

SHEET-PAN SALMON WITH SWEET POTATOES & BROCCOLI



INGREDIENTS



- 3 tablespoons mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets (8 oz.; 1 medium crown)
- 1 ¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced, 1 cut into wedges for serving
- ¼ cup crumbled feta or cotija cheese
- ½ cup chopped fresh cilantro

DIRECTIONS

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray.
2. Combine mayonnaise and chili powder in a small bowl. Set aside.
3. Toss sweet potatoes with 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a medium bowl. Spread on the prepared baking sheet. Roast for 15 minutes.
4. Meanwhile, toss broccoli with the remaining 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in the same bowl. Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes. Spread 2 Tbsp. of the mayonnaise mixture over the salmon. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes
5. Meanwhile, add lime zest and lime juice to the remaining 1 Tbsp. mayonnaise; mix well.
6. Divide the salmon among 4 plates and top with cheese and cilantro. Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.



SHEET-PAN SHRIMP & BEETS



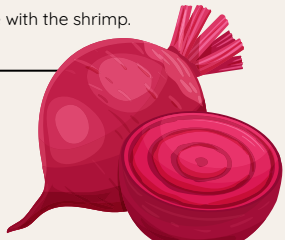
INGREDIENTS



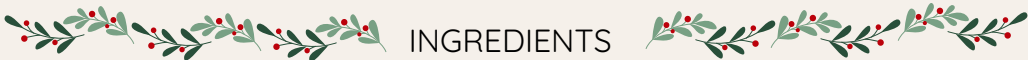
- 1 pound small beets, peeled and cut into 1/2-inch pieces
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 6 cups chopped kale
- 1 ¼ pounds extra-large raw shrimp (16-20 count), peeled and deveined
- ½ teaspoon dry mustard
- ½ teaspoon dried tarragon
- 3 tablespoons unsalted sunflower seeds, toasted

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Toss beets with 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a large bowl. Spread evenly on a rimmed baking sheet. Roast for 15 minutes.
3. Toss kale with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper in the bowl. Stir into the beets on the baking sheet.
4. Sprinkle shrimp with mustard, tarragon and the remaining 1/4 teaspoon each salt and pepper. Place on top of the vegetables. Roast until the shrimp are cooked and the vegetables are tender, 10 to 15 minutes more.
5. Transfer the shrimp to a serving platter. Stir sunflower seeds into the vegetables and serve with the shrimp.



GARLIC BUTTER-ROASTED SALMON WITH POTATOES & ASPARAGUS



INGREDIENTS

- 1 pound baby Yukon Gold potatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 12 ounces asparagus, trimmed
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1 ¼ pounds salmon fillet, skinned and cut into 4 portions
- 4 tablespoons chopped parsley for garnish

DIRECTIONS

1. Preheat oven to 400°F. Toss potatoes, 1 tablespoon oil, 1/4 teaspoon salt and 1/8 teaspoon pepper together in a medium bowl. Spread in an even layer on a large rimmed baking sheet. Roast until starting to soften and brown, about 15 minutes.
2. Meanwhile, toss asparagus with the remaining 1 tablespoon oil, 1/8 teaspoon salt and 1/8 teaspoon pepper in the medium bowl. Combine butter, lemon juice, garlic, 1/4 teaspoon salt and the remaining 1/4 teaspoon pepper in a small bowl.
3. Sprinkle salmon with the remaining 1/8 teaspoon salt. Move the potatoes to one side of the pan. Place the salmon in the center of the pan; drizzle with the butter mixture. Spread the asparagus on the empty side of the pan. Roast until the salmon is just cooked through and the vegetables are tender, 10 to 12 minutes. Garnish with parsley.



CHICKEN NACHOS



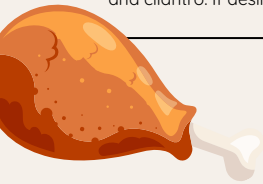
INGREDIENTS



- 6 ounces corn tortilla chips or multigrain tortilla chips
- 1 (8 ounce) package shredded Mexican-blend cheese (2 cups), divided
- 2 cups shredded cooked chicken breast
- 1 teaspoon avocado oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 ½ cups chopped plum tomatoes
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 2 small avocados, chopped
- 1 tablespoon fresh lime juice
- ¼ cup finely chopped red onion
- ½ cup coarsely chopped fresh cilantro
- 1 jalapeño pepper, sliced (Optional)

DIRECTIONS

1. Preheat oven to 375°F. Line a rimmed baking sheet with parchment paper or foil. Arrange tortilla chips in a single layer on the pan. Sprinkle the chips evenly with 1 cup cheese. Combine chicken, oil, cumin, chili powder and salt in a medium bowl; toss until the chicken is coated. Sprinkle the chicken evenly over the cheese and chips. Sprinkle tomatoes and beans evenly over the chicken layer and top evenly with the remaining cheese. Bake until the cheese is melted and the toppings are hot, about 10 minutes.
2. Meanwhile, toss avocado with lime juice in a small bowl. Top the baked nachos evenly with the avocado, red onion and cilantro. If desired, top with jalapeño slices.



GARLIC ROASTED SALMON & BRUSSELS SPROUTS



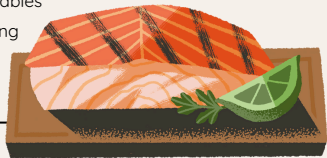
INGREDIENTS



- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¼ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.



SHEET-PAN SWEET POTATO FAJITAS



INGREDIENTS



- 2 tablespoons extra-virgin olive oil
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- 2 (10-ounce) sweet potatoes, peeled, halved crosswise, and cut into 1/2-inch-thick sticks
- 1 medium red onion, thinly sliced
- 1 large poblano pepper, seeded and cut into 1/4-inch-thick strips
- 1 medium red bell pepper, seeded and cut into 1/4-inch-thick strips
- ½ teaspoon salt
- 8 (5 inch) corn tortillas, warmed
- 1 medium avocado, cut into 1/2-inch cubes
- ½ cup thinly sliced radishes
- ½ cup packed cilantro leaves
- 6 tablespoons crumbled queso fresco
- 1 lime, cut into wedges

DIRECTIONS

1. Place a large rimmed baking sheet on middle oven rack; preheat to 475°F. Combine oil, chili powder, garlic powder and cumin in a large bowl and whisk to mix. Add sweet potatoes and toss to fully coat. Carefully spread the sweet potatoes in an even layer on the hot baking sheet, reserving any remaining oil and spices in the bowl. Bake until the sweet potatoes begin to brown on the bottom and are just fork-tender but not soft, about 8 minutes.
2. Meanwhile, add onion, poblano and bell pepper to the bowl with the reserved oil and spices; toss to coat. Move the sweet potatoes to one half of the baking sheet and add the onion mixture in an even layer to the other half. Bake until the sweet potatoes are tender and the peppers and onions are just tender, about 10 minutes. Switch oven to broil on high; broil until the peppers and sweet potatoes begin to char, 3 to 5 minutes. Season with salt. Divide the vegetable mixture among tortillas; top evenly with avocado, radishes, cilantro and queso fresco. Serve with lime wedges.



BAKED FISH TACOS WITH AVOCADO



INGREDIENTS



- 1 tablespoon avocado oil
- 2 teaspoons no-salt-added Mexican-style seasoning blend
- ½ teaspoon salt
- 1 pound flaky white fish fillets, such as cod, haddock or mahi mahi, cut into 8 or 16 pieces
- 1 avocado, cut into 16 slices
- ½ cup pico de gallo
- 8 corn tortillas, warmed

DIRECTIONS

1. Preheat oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray.
2. Stir oil, seasoning blend and salt together in a medium bowl. Add fish and toss to coat. Transfer to the prepared baking sheet and bake until the fish flakes easily, about 10 minutes, depending on thickness.
3. To assemble tacos, place 1 or 2 pieces of the fish, 2 slices avocado and 1 tablespoon pico de gallo in each tortilla.



ROSEMARY ROASTED SALMON WITH ASPARAGUS & POTATOES



INGREDIENTS



- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons minced garlic
- 1 ¼ pounds Yukon Gold potatoes, cut into 1-inch pieces
- 1 teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 pound asparagus, trimmed
- 4 (5 ounce) skinless salmon fillets, preferably wild
- 1 medium lemon
- 2 tablespoons balsamic glaze
- ½ teaspoon whole-grain mustard

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Stir together oil, rosemary and garlic in a small bowl. Place potatoes in a large bowl and toss with 1 tablespoon of the oil mixture and 1/2 teaspoon each salt and pepper. Arrange the potatoes in an even layer on a large rimmed baking sheet. Roast until lightly browned and tender, about 20 minutes. Push the potatoes to one end of the pan.
3. Place asparagus in the large bowl and toss with 1 tablespoon of the oil mixture, 1/4 teaspoon salt and 1/8 teaspoon pepper. Arrange the asparagus on other end of the baking sheet. Roast until the asparagus is bright green, about 3 minutes. Push the vegetables to either end of the pan, leaving space in the center.
4. Brush salmon with the remaining 1 tablespoon oil mixture and sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Place the salmon in the center of the pan. Thinly slice half the lemon and tuck the slices around the salmon and vegetables. Roast for 5 minutes more. Cut the remaining lemon half into wedges.
5. Whisk balsamic glaze and mustard in a small bowl. Brush 1 tablespoon of the mixture on the salmon. Continue roasting until the salmon is just cooked through and the vegetables are tender, about 5 minutes. Drizzle the vegetables with the remaining sauce. Serve with the lemon wedges.



SHEET-PAN CHICKEN FAJITA BOWLS



INGREDIENTS



- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon salt, divided
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ¼ teaspoon ground pepper
- 2 tablespoons olive oil, divided
- 1 ¼ pounds chicken tenders
- 1 medium yellow onion, sliced
- 1 medium red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 4 cups chopped stemmed kale
- 1 (15 ounce) can no-salt-added black beans, rinsed
- ¼ cup low-fat plain Greek yogurt
- 1 tablespoon lime juice
- 2 teaspoons water

DIRECTIONS

1. Place a large rimmed baking sheet in the oven; preheat to 425 degrees F.
2. Combine chili powder, cumin, 1/2 tsp. salt, garlic powder, paprika, and ground pepper in a large bowl. Transfer 1 tsp. of the spice mixture to a medium bowl and set aside. Whisk 1 Tbsp. oil into the remaining spice mixture in the large bowl. Add chicken, onion, and red and green bell peppers; toss to coat.
3. Remove the pan from the oven; coat with cooking spray. Spread the chicken mixture in an even layer on the pan. Roast for 15 minutes.
4. Meanwhile, combine kale and black beans with the remaining 1/4 tsp. salt and 1 Tbsp. olive oil in a large bowl; toss to coat.
5. Remove the pan from the oven. Stir the chicken and vegetables. Spread kale and beans evenly over the top. Roast until the chicken is cooked through and the vegetables are tender, 5 to 7 minutes more.
6. Meanwhile, add yogurt, lime juice, and water to the reserved spice mixture; stir to combine.
7. Divide the chicken and vegetable mixture among 4 bowls. Drizzle with the yogurt dressing and serve.

TIPS:

Tip: For easier weeknight prep, slice vegetables the night before; cover and refrigerate.

To make ahead: Prepare spice mixture (Step 1) up to 2 days ahead; store in an airtight container.



SHEET-PAN ROASTED SALMON & VEGETABLES



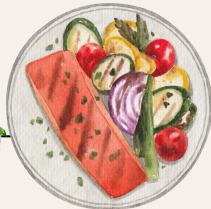
INGREDIENTS



- 1 pound fingerling potatoes, halved lengthwise
- 2 tablespoons olive oil
- 5 garlic cloves, coarsely chopped
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 5 to 6-ounce fresh or frozen skinless salmon fillets
- 2 medium red, yellow and/or orange sweet peppers, cut into rings
- 2 cups cherry tomatoes
- 1 ½ cups chopped fresh parsley (1 bunch)
- ¼ cup pitted kalamata olives, halved
- ¼ cup finely snipped fresh oregano or 1 Tbsp. dried oregano, crushed
- 1 lemon

DIRECTIONS

1. Preheat oven to 425 degrees F. Place potatoes in a large bowl. Drizzle with 1 Tbsp. of the oil and sprinkle with garlic and 1/8 tsp. of the salt and black pepper; toss to coat. Transfer to a large rimmed baking sheet; cover with foil. Roast 30 minutes.
2. Meanwhile, thaw salmon, if frozen. Combine, in the same bowl, sweet peppers, tomatoes, parsley, olives, oregano and 1/8 tsp. of the salt and black pepper. Drizzle with remaining 1 Tbsp. oil; toss to coat.
3. Rinse salmon; pat dry. Sprinkle with remaining 1/4 tsp. salt and black pepper. Spoon sweet pepper mixture over potatoes and top with salmon. Roast, uncovered, 10 minutes more or just until salmon flakes.
4. Remove zest from lemon. Squeeze juice from lemon over salmon and vegetables. Sprinkle with zest.



SHEET-PAN ORANGE-APRICOT DRUMSTICKS



INGREDIENTS



- 1 pound multicolor fingerling potatoes, halved lengthwise
- 1 pound green beans, trimmed
- 1 cup thinly sliced red onion
- 2 tablespoons olive oil
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 4 large chicken drumsticks (1 1/2-2 lbs. total), skin removed
- 1 orange
- 3 tablespoons apricot preserves
- 1 tablespoon reduced-sodium soy sauce or tamari
- 3 cloves garlic, minced

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Place potatoes, green beans and onion on a large rimmed baking sheet. Drizzle with oil and sprinkle with 1/2 tsp. salt and 1/4 tsp. pepper. Nestle chicken into the vegetables.
3. Grate 1/2 tsp. zest from orange and squeeze it to get 2 Tbsp. juice. Combine the zest and juice, preserves, soy sauce (or tamari), garlic and the remaining 1/4 tsp. each salt and pepper in a small bowl. Brush the chicken with half of the glaze.
4. Roast the chicken and vegetables for 15 minutes. Stir the vegetables; turn the chicken and brush with the remaining glaze. Continue roasting until the chicken registers at least 165 degrees F on an instant-read thermometer and the potatoes are tender, about 20 minutes more.

TIPS:

People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.



ROASTED SALMON WITH SMOKY CHICKPEAS & GREENS



INGREDIENTS



- 1 pound multicolor fingerling potatoes, halved lengthwise
- 1 pound green beans, trimmed
- 1 cup thinly sliced red onion
- 2 tablespoons olive oil
- ¼ teaspoon kosher salt, divided
- ¼ teaspoon ground pepper, divided
- 4 large chicken drumsticks (1 1/2-2 lbs. total), skin removed
- 1 orange
- 3 tablespoons apricot preserves
- 1 tablespoon reduced-sodium soy sauce or tamari
- 3 cloves garlic, minced

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Place potatoes, green beans and onion on a large rimmed baking sheet. Drizzle with oil and sprinkle with 1/2 tsp. salt and 1/4 tsp. pepper. Nestle chicken into the vegetables.
3. Grate 1/2 tsp. zest from orange and squeeze it to get 2 Tbsp. juice. Combine the zest and juice, preserves, soy sauce (or tamari), garlic and the remaining 1/4 tsp. each salt and pepper in a small bowl. Brush the chicken with half of the glaze.
4. Roast the chicken and vegetables for 15 minutes. Stir the vegetables; turn the chicken and brush with the remaining glaze. Continue roasting until the chicken registers at least 165 degrees F on an instant-read thermometer and the potatoes are tender, about 20 minutes more.

TIPS:

People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.



TROPICAL SMOOTHIE BOWL



INGREDIENTS

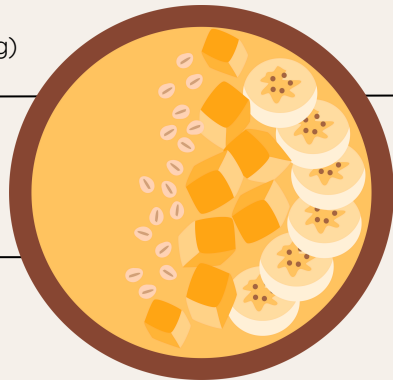


- 150g frozen mango
- 150g frozen pineapple
- 1 small banana (100g)
- ½ cup unsweetened almond milk
- 1 tbsp chia seeds
- 30g fresh berries (for topping)

DIRECTIONS

1. Blend mango, pineapple, banana, and almond milk until smooth. Top with chia seeds and fresh berries.

Total Fruits/Veggies: 400g



MEDITERRANEAN QUINOA SALAD



INGREDIENTS



- 100g cherry tomatoes
- 50g cucumber, diced
- 50g red bell pepper, diced
- 50g red onion, thinly sliced
- 50g spinach
- ½ cup cooked quinoa
- 1 tbsp olive oil and lemon juice (for dressing)

DIRECTIONS

1. Toss all ingredients with the dressing. Serve chilled.

Total Fruits/Veggies: 300g



ROASTED SALMON WITH VEGGIES



INGREDIENTS

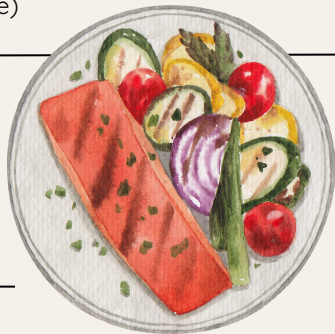


- 150g broccoli
- 100g zucchini
- 100g carrots
- 1 tbsp olive oil
- 1 fillet of salmon
- Salt, pepper, and garlic powder (to taste)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss vegetables with olive oil and seasonings. Arrange vegetables and salmon on a baking sheet. Roast for 20-25 minutes.

Total Fruits/Veggies: 350g



VEGGIE OMELET



INGREDIENTS



- 50g spinach
- 50g cherry tomatoes, halved
- 50g mushrooms, sliced
- 3 large eggs
- 1 tsp olive oil

DIRECTIONS

1. Sauté veggies in olive oil, then pour whisked eggs over the top. Cook until set.

Total Fruits/Veggies: 150g



SWEET POTATO BUDDHA BOWL



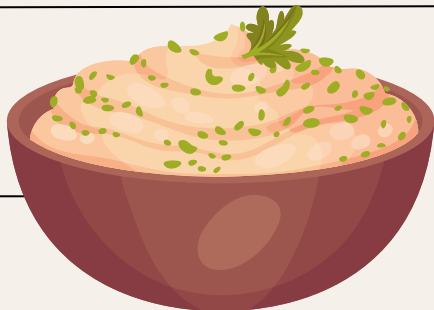
INGREDIENTS

- 150g roasted sweet potato cubes
- 50g kale, massaged with lemon juice
- 50g chickpeas, roasted
- 50g cucumber, sliced
- Tahini dressing (1 tbsp tahini + lemon juice)

DIRECTIONS

1. Assemble all ingredients in a bowl and drizzle with dressing.

Total Fruits/Veggies: 300g



STIR-FRIED CHICKEN & VEGGIES



INGREDIENTS



- 150g broccoli
- 100g snap peas
- 100g carrots
- 1 chicken breast, sliced
- 2 tbsp low-sodium soy sauce

DIRECTIONS

1. Stir-fry chicken in a hot pan until cooked. Add veggies and soy sauce, cooking until tender-crisp.

Total Fruits/Veggies: 350g



BERRY CHIA PUDDING



INGREDIENTS

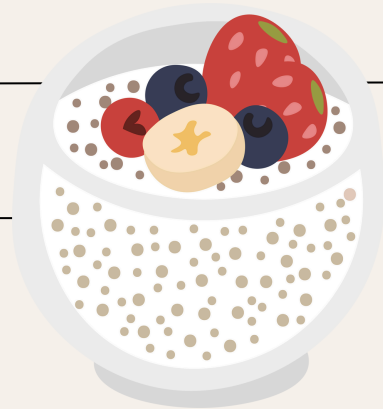


- 100g mixed berries (blueberries, raspberries, strawberries)
- 1 cup unsweetened almond milk
- 3 tbsp chia seeds
- 1 tsp honey

DIRECTIONS

1. Combine all ingredients and refrigerate overnight

Total Fruits/Veggies: 100g



RAINBOW VEGGIE WRAP



INGREDIENTS

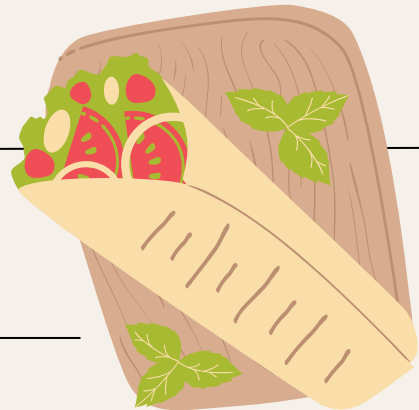


- 50g shredded purple cabbage
- 50g julienned carrots
- 50g spinach
- 50g avocado
- 1 whole wheat wrap
- Hummus (as spread)

DIRECTIONS

1. Spread hummus on the wrap, add veggies, roll up, and serve.

Total Fruits/Veggies: 200g



TURKEY STUFFED PEPPERS



INGREDIENTS



- 2 bell peppers (200g)
- 100g cooked ground turkey
- 50g diced tomatoes (canned or fresh)
- 50g zucchini, diced
- 1 tbsp tomato sauce

DIRECTIONS

1. Hollow out bell peppers and stuff with the turkey mixture.

Bake at 375°F (190°C) for 25-30 minutes.

Total Fruits/Veggies: 400g



SPINACH AND FETA SCRAMBLE



INGREDIENTS

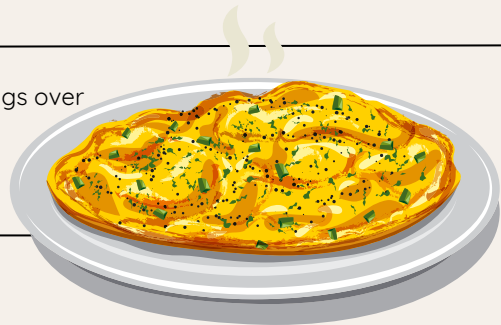


- 100g spinach
- 3 large eggs
- 30g crumbled feta cheese
- 1 tsp olive oil

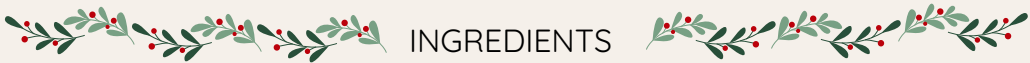
DIRECTIONS

1. Sauté spinach in olive oil, then pour whisked eggs over the top. Cook until scrambled and stir in feta.

Total Fruits/Veggies: 100g



BEEF TACO SALAD



INGREDIENTS

- 100g ground beef (85% lean or leaner)
- 50g lettuce
- 50g cherry tomatoes, halved
- 50g red bell pepper, diced
- 50g avocado
- 2 tbsp salsa

DIRECTIONS

1. Cook ground beef with taco seasoning.
Assemble salad with veggies, beef, and salsa.

Total Fruits/Veggies: 250g



BEEF AND BROCCOLI STIR-FRY



INGREDIENTS



- 150g beef strips
- 150g broccoli
- 100g snow peas
- 2 tbsp low-sodium soy sauce or coco aminos
- 1 tsp sesame oil

DIRECTIONS

1. Heat sesame oil in a pan, cook beef until browned, then add broccoli, snow peas, and soy sauce. Cook until tender-crisp.

Total Fruits/Veggies: 400g



APPLE CINNAMON OATMEAL



INGREDIENTS

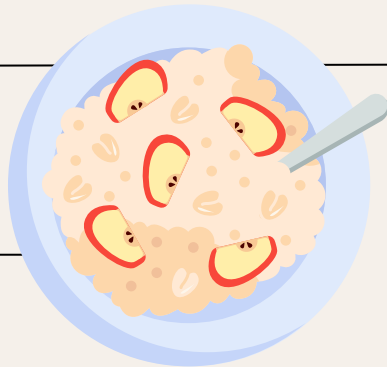


- 100g diced apple
- ½ cup oats
- 1 tsp cinnamon
- 1 cup unsweetened almond milk

DIRECTIONS

1. Cook oats with almond milk and stir in diced apple and cinnamon.

Total Fruits/Veggies: 100g



APPLE CINNAMON OATMEAL



INGREDIENTS

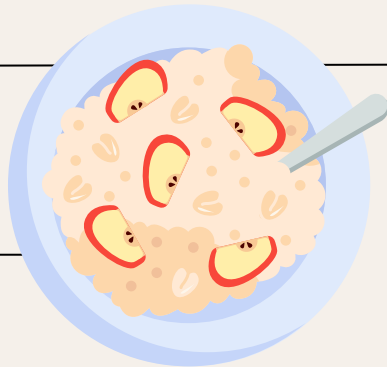


- 100g diced apple
- ½ cup oats
- 1 tsp cinnamon
- 1 cup unsweetened almond milk

DIRECTIONS

1. Cook oats with almond milk and stir in diced apple and cinnamon.

Total Fruits/Veggies: 100g



THAI BEEF LETTUCE WRAPS



INGREDIENTS



- 150g ground beef
- 50g shredded carrots
- 50g cucumber, julienned
- 50g red bell pepper, diced
- Lettuce leaves for wrapping
- 1 tbsp peanut sauce

DIRECTIONS

1. Cook beef and mix with veggies. Spoon into lettuce leaves and drizzle with peanut sauce.

Total Fruits/Veggies: 250g



BEEF STUFFED ZUCCHINI BOATS



INGREDIENTS

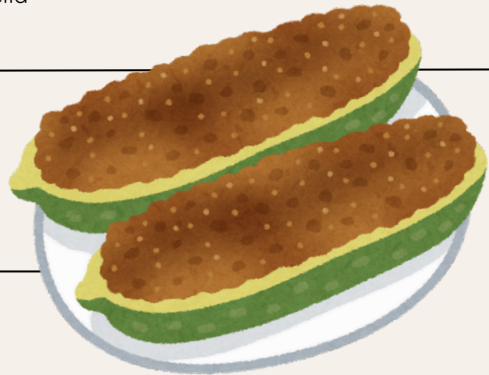


- 2 medium zucchinis (200g)
- 100g cooked ground beef
- 50g diced tomatoes
- 1 tbsp tomato sauce
- 30g shredded mozzarella

DIRECTIONS

1. Hollow out zucchinis and fill with the beef mixture. Top with mozzarella and bake at 375°F (190°C) for 25-30 minutes.

Total Fruits/Veggies: 350g



MANGO CHIA PARFAIT



INGREDIENTS



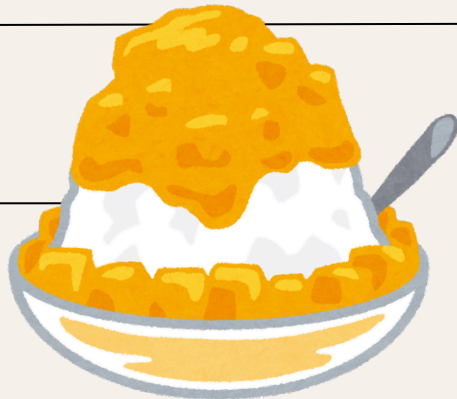
- 150g diced mango
- 1 cup unsweetened Greek yogurt
- 2 tbsp chia seeds

DIRECTIONS

1. Layer mango, yogurt, and chia seeds in a glass.

Refrigerate for at least 30 minutes.

Total Fruits/Veggies: 150g



GRILLED STEAK SALAD



INGREDIENTS

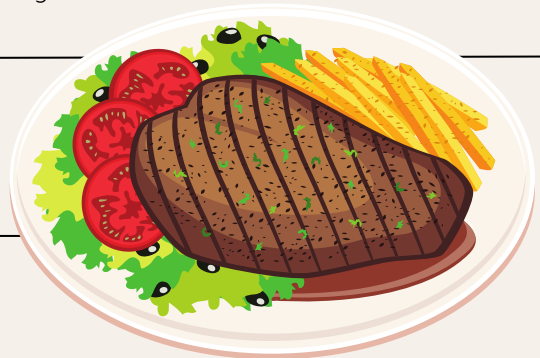


- 150g grilled steak
- 50g arugula
- 50g cherry tomatoes
- 50g cucumber
- 1 tbsp balsamic vinaigrette

DIRECTIONS

1. Assemble steak and veggies over a bed of arugula and drizzle with vinaigrette.

Total Fruits/Veggies: 250g



SWEET POTATO AND BEEF HASH



INGREDIENTS

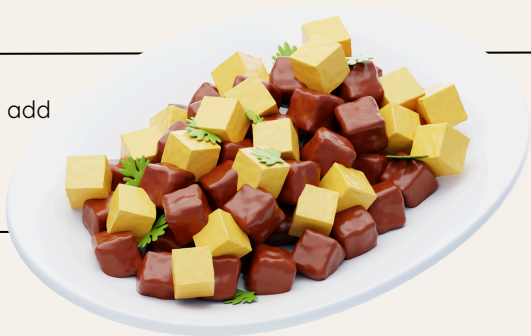


- 150g diced sweet potato
- 100g ground beef
- 50g diced red onion
- 50g spinach
- 1 tsp olive oil

DIRECTIONS

1. Sauté sweet potato in olive oil until soft, then add beef and onion. Stir in spinach at the end.

Total Fruits/Veggies: 350g



VEGGIE-PACKED BREAKFAST BURRITO



INGREDIENTS

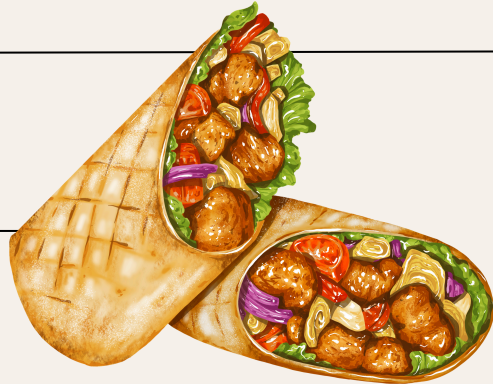


- 50g spinach
- 50g diced bell peppers
- 2 large eggs
- 1 small whole-wheat tortilla
- 1 tbsp salsa

DIRECTIONS

1. Scramble eggs with veggies, wrap in a tortilla, and top with salsa.

Total Fruits/Veggies: 100g



BEEF AND VEGETABLE SOUP



INGREDIENTS



- 150g beef chunks
- 100g diced carrots
- 100g celery
- 100g tomatoes
- 1 cup beef broth

DIRECTIONS

1. Simmer all ingredients until the beef is tender and veggies are cooked through.

Total Fruits/Veggies: 300g



GRILLED BEEF AND VEGGIE SKEWERS



INGREDIENTS



- 150g beef cubes
- 100g zucchini
- 100g bell peppers
- 50g red onion
- 1 tbsp olive oil

DIRECTIONS

1. Thread beef and veggies onto skewers, brush with olive oil, and grill until cooked to your liking.

Total Fruits/Veggies: 350g

