla Extract
- **2.5 tbsp** [30 g] Chia Seeds
- **0.5 tbsp** [3.5 g] Chopped Walnuts

DIRECTIONS

1. Add the almond milk and protein powder to a blender. Blend until smooth.
2. Add the strawberries, blueberries, raspberries, and vanilla extract to the blender. Blend again until smooth.
3. Pour the berry mixture into a bowl with the chia seeds and stir well to combine. Refrigerate overnight.
4. Before serving, top each bowl with chopped walnuts and additional fresh berries, if desired.

NOTES

1. **Berry option:** Fresh or frozen berries work well in this recipe.

NUTRITION INFO

Energy : 341 Cal

Fat : 16.2 g

Carbs : 28.3 g

Protein : 22.6 g

Fiber : 15.1 g

Sugar : 8 g

Turkey Avocado Sandwich



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 slice** [84 g] Sprouted Grain Bread
- **0.5 medium** [75 g] Avocado (*Mashed*)
- **0.5 tsp** [2.75 g] Dijon Mustard
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **2 slice** [110 g] Organic Oven Roasted Turkey Breast
- **0.25 medium** [37 g] Tomatoes (Roma) (*Sliced thin*)
- **0.25 cup** [11.75 g] Romaine Lettuce (*Shredded*)

DIRECTIONS

1. Toast the bread to your preferred crispness.
2. In a small bowl, mash the avocado and mix in the Dijon mustard, salt, and pepper (to taste) until smooth and creamy.
3. Spread the avocado mixture evenly on one slice of toast.
4. Layer with turkey slices, tomato, and shredded lettuce.
5. Top with the second slice of bread to close the sandwich.
6. Slice in half and enjoy!

NOTES

1. **Make-Ahead Tip::** Mash the avocado with a drizzle of lemon juice to slow browning and store in an airtight container for up to 1 day.

NUTRITION INFO

Energy : 433 Cal

Fat : 12.1 g

Carbs : 45.4 g

Protein : 34 g

Fiber : 13.2 g

Sugar : 5.1 g

Mediterranean Chickpea Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [250 g] Chickpeas (canned and drained)
- **0.5 cup** [52 g] Cucumber (*Chopped*)
- **0.25 cup** [37.25 g] Cherry Tomatoes (*Halved*)
- **1 tbsp** [14 g] Olive Oil
- **2 tsp** [9.4 g] Lemon Juice
- **0.25 tsp, dried leaves** [0.25 g] Oregano
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **2 tbsp (packed)** [30 g] Feta Cheese (*Crumbled*)
- **1 tbsp** [10 g] Hemp Seeds

DIRECTIONS

1. In a bowl, combine the chickpeas, cucumber, and cherry tomatoes.
2. Drizzle with olive oil and lemon juice.
3. Add oregano, salt, and black pepper, then toss to coat evenly.
4. Gently fold in the feta just before serving and sprinkle hemp seeds on top.
5. Taste and adjust seasoning with additional salt, pepper, or lemon juice as desired.

NUTRITION INFO

Energy : 562 Cal

Fat : 28 g

Carbs : 60.2 g

Protein : 20.2 g

Fiber : 12.9 g

Sugar : 3.6 g

Egg Salad Sandwich with a Dijon Kick



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **3 large** [150 g] Hard-Boiled Egg (*Chopped*)
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **1 tsp** [5.5 g] Dijon Mustard
- **1 slice** [42 g] Sprouted Grain Bread
- **0.25 cup** [30 g] Grated Carrots
- **0.5 cup** [10 g] Arugula (Rocket)
- **1 dash** [0.63 ml] Kosher Salt (*To taste*)
- **0.13 tsp** [0.29 g] Smoked Paprika
- **0.25 tsp** [1.18 g] Lemon Juice
- **1 medium** [166 g] Pear (*Sliced*)

DIRECTIONS

1. Place eggs in a small saucepan and cover with cold water by about 1 inch. Bring to a boil over medium-high heat, then reduce heat slightly and simmer for 10 minutes. Remove from heat and immediately transfer eggs to a bowl of ice water. Let cool for at least 5 minutes before peeling.
2. In a small bowl, mix together chopped eggs, mayo, Dijon mustard, lemon juice, smoked paprika, and salt until well combined.
3. Toast the bread to your preferred crispness.
4. Spread the egg salad evenly over the toasted bread slice.
5. Top with grated carrots and arugula.
6. Serve as an open-face sandwich with pear slices on the side.

NUTRITION INFO

Energy : 546 Cal

Fat : 28.9 g

Carbs : 48.5 g

Protein : 25.3 g

Fiber : 10.6 g

Sugar : 21.3 g

High-Fiber Lunch + Herbed Yogurt Dip



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg (*Hard-boiled*)
- **3 tbsp** [84 g] Whole Milk Greek Yogurt Plain
- **1 tbsp, fresh** [3.8 g] Parsley (*Chopped*)
- **1 tbsp, fresh** [3 g] Dill (*Chopped*)
- **0.5 tsp** [2.35 g] Lemon Juice
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **0.5 cup** [52 g] Cucumber (*Peeled & cut into spears*)
- **0.25 cup** [37.25 g] Baby Carrots
- **1 medium** [166 g] Pear (*Sliced*)
- **8 cracker(s)** [30 g] Flackers Flaxseed Crackers

DIRECTIONS

1. Place the eggs in a small pot and cover with water by 1 inch. Bring to a gentle boil over medium heat, then reduce heat and simmer for 9–10 minutes. Transfer immediately to cold water and let cool before peeling.
2. In a small bowl, combine Greek yogurt, dill, parsley, lemon juice, salt, and pepper. Stir well to create a creamy herbed yogurt dip.
3. Arrange eggs, cucumber, carrots, pear slices, and flaxseed crackers on a plate.
4. Serve with the herbed yogurt dip on the side for dipping.

NUTRITION INFO

Energy : 509 Cal

Fat : 24.5 g

Carbs : 46.7 g

Protein : 28.8 g

Fiber : 11.5 g

Sugar : 21.1 g

Apple Banana Yogurt Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup** [454 g] Whole Milk Greek Yogurt - Vanilla
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **2 tbsp** [24 g] Chia Seeds
- **1 medium** [118 g] Banana (*Sliced*)
- **1 small** [149 g] Green Apple (*Diced*)
- **1 tbsp** [7 g] Chopped Walnuts

DIRECTIONS

1. In a mixing bowl, stir together the vanilla Greek yogurt, ground flaxseeds, and chia seeds until well combined.
2. Top with sliced banana, diced green apple, and chopped walnuts.

NUTRITION INFO

Energy : 444 Cal

Fat : 19.1 g

Carbs : 40.7 g

Protein : 31.2 g

Fiber : 10.1 g

Sugar : 23 g

Whipped Tofu & Sundried Tomato Spread



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [112 g] Firm Tofu
- **0.5 tbsp** [7 g] Lemon Juice
- **0.5 tbsp** [2.5 g] Nutritional Yeast
- **0.25 tsp** [0.3 g] Kosher Salt
- **0.13 tsp** [0.29 g] Black Pepper
- **0.25 tablespoon** [3.38 g] Extra Virgin Olive Oil
- **0.25 tsp, minced** [1.25 g] Garlic
- **1.5 tbsp** [22.5 g] Sundried Tomatoes
- **1 scoop** [24 g] Organic Vegan Protein Powder
- **1 cup** [149 g] Baby Carrots
- **0.5 medium** [100.5 g] Cucumber (*Sliced*)
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper (*Sliced*)

DIRECTIONS

1. Add the firm tofu, fresh lemon juice, nutritional yeast, salt, black pepper, extra virgin olive oil, minced garlic, sundried tomatoes, and protein powder to a food processor. Blend until smooth and creamy.
2. Refrigerate until ready to serve. Enjoy with raw baby carrots, sliced cucumber, and sliced red bell pepper for dipping.

NUTRITION INFO

Energy : 411 Cal

Fat : 20.1 g

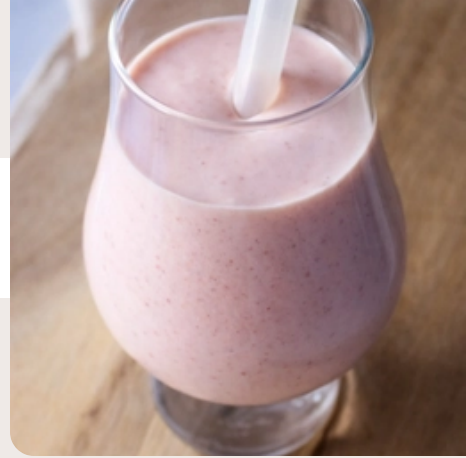
Carbs : 29.1 g

Protein : 29.5 g

Fiber : 12.7 g

Sugar : 11.9 g

Vegan Raspberry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **0.25 cup** [65.5 g] Soy Yogurt
- **1 cup** [123 g] Raspberries (*Approximately 8 large frozen strawberries*)
- **0.5 medium** [59 g] Banana (*Sliced*)
- **2 scoop** [48 g] Organic Vegan Protein Powder
- **1 tsp, ground** [2.5 g] Flaxseeds
- **0.25 tsp** [1.05 g] Vanilla Extract

DIRECTIONS

1. Add the unsweetened almond milk, yogurt, raspberries, sliced banana, protein powder, ground flaxseeds, and vanilla extract to a blender. Blend until smooth.

NOTES

1. **Sweetness option:** For a sweeter smoothie, use vanilla almond milk instead of unsweetened almond milk. Omit the vanilla extract when making this substitution.

NUTRITION INFO

Energy : 414 Cal

Fat : 10.2 g

Carbs : 45.5 g

Protein : 35.9 g

Fiber : 12.4 g

Sugar : 15.7 g



High-Fiber Dinner

FINISH STRONG

Bunless Burger with Slaw & Roasted Sweet Potato



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 medium** [228 g] Sweet Potato (*Cubed*)
- **8 ounce** [224 g] Ground Beef (90% Lean / 10% Fat)
- **2 dash** [1.25 ml] Kosher Salt
- **0.25 tsp** [0.6 g] Onion Powder
- **1 pinch** [0.31 ml] Black Pepper
- **0.5 tsp** [1.4 g] Garlic Powder (*Divided*)
- **2 cup** [113.4 g] Shredded Red Cabbage
- **1 cup** [113 g] Shredded Carrots
- **2 tsp** [9.6 g] Olive Oil
- **2 tsp** [9.58 g] Apple Cider Vinegar
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **0.5 large** [100 g] Avocado (*Sliced*)

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Toss the cubed sweet potato with a light drizzle of olive oil and a pinch of salt. Spread on a baking sheet and roast for 20–25 minutes, or until tender and lightly browned.
2. While the sweet potato cooks, form the ground beef into patties and season with salt, onion powder, black pepper, and half of the garlic powder. Heat a skillet over medium heat and cook for 4–5 minutes per side, or until fully cooked through.
3. In a medium bowl, combine the shredded cabbage, carrots, olive oil, apple cider vinegar, a dash of salt (to taste), and the remaining garlic powder. Toss until evenly coated.
4. Top the cooked burger with avocado oil mayo and sliced avocado. Serve alongside the fresh slaw and roasted sweet potato.

NUTRITION INFO

Energy : 516 Cal

Fat : 29.2 g

Carbs : 39 g

Protein : 27.1 g

Fiber : 9.1 g

Sugar : 12.6 g

Chicken Black Bean Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **15 oz** [428.55 g] Black Beans (Canned) (*Drained*)
- **0.5 medium** [57 g] Orange Bell Pepper (*Diced*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **6 oz, boneless, cooked** [170.1 g] Rotisserie Chicken (*Diced*)
- **2 tbsp** [2 g] Cilantro (Coriander) (*Chopped*)
- **1 tablespoon** [13.5 g] Extra Virgin Olive Oil
- **1 tbsp** [15 g] Fresh Lime Juice
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 tsp** [0.57 g] Black Pepper

DIRECTIONS

1. Add the drained black beans, diced orange bell pepper, chopped red onions, diced rotisserie chicken, and chopped cilantro to a large bowl. Gently toss until evenly combined.
2. Add the extra virgin olive oil, fresh lime juice, kosher salt, and black pepper. Toss again until the salad is well coated.
3. Serve immediately or refrigerate and enjoy cold.

NOTES

1. **Protein options:** The rotisserie chicken can be substituted with chilled, cooked shrimp.

NUTRITION INFO

Energy : 475 Cal

Fat : 19 g

Carbs : 39.7 g

Protein : 36.8 g

Fiber : 16.5 g

Sugar : 2.1 g

Grilled Shrimp Bowl with Cabbage, Avocado & Lime Yogurt Sauce



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 22 MINUTES

INGREDIENTS

- **0.5 cup, dry** [62.5 g] Brown Rice
- **2 tbsp** [28 g] Olive Oil (*Divided*)
- **10 oz** [284 g] Shrimp (*Peeled & deveined*)
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.57 g] Smoked Paprika
- **0.25 tsp** [0.3 g] Kosher Salt
- **2 cup** [113.4 g] Shredded Red Cabbage
- **0.5 medium** [75 g] Avocado (*Diced*)
- **6 tbsp** [90 g] Plain Non Fat Greek Yogurt
- **4 tsp** [20 g] Fresh Lime Juice
- **1 dash** [0.63 ml] Kosher Salt
- **1 cup** [123 g] Raspberries

DIRECTIONS

1. Prepare brown rice according to package directions. When finished, drizzle with half of the olive oil and season with a pinch of salt. Fluff with a fork and set aside.
2. Toss the shrimp with the remaining olive oil, garlic powder, smoked paprika, and kosher salt. Grill over medium heat for 2–3 minutes per side, or until pink, opaque, and lightly charred.
3. In a small bowl, whisk together the yogurt and lime juice until smooth to make the zesty lime yogurt dressing.
4. In a medium bowl, toss the shredded cabbage and diced avocado with a spoonful of the lime yogurt dressing, just enough to lightly coat. Set aside. Do not mix with the rice.
5. Spoon the rice onto a plate, then top with the cabbage–avocado mixture. Arrange the grilled shrimp alongside and drizzle generously with the remaining lime yogurt dressing. Serve raspberries on the side to boost fiber.

NUTRITION INFO

Energy : 552 Cal

Fat : 22.9 g

Carbs : 55.8 g

Protein : 30.8 g

Fiber : 11.3 g

Sugar : 8 g

Lentil and Veggie Shepherd's Pie with Cauliflower Mash



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- **0.5 cup, dry** [100 g] Brown Lentils
- **0.5 cup** [120 ml] Vegetable Broth
- **1 tsp, leaves** [1 g] Thyme (Dried)
- **2.5 cup** [250 g] Cauliflower
- **3 tbsp** [15 g] Nutritional Yeast
- **0.25 cup** [61 g] Whole Milk
- **0.75 tsp** [2.1 g] Garlic Powder
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 tsp** [0.57 g] Black Pepper
- **1 medium** [61 g] Carrots (*Diced*)
- **0.25 medium** [27.5 g] Yellow Onions (*Chopped*)
- **0.75 cup** [108.75 g] Green Peas
- **1.5 tablespoon** [20.25 g] Extra Virgin Olive Oil (*Divided*)
- **3 tbsp** [30 g] Hemp Hearts

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Rinse the lentils and cook according to package directions until tender.
3. Steam cauliflower until tender. Transfer to a blender with nutritional yeast, milk, garlic powder, salt, and pepper. Blend until smooth. Adjust seasoning to taste.
4. Heat half the olive oil in a skillet over medium heat. Sauté carrots, peas, and onion until just softened.
5. Stir in lentils, broth, and thyme. Simmer until slightly thickened. Season to taste.
6. Spread lentil mixture in a baking dish and top with cauliflower mash. Drizzle with remaining olive oil.
7. Bake about 10 minutes until top is lightly golden.
8. Sprinkle with hemp hearts before serving. Add additional salt and pepper to your liking.

NUTRITION INFO

Energy : 489 Cal

Fat : 19.9 g

Carbs : 56.6 g

Protein : 28.5 g

Fiber : 17.3 g

Sugar : 11 g

Mixed Italian Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **6 cup** [330 g] Mixed Salad Greens
- **0.25 cup** [28.25 g] Shredded Carrots
- **1 medium** [201 g] Cucumber (*Diced*)
- **2 tbsp, chopped** [10 g] Red Onions
- **0.25 cup, hearts** [65 g] Cooked Artichoke (Canned/Jarred) (*Chopped*)
- **1 oz** [28.35 g] Black Olives (*Sliced*)
- **3 oz, boneless, cooked** [85.05 g] Rotisserie Chicken (*Diced*)
- **1.5 tablespoon** [22.05 g] Italian Dressing (made with Vinegar and Oil)

DIRECTIONS

1. Add the mixed salad greens, shredded carrots, diced cucumber, chopped red onions, chopped artichoke hearts, sliced black olives, diced rotisserie chicken, and Italian dressing to a large bowl. Toss gently until evenly combined.

NUTRITION INFO

Energy : 446 Cal

Fat : 21.8 g

Carbs : 34.5 g

Protein : 33.1 g

Fiber : 15.5 g

Sugar : 10.8 g

Pan-Seared Cod with Chickpeas & Spinach



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **10 oz** [280 g] Cod
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.57 g] Smoked Paprika
- **0.25 tsp** [0.3 g] Kosher Salt (*Divided*)
- **0.25 tsp** [0.57 g] Black Pepper (*Divided*)
- **2 tbsp** [28 g] Olive Oil (*Divided*)
- **1.5 cup** [375 g] Chickpeas (canned and drained)
- **2 cup** [60 g] Baby Spinach
- **0.5 tsp** [2.35 g] Lemon Juice

DIRECTIONS

1. Pat cod fillets dry with paper towels. Season both sides with garlic powder, smoked paprika, and half of the kosher salt & black pepper.
2. Heat half of the olive oil in a nonstick skillet over medium heat. Add the cod fillets and cook for 3–4 minutes per side, or until golden brown and the fish flakes easily with a fork. Remove from skillet and set aside.
3. In the same skillet, add the remaining olive oil. Add chickpeas and the remainder of the salt and pepper. Cook over medium heat for 3–4 minutes, stirring occasionally, until warmed through and lightly golden. Add the baby spinach and lemon juice. Sauté for 1–2 minutes, just until wilted. Remove from heat.
4. Spoon the warm chickpea-spinach mixture onto plates. Top with pan-seared cod and a squeeze of lemon, if desired. Serve immediately.

NUTRITION INFO

Energy : 460 Cal

Fat : 16.7 g

Carbs : 42.5 g

Protein : 34.9 g

Fiber : 9.4 g

Sugar : 0.2 g

Slow Cooker Herb Chicken with Sweet Potato & Broccoli



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 420 MINUTES

INGREDIENTS

- **2 cup, cubed** [266 g] Sweet Potato
- **1 medium** [110 g] Yellow Onions (*Chopped*)
- **10 oz** [280 g] Skinless Chicken Breast
- **1 cup** [261 g] Canned White Beans (*Drained*)
- **2 cup, florets** [142 g] Broccoli
- **2 tbsp** [28 g] Olive Oil
- **1 tsp** [0.7 g] Rosemary (*Dried*)
- **0.5 tsp** [1.4 g] Garlic Powder
- **0.25 tsp** [0.57 g] Smoked Paprika
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.15 g] Black Pepper
- **1 tsp** [4.7 g] Lemon Juice

DIRECTIONS

1. Add sweet potatoes and onions to the bottom (they take longest to cook). Layer chicken breasts on top, followed by broccoli florets. Drizzle with olive oil, then sprinkle evenly with rosemary, garlic powder, smoked paprika, salt, and pepper.
2. Pour in enough water to come about ½ inch above the bottom layer of ingredients – this creates steam and prevents burning.
3. Cook on Low for 6–7 hours or on High for 3–4 hours, until chicken is tender and sweet potatoes are soft. Add the drained white beans halfway through the cook time so they absorb flavor without breaking down.
4. Drizzle with lemon juice, shred chicken slightly, and gently mix everything to coat.
5. Serve warm, garnished with fresh herbs if desired.

NUTRITION INFO

Energy : 546 Cal

Fat : 15.9 g

Carbs : 56.1 g

Protein : 45.5 g

Fiber : 12.8 g

Sugar : 10.3 g

Sweet Potato & Kale Turkey Skillet



SERVINGS: 2

PREP TIME: 12 MINUTES

COOKING TIME: 18 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Olive Oil
- **2 cup, cubed** [266 g] Sweet Potato
- **1 small** [70 g] Yellow Onions (*Chopped*)
- **8 oz** [224 g] Ground Turkey
- **1 tsp** [2.3 g] Smoked Paprika
- **1 cup** [261 g] Canned White Beans (*Drained and rinsed*)
- **2 cup, chopped** [42 g] Kale
- **2 tbsp** [17.6 g] Dry Roasted Sunflower Seeds (*with Salt Added*)
- **0.5 tsp** [0.6 g] Kosher Salt (*Divided*)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add sweet potatoes and onion, and season with half of the salt. Cook for 5–7 minutes, stirring occasionally, until the sweet potatoes start to soften and turn golden
2. Add ground turkey and the remaining salt. Break it up with a spatula as it cooks. Stir in paprika and cook for 5–6 minutes, until the turkey is browned and cooked through.
3. Stir in white beans and chopped kale. Continue cooking for 2–3 minutes, until the kale is wilted and everything is heated through.
4. Taste and adjust seasoning if needed. Sprinkle with sunflower seeds before serving.

NUTRITION INFO

Energy : 578 Cal

Fat : 26.3 g

Carbs : 53.5 g

Protein : 34.8 g

Fiber : 12 g

Sugar : 8.6 g

Sweet Potato and Lentil Bowl with Creamy Dill Dressing



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **0.33 cup, dry** [66 g] Brown Lentils
- **0.5 medium** [57 g] Sweet Potato (*Skin-on, Cubed*)
- **2 tablespoon** [27 g] Extra Virgin Olive Oil (*Divided*)
- **1 dash** [0.63 ml] Kosher Salt (*To taste, divided*)
- **2 cup** [60 g] Spinach
- **0.5 cup** [130.5 g] Canned White Beans (*Divided*)
- **3 tbsp** [15 g] Nutritional Yeast
- **1.33 tbsp** [18.62 g] Lemon Juice
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **1 tsp** [5.5 g] Dijon Mustard
- **2 tsp** [2 g] Dill (Dried)
- **0.25 tsp** [0.7 g] Garlic Powder
- **1 dash** [0.63 ml] Black Pepper (*To taste*)
- **2 tbsp** [20 g] Hemp Seeds

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Rinse lentils and cook them according to package directions.
3. While the lentils are cooking, toss sweet-potato cubes with half of the olive oil and a pinch of salt. Spread them on a baking sheet and roast for 20-25 minutes or until tender.
4. Lightly sauté the spinach with the remaining olive oil for 2-3 minutes or until wilted.
5. Blend half of the white beans with the nutritional yeast, lemon juice, apple cider vinegar, Dijon, dill, garlic powder, salt, pepper, and the remaining olive oil. While blending, add water 1 tablespoon at a time until the dressing reaches your desired consistency.
6. Adjust salt and pepper to taste.
7. Place the lentils in a serving bowl and mix in sweet potatoes, spinach, and the remaining white beans.
8. Drizzle with dressing and top with hemp seeds before serving.

NUTRITION INFO

Energy : 415 Cal

Fat : 19.5 g

Carbs : 41.9 g

Protein : 21.5 g

Fiber : 12 g

Sugar : 2.9 g

Mexican-Inspired Chicken and Cabbage Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **3 oz, boneless, cooked** [85.05 g] Rotisserie Chicken (*Diced*)
- **0.25 medium (approx 2-3/4" long, 2-1/2" dia)** [28.5 g] Red Bell Pepper (*Sliced*)
- **0.25 medium** [28.5 g] Orange Bell Pepper (*Sliced*)
- **0.25 small** [37 g] Red Onions (*Sliced*)
- **2 tbsp** [2 g] Cilantro
- **0.25 cup** [28.25 g] Shredded Carrots
- **0.5 tbsp** [7.5 g] Sundried Tomatoes (*Chopped*)
- **4 cups** [226.8 g] Shredded Green & Red Cabbage with Carrots
- **0.25 tsp** [0.3 g] Kosher Salt
- **0.25 tsp** [0.57 g] Black Pepper
- **1 tsp, minced** [5 g] Garlic
- **0.25 tbsp** [5.25 g] Honey
- **1 tbsp** [15 g] Fresh Lime Juice
- **0.5 tablespoon** [6.75 g] Extra Virgin Olive Oil

DIRECTIONS

1. In a large bowl, combine the diced rotisserie chicken, sliced red bell pepper & orange bell pepper, sliced red onions, chopped cilantro, shredded carrots, chopped sundried tomatoes, shredded green and red cabbage with carrots, kosher salt, black pepper, minced garlic, honey, fresh lime juice, and extra virgin olive oil. Gently toss until all ingredients are evenly coated and well combined.

NOTES

1. **Protein options:** The rotisserie chicken can be substituted with chilled, cooked shrimp.

NUTRITION INFO

Energy : 414 Cal

Fat : 21.5 g

Carbs : 27.4 g

Protein : 26.9 g

Fiber : 10.3 g

Sugar : 15.3 g