



Gluten-Free Turkey Bacon Egg McMuffin and more

Nutrition Plan

CLIENT PROFILE	NAME Wellness From Within	DIETARY PREFERENCE Eats Most Things
	AVOIDANCES X GLUTEN	





Easily swap and explore more meal options. visit eatlove.is

Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



BREAKFAST

Gluten-Free Turkey Bacon Eggs McMuffin, Blueberries



Peanut Butter & Jelly Oats, Tangerine



Carrot Cake Oatmeal



Gluten-Free Turkey Bacon Eggs McMuffin, Blueberries



Peanut Butter & Jelly Oats, Tangerine



Gluten-Free Turkey Bacon Eggs McMuffin, Blueberries



Peanut Butter & Jelly Oats, Tangerine



LUNCH

Chicken Cheese Salad, Cheese and Pretzels



Leftover: Roasted Chicken Thighs, Roasted Carrots Sticks



Leftover: Low FODMAP Swiss Salad, Buttered Spinach



Leftover: Salad with Spiced Beef, Sautéed Collard Greens



Leftover: Cheesy Chicken Fritters & Aioli, Mixed Cucumber Salad



Leftover: Shrimp, Quinoa, and Cucumber, Lettuce with Dressing



Leftover: Low-Fodmap Spiced Chicken with Rice, Lime Cucumber Salad



SNACK

Macadamia Nuts and Tangerines



Brazil Nuts and Blueberries



Tangerine and Sunflower Seeds



Popcorn and Kiwi



Brazil Nuts



2ND SNACK

Walnuts and Tangerines



DINNER

Roasted Chicken Thighs, Roasted Carrots Sticks



Low FODMAP Swiss Salad, Buttered Spinach



Salad with Spiced Beef, Sautéed Collard Greens



Cheesy Chicken Fritters & Aioli, Mixed Cucumber Salad



Shrimp, Quinoa, and Cucumber, Lettuce with Dressing



Low-Fodmap Spiced Chicken with Rice, Lime Cucumber Salad



Salmon, Rice, and Sesame Kale, Greens and Radish Salad





Grocery List

BAKING GOODS

- 1/8 pounds of Chia Seeds 1 bag (2 lb) of Gluten-Free All-Purpose Flour

CANNED / JAR GOODS

- 1 jar (18 oz) of Peanut Butter 1 jar (8-10 oz) of Raspberry Jam

CEREALS

- 1 bag Ener-G English Muffins 1 Gluten Free Old Fashioned Oatmeal
 3/8 pounds of Steel Cut Oats

DAIRY

- 1 half dozen Eggs 1 container (4 oz) of Feta Cheese
 1 quart of Lactose-Free Milk (Low-Fat) 2 1/8 ounces of Parmesan Cheese
 1 package (8 oz) of Shredded Mozzarella Cheese 1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium)
 1 package (8 oz) of Unsalted Butter

DELI

- 1 Cooked Rotisserie Chicken 1 tub (4 oz) of Goat Cheese

DESSERTS

- 1 bottle (12 oz) of Maple Syrup



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

MEATS / SEAFOOD

- | | |
|--|--|
| <input type="checkbox"/> 1 $\frac{3}{8}$ pounds of Boneless Skinless Chicken Thighs | <input type="checkbox"/> $\frac{7}{8}$ pounds of Chicken Thighs (Bone-In, Skin-On) |
| <input type="checkbox"/> $\frac{1}{2}$ pounds of Ground Chicken | <input type="checkbox"/> $\frac{5}{8}$ pounds of Lean Ground Beef (85%) |
| <input type="checkbox"/> $\frac{3}{4}$ pounds of Medium Raw Shrimp (Peeled & Deveined) | <input type="checkbox"/> $\frac{1}{2}$ pounds of Salmon |
| <input type="checkbox"/> 1 package (10 oz) of Turkey Bacon | |

PASTA / RICE / BEANS

- | | |
|--|--|
| <input type="checkbox"/> $\frac{3}{8}$ pounds of Brown Rice (dry/uncooked) | <input type="checkbox"/> $\frac{5}{8}$ pounds of Quinoa (dry/uncooked) |
|--|--|

PRODUCE - FRUIT

- | | |
|---|----------------------------------|
| <input type="checkbox"/> 1 quart of Blueberries | <input type="checkbox"/> 1 Kiwi |
| <input type="checkbox"/> 2 Lemon | <input type="checkbox"/> 1 Limes |
| <input type="checkbox"/> 11 Tangerine | |

PRODUCE - VEGETABLES

- | | |
|--|--|
| <input type="checkbox"/> $\frac{1}{8}$ pounds of Arugula | <input type="checkbox"/> $\frac{7}{8}$ pounds of Carrots |
| <input type="checkbox"/> 1 bunch of Collard Greens  | <input type="checkbox"/> 2 Cucumber  |
| <input type="checkbox"/> $\frac{1}{8}$ ounces of Fresh Ginger | <input type="checkbox"/> 1 bunch (2 oz) of Fresh Parsley |
| <input type="checkbox"/> 2 heads of Green Leaf Lettuce | |




EWG RECOMMENDS TO BUY ORGANIC




Grocery List

PRODUCE - VEGETABLES

- | | |
|---|--|
| <input type="checkbox"/> 1 bunch of Lacinato Kale  | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 1 pound of Raw Spinach  | <input type="checkbox"/> 1 bag (3 ct) of Romaine Lettuce |
| <input type="checkbox"/> 1 bunch of Swiss Chard | <input type="checkbox"/> 1 Tomatoes |

SNACKS

- | | |
|--|---|
| <input type="checkbox"/> 1 package (4-5 oz) of Air-Popped Popcorn | <input type="checkbox"/> 1/8 pounds of Brazil Nuts |
| <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds | <input type="checkbox"/> 1/8 pounds of Macadamia Nuts |
| <input type="checkbox"/> 1 package (10 oz) of Pretzels | <input type="checkbox"/> 1 bag (12 oz) of Raisins  |
| <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts | <input type="checkbox"/> 1/8 pounds of Sunflower Seeds |
| <input type="checkbox"/> 1/8 pounds of Walnuts | |

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (8-9 fl oz) of Balsamic Vinegar | <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder |
| <input type="checkbox"/> 1 jar (2 oz) of Cumin | <input type="checkbox"/> 1 jar (2 oz) of Curry Powder |
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard | <input type="checkbox"/> 1 package (0.1-1 oz) of Dried Dill |
| <input type="checkbox"/> 1 jar (2 oz) of Five Spice Powder | |





Grocery List

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (8 fl oz) of Garlic Infused Olive Oil | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon |
| <input type="checkbox"/> 1 bottle (2 oz) of Ground Ginger | <input type="checkbox"/> 1 jar (15 oz) of Mayonnaise |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 jar (1 oz) of Paprika |
| <input type="checkbox"/> 1 jar (1-2 oz) of Red Pepper Flakes | <input type="checkbox"/> 1 jar (1 oz) of Sesame Seeds |
| <input type="checkbox"/> 1 bottle (12 fl oz) of Sherry Vinegar | <input type="checkbox"/> 1 bottle (20 fl oz) of Tamari Sauce (Reduced Sodium) |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil | <input type="checkbox"/> 1 bottle (12 fl oz) of White Wine Vinegar |





Gluten-Free Turkey Bacon Egg McMuffin

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🕒 8 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

Egg McMuffin

- 1 gluten free english muffin toasted
- 1 slice tomato
- 1 egg
 - Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative
- 1 slice turkey bacon
- 1 dash pepper
- 1 teaspoon olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

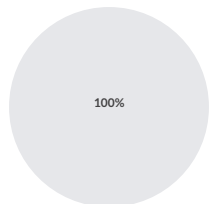
Serve with

- 1 tangerine

NUTRITION INFORMATION PER SERVING

Protein 12g	Sodium 596mg
Total Fat 21g	Fiber 5.8g
Carbs 54g	Added Sugar 0g
Calories 447kcal	Fruits 0.5 servings
Saturated Fat 3.45g	Vegetables 0.08 servings

PORTION SIZES (Total yield: 9.8oz)



● Wellness From Within • 1/1 of total (9.8oz)

Method

1. Toast the english muffin.
2. Place the turkey bacon into an unheated pan. Turn the pan up to medium heat and cook until crisp, flipping the bacon frequently.
3. In a separate pan, heat olive oil over medium heat. Crack an egg into the pan and cook until set, about 3-4 minutes.
4. Layer half of toasted muffin with tomato, cooked turkey bacon, and fried egg. Sprinkle with pepper and top with remaining muffin half.
5. Serve with tangerine.





Blueberries

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and serve.

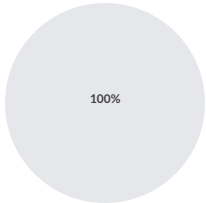
INGREDIENTS

$\frac{3}{4}$ cup blueberries

NUTRITION INFORMATION PER SERVING

Protein 0.69g	Sodium 0.94mg
Total Fat 0.31g	Fiber 2.25g
Carbs 14g	Added Sugar 0g
Calories 53kcal	Fruits 1.5 servings
Saturated Fat 0.03g	Vegetables 0 servings

PORTION SIZES (Total yield: 3.31oz)



● Wellness From Within • 1/1 of total (3.31oz)





Chicken Cheese Salad

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a bowl or plate, arrange lettuce and radishes. Sprinkle with goat cheese. Drizzle with oil. Place shredded chicken on top. Squeeze extra lemon juice on top if desired.

INGREDIENTS

Salad

4 ounces rotisserie chicken shredded

- Optional substitute: chicken breast

4 cups romaine lettuce chopped

- Optional substitute (pending allergies): mixed greens, spinach, iceberg lettuce or other leafy green vegetable

2 radishes ministicks

1 tablespoon goat cheese crumbles

- Optional substitute (pending allergies): feta cheese, queso fresco, halloumi, plant-based cheese alternative, etc..

Salad Dressing

2 teaspoons olive oil

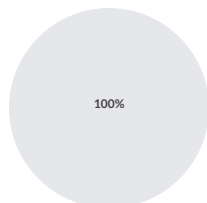
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

1/2 teaspoon lemon juiced

NUTRITION INFORMATION PER SERVING

Protein 37g	Sodium 336mg
Total Fat 23g	Fiber 4.12g
Carbs 6.6g	Added Sugar 0g
Calories 373kcal	Fruits 0.02 servings
Saturated Fat 6.6g	Vegetables 2.08 servings

PORTION SIZES (Total yield: 12oz)



● Wellness From Within • 1/1 of total (12oz)





Cheese and Pretzels

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Take string cheese out of package. Serve with pretzels.

INGREDIENTS

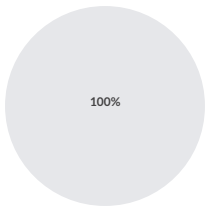
1 string cheese

6 pretzels

NUTRITION INFORMATION PER SERVING

Protein 12g	Sodium 446mg
Total Fat 7.1g	Fiber 1.22g
Carbs 30g	Added Sugar 0g
Calories 219kcal	Fruits 0 servings
Saturated Fat 3.68g	Vegetables 0 servings

PORTION SIZES (Total yield: 2.27oz)



● Wellness From Within • 1/1 of total (2.27oz)





Macadamia Nuts and Tangerines

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Peel tangerines and serve with macadamia nuts.

INGREDIENTS

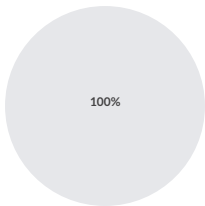
2 Tangerines

1 tablespoon macadamia nuts

NUTRITION INFORMATION PER SERVING

Protein 2.09g	Sodium 3.94mg
Total Fat 6.9g	Fiber 3.89g
Carbs 25g	Added Sugar 0g
Calories 153kcal	Fruits 1 servings
Saturated Fat 1.08g	Vegetables 0 servings

PORTION SIZES (Total yield: 6.5oz)



● Wellness From Within • 1/1 of total (6.5oz)





Walnuts and Tangerines

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Peel tangerines and serve with walnuts.

INGREDIENTS

2 Tangerines

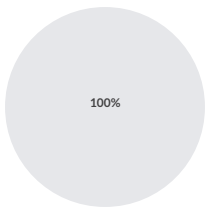
2 tablespoons walnuts

• Optional substitute (pending allergies): cashews, almonds, peanuts, etc..

NUTRITION INFORMATION PER SERVING

Protein 3.33g	Sodium 3.77mg
Total Fat 8.7g	Fiber 4.01g
Carbs 25g	Added Sugar 0g
Calories 158kcal	Fruits 1 servings
Saturated Fat 0.83g	Vegetables 0 servings

PORTION SIZES (Total yield: 6.6oz)



● Wellness From Within • 1/1 of total (6.6oz)





Roasted Chicken Thighs

BY A DASH OF MEGNUT

🕒 10 MINS PREP | 🕒 35 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 chicken thighs (bone-in, skin-on)s

1 tablespoon olive oil

• Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

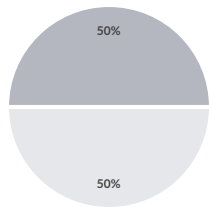
1 pinch salt

1 pinch pepper

NUTRITION INFORMATION PER SERVING

Protein 32g	Sodium 350mg
Total Fat 39g	Fiber 0.02g
Carbs 0.53g	Added Sugar 0g
Calories 486kcal	Fruits 0 servings
Saturated Fat 9.7g	Vegetables 0 servings

PORTION SIZES (Total yield: 8.4oz)



- Adult #1 • 1/2 of total (4.21oz)
- Leftovers • 1/2 of total (4.21oz)

Method

1. Preheat oven to 475° F.
2. Preheat cast iron skillet on the stove until hot but not smoking. Add olive oil.
3. Season chicken thighs with salt and pepper. Place skin side down in the cast iron skillet.
4. Cook over medium to medium-high heat for 12-15 min, rearrange chicken every once in awhile to make sure they cook evenly.
5. Transfer to oven and cook an additional 15 min.
6. Flip chicken over and cook for 3-5 min until skin is crispy.





Roasted Carrots Sticks

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 25 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat the oven to 425°F.
2. Toss carrots in olive oil and balsamic vinegar. Season with salt to taste.
3. Spread evenly on a baking sheet and roast in oven for 25 minutes or until golden and tender.

INGREDIENTS

2 cups carrots cut into sticks

- If out of season in your area, use frozen or canned, no salt added in cooked recipes

1 tablespoon olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 tablespoons balsamic vinegar

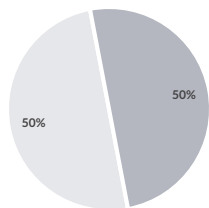
1 dash salt

1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 1.27g	Sodium 170mg
Total Fat 7.1g	Fiber 3.6g
Carbs 15g	Added Sugar 0g
Calories 126kcal	Fruits 0 servings
Saturated Fat 0.98g	Vegetables 1 servings

PORTION SIZES (Total yield: 11oz)



- Adult #1 • 1/2 of total (5.3oz)
- Leftovers • 1/2 of total (5.3oz)





Peanut Butter & Jelly Oats

BY GARLIC+ZEST

🕒 15 MINS PREP | 🕒 2 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 cup overnight steel cut oatmeal

1 tablespoon peanut butter, swirled into oatmeal

• Optional substitute (pending allergies): almond butter, cashew butter, sunbutter, ect..

1 tablespoon jam, swirled into oatmeal

1 tablespoon peanuts toasted

• Optional substitute (pending allergies): cashews, walnuts, almonds, etc..

Steel-Cut Oats

1 cup steel cut oatmeal

4 1/2 cups water

1/4 teaspoon salt

1 tablespoon chia seeds (optional)

NUTRITION INFORMATION PER SERVING

Protein 16g

Sodium 281mg

Total Fat 17g

Fiber 9g

Carbs 55g

Added Sugar 7.9g

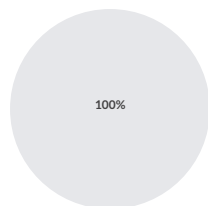
Calories 427kcal

Fruits 0 servings

Saturated Fat 3.1g

Vegetables 0 servings

PORTION SIZES (Total yield: 16oz)



● Wellness From Within • 1/1 of total (16oz)

Method

1. Spoon overnight steel cut oatmeal into a microwave safe bowl and nuke for 1-1 1/2 minutes until hot.
2. Dress your oats with the toppings mentioned above.

Steel-Cut Oats

1. Add oats, water and salt to a medium saucepan. Bring to a boil over high heat, then reduce to medium low and cook for 5 minutes.
2. Remove the pan from the heat and whisk in the chia seeds so they are mixed evenly throughout. Place the lid on the pan and set aside for at least 4 hours or overnight.
3. Transfer the oatmeal to a tupperware container to store throughout the week. When you're ready for a bowl of oatmeal, spoon into a microwave safe bowl and nuke for 1-1 1/2 minutes until hot.





Tangerine

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel, slice, and serve.

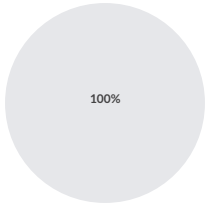
INGREDIENTS

1 tangerine peeled, sliced

NUTRITION INFORMATION PER SERVING

Protein 0.71g	Sodium 1.76mg
Total Fat 0.27g	Fiber 1.58g
Carbs 12g	Added Sugar 0g
Calories 47kcal	Fruits 0.5 servings
Saturated Fat 0.03g	Vegetables 0 servings

PORTION SIZES (Total yield: 3.1oz)



● Wellness From Within • 1/1 of total (3.1oz)





Brazil Nuts and Blueberries

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Rinse blueberries. Serve with Brazil nuts.

INGREDIENTS

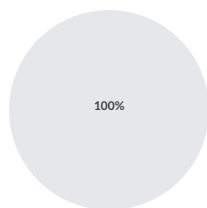
1/2 ounce Brazil Nuts

1/2 cup blueberries

NUTRITION INFORMATION PER SERVING

Protein 2.46g	Sodium 1.03mg
Total Fat 9.5g	Fiber 2.55g
Carbs 11g	Added Sugar 0g
Calories 128kcal	Fruits 1 servings
Saturated Fat 2.12g	Vegetables 0 servings

PORTION SIZES (Total yield: 2.7oz)



● Wellness From Within • 1/1 of total (2.7oz)





Low FODMAP Swiss Salad

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS PREP | 🕒 20 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1/2 cup quinoa rinsed

- Optional substitute (pending allergies): rice variety (ie. brown, white), farro, millet, ect..

1 cup water

1 bunch Swiss chard rinsed and chopped thin

- Optional substitute (pending allergies): spinach, collard greens, kale or other leafy green vegetable

1/2 cup blueberries

2 tablespoons walnuts toasted

- Optional substitute (pending allergies): cashews, almonds, peanuts, etc..

2 tablespoons olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 ounces Parmesan cheese grated

- Optional substitute (pending allergies): pecorino, plant-based cheese alternative, etc..

2 eggs hard boiled and quartered

- Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative

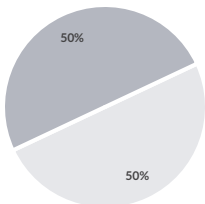
1 dash salt

1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 697mg
Total Fat 33g	Fiber 7.5g
Carbs 42g	Added Sugar 0g
Calories 549kcal	Fruits 0.5 servings
Saturated Fat 8.8g	Vegetables 2.9 servings

PORTION SIZES (Total yield: 36oz)



● Adult #1 • 1/2 of total (18oz)

● Leftovers • 1/2 of total (18oz)

Method

1. In a pot, combine quinoa with water. Bring to a boil, reduce to a simmer, and cook for 15-20 minutes until tender. Set aside and allow to cool.
2. Meanwhile, prep other ingredients. In a large bowl, add the Swiss chard, blueberries, cashews, and olive oil. When quinoa is ready, add to salad and adjust seasonings with salt and pepper. Serve salad topped with Parmesan and hard boiled eggs. This can be eaten cold or at room temperature.





Buttered Spinach

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 10 MINS COOK | 🍴 2 SERVINGS

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Method

1. Heat butter in a large pan over medium-high heat until melted. Stir in the spinach and cook until wilted.
2. Toss with lemon zest, and cook 1 to 2 minutes more. Season to taste with salt and pepper.
3. Garnish with lemon slices if desired.

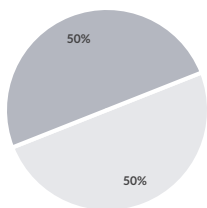
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 pound spinach chopped
- Optional substitute (pending allergies): kale, collard greens, Swiss chard or other leafy green vegetable
- 2 dashes salt
- 2 dashes pepper
- 2 slices lemon
- 2 tablespoons butter
- 2 tablespoons lemon zest

NUTRITION INFORMATION PER SERVING

Protein 6.8g	Sodium 336mg
Total Fat 12g	Fiber 5.4g
Carbs 9.5g	Added Sugar 0g
Calories 158kcal	Fruits 0.22 servings
Saturated Fat 7.4g	Vegetables 3.78 servings

PORTION SIZES (Total yield: 9.8oz)



- Adult #1 • 1/2 of total (4.88oz)
- Leftovers • 1/2 of total (4.88oz)





Carrot Cake Oatmeal

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 10 MINS COOK | 🍴 1 SERVINGS

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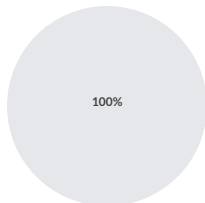
INGREDIENTS

- 1/2 cup Old Fashioned Oats
- 1 cup lactose-free milk
- 1 carrot grated
 - * If out of season in your area, use frozen or canned, no salt added in cooked recipes
- 1/2 teaspoon cinnamon
- 1 teaspoon raisins
- 1 tablespoon walnuts
 - * Optional substitute (pending allergies): cashews, almonds, peanuts, etc..
- 1 tablespoon hemp seeds
- 1 teaspoon maple syrup

NUTRITION INFORMATION PER SERVING

Protein 18g	Sodium 169mg
Total Fat 15g	Fiber 7.4g
Carbs 57g	Added Sugar 4.03g
Calories 407kcal	Fruits 0.12 servings
Saturated Fat 2.86g	Vegetables 0.48 servings

PORTION SIZES (Total yield: 13oz)



● Wellness From Within • 1/1 of total (13oz)

Method

1. In a medium pot over medium heat, add the oats and milk.
2. When the oats just come to a boil, turn the heat to low and add the carrots and cinnamon. Stir to combine.
3. Continue to cook on low for 5 minutes. Remove from heat and stir in the raisins. Let stand for 2 to 3 minutes.
4. Serve in a bowl and top with walnuts, hemp seeds and maple syrup.





Tangerine and Sunflower Seeds

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel, and slice tangerine. Serve with sunflower seeds.

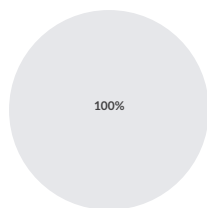
INGREDIENTS

- 1 tangerine
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 4.35g	Sodium 3.34mg
Total Fat 9.3g	Fiber 3.09g
Carbs 15g	Added Sugar 0g
Calories 149kcal	Fruits 0.5 servings
Saturated Fat 0.81g	Vegetables 0 servings

PORTION SIZES (Total yield: 3.72oz)



- Wellness From Within • 1/1 of total (3.72oz)





Salad with Spiced Beef

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

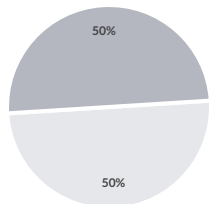
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1/2 cup parsley chopped
 - Optional substitute: dried parsley
- 1 teaspoon paprika
- 1 1/2 teaspoons cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon chili powder
- 8 ounces ground beef
- 4 teaspoons olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 2 ounces Feta Cheese
 - Optional substitute (pending allergies): goat cheese, queso fresco, halloumi, plant-based cheese alternative, etc..
- 1/2 lemon juiced
- 6 cups green lettuce chopped
- 6 radishes chopped

NUTRITION INFORMATION PER SERVING

Protein 28g	Sodium 402mg
Total Fat 33g	Fiber 3.39g
Carbs 9g	Added Sugar 0g
Calories 439kcal	Fruits 0.25 servings
Saturated Fat 12g	Vegetables 1.62 servings

PORTION SIZES (Total yield: 20oz)



- Adult #1 • 1/2 of total (10oz)
- Leftovers • 1/2 of total (10oz)

Method

1. In a large bowl, add parsley, paprika, cumin, ginger, chili powder, and ground beef and mix thoroughly to combine. Form into patties, depending on serving size.
2. Heat half the oil in a large pan on high heat. Add patty and cook for 4 minutes on one side, then reduce heat to medium and cook the other side for 3 minutes. Top with blue cheese and cook for another minute until the cheese is just melted.
3. Meanwhile, toss together lettuce and radishes. Drizzle lemon juice and remaining olive oil over. Top with paprika and serve.





Sautéed Collard Greens

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Remove the thick center ribs from the collard greens and chop into bite-size pieces.
2. Heat olive oil in a skillet over medium high heat. Add collard greens and cook, stirring occasionally, for one minute.
3. Add salt and pepper and stir. Cover skillet, reduce heat to low, and steam the collard greens until tender.

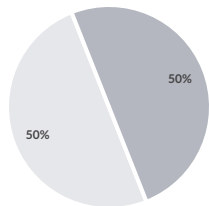
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 cups collard greens
 1/4 cup Garlic Infused Olive Oil
 2 pinches pepper
 2 dash salts

NUTRITION INFORMATION PER SERVING

Protein 2.19g	Sodium 168mg
Total Fat 27g	Fiber 2.92g
Carbs 3.99g	Added Sugar 0g
Calories 262kcal	Fruits 0 servings
Saturated Fat 3.77g	Vegetables 1 servings

PORTION SIZES (Total yield: 7oz)



- Adult #1 • 1/2 of total (3.51oz)
- Leftovers • 1/2 of total (3.51oz)





Popcorn and Kiwi

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Add popcorn to a bowl and serve with kiwi on the side.

INGREDIENTS

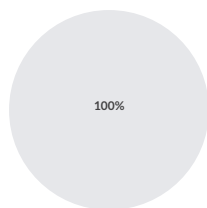
3 cups Air-Popped Popcorn

1 kiwi halved

NUTRITION INFORMATION PER SERVING

Protein 3.89g	Sodium 3.99mg
Total Fat 1.45g	Fiber 5.6g
Carbs 29g	Added Sugar 0g
Calories 135kcal	Fruits 0.77 servings
Saturated Fat 0.17g	Vegetables 0 servings

PORTION SIZES (Total yield: 3.28oz)



● Wellness From Within • 1/1 of total (3.28oz)





INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Fritters

8 ounces ground chicken

- Optional substitute (pending allergies): ground turkey, pork, beef or plant-based alternative

1 egg beaten

- Optional substitute (pending allergies): egg whites, egg beaters, plant-based egg alternative

2 tablespoons mayonnaise

2 tablespoons gluten-free all purpose flour

1/2 cup shredded mozzarella cheese

- Optional substitute (pending allergies): shredded Italian cheese blend, cheddar cheese, plant-based cheese alternative, etc..

1/2 teaspoon dried dill

2 dashes salt

2 dashes pepper

2 teaspoons olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

Aioli Sauce

2 tablespoons mayonnaise

1/4 teaspoon garlic-infused oil

1/4 teaspoon lemon juiced

2 dashes pepper

NUTRITION INFORMATION PER SERVING

Protein 29g

Total Fat 44g

Carbs 8.8g

Calories 546kcal

Saturated Fat 10g

Sodium 592mg

Fiber 0.39g

Added Sugar 0g

Fruits 0 servings

Vegetables 0 servings

Cheesy Chicken Fritters & Aioli

BY EVERYDAY EATLOVE

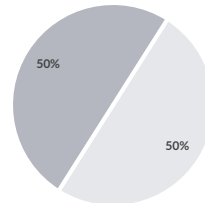
🕒 10 MINS PREP | 🕒 10 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Combine all fritter ingredients, except olive oil, in a bowl until well combined. Form into patties.
2. Heat oil in a pan over medium-high heat. Add chicken patties in a single layer, not touching each other. Fry for 3-5 minutes each side or until golden brown.
3. Mix aioli ingredients together in a small bowl. Serve which chicken fritters.

PORTION SIZES (Total yield: 13oz)



● Adult #1 • 1/2 of total (6.5oz)

● Leftovers • 1/2 of total (6.5oz)





Mixed Cucumber Salad

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and chop romaine lettuce.
2. Wash and slice cucumber.
3. To make dressing, whisk vinegar, oil, mustard, and pepper in a small bowl.
4. Mix salad ingredients in a large bowl, add dressing, and serve.

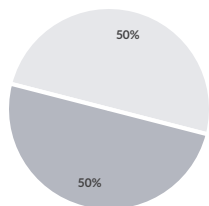
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- | | |
|--|---|
| 4 cups romaine lettuce chopped | 2 tablespoons olive oil |
| • Optional substitute (pending allergies): mixed greens, spinach, iceberg lettuce or other leafy green vegetable | • Optional substitute (pending allergies): avocado, canola, grapeseed oil ect.. |
| 1 cup cucumber sliced | 2 dashes dijon mustard |
| 2 tablespoons white wine vinegar | 2 dashes freshly ground black pepper |

NUTRITION INFORMATION PER SERVING

Protein 1.53g	Sodium 17mg
Total Fat 14g	Fiber 2.28g
Carbs 5.1g	Added Sugar 0.01g
Calories 147kcal	Fruits 0 servings
Saturated Fat 1.92g	Vegetables 1.5 servings

PORTION SIZES (Total yield: 12oz)



- Adult #1 • 1/2 of total (6.2oz)
- Leftovers • 1/2 of total (6.2oz)





Brazil Nuts

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Pour brazil nuts into a bowl and serve.

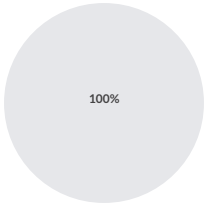
INGREDIENTS

1 ounce brazil nuts

NUTRITION INFORMATION PER SERVING

Protein 4g	Sodium 0.8mg
Total Fat 19g	Fiber 2.1g
Carbs 3.4g	Added Sugar 0g
Calories 184kcal	Fruits 0 servings
Saturated Fat 4.2g	Vegetables 0 servings

PORTION SIZES (Total yield: 1oz)



● Wellness From Within • 1/1 of total (1oz)





Shrimp, Quinoa, and Cucumber

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

12 ounces shrimp

- Optional substitute (pending allergies): scallops, white fish, chicken, oyster mushrooms, tofu

1 cup quinoa

- Optional substitute (pending allergies): rice variety (ie. brown, white), farro, millet, ect..

2 tablespoons olive oil

- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

1 teaspoon curry powder

2 cups cucumber diced

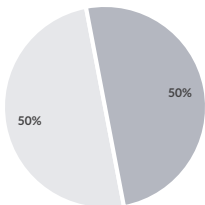
2 teaspoons red pepper flakes

1 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 46g	Sodium 479mg
Total Fat 19g	Fiber 7g
Carbs 59g	Added Sugar 0g
Calories 592kcal	Fruits 0 servings
Saturated Fat 2.52g	Vegetables 1 servings

PORTION SIZES (Total yield: 40oz)



- Adult #1 • 1/2 of total (20oz)
- Leftovers • 1/2 of total (20oz)

Method

1. Toss the shrimp in olive oil and broil for 3-5 minutes until fully cooked.
2. Bring water and quinoa to a boil and cover for about 10 minutes until cooked.
3. Toss quinoa with curry powder, cucumber and red pepper flakes.





Lettuce with Dressing

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and chop butter lettuce.
2. To make dressing, whisk vinegar, oil, mustard, salt, and pepper in a small bowl.
3. Pour dressing on butter lettuce and serve.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

6 cups butter lettuce chopped

2 teaspoons white wine vinegar

2 tablespoons olive oil

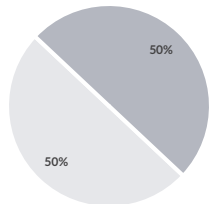
• Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

2 dashes freshly ground black pepper

NUTRITION INFORMATION PER SERVING

Protein 1.48g	Sodium 31mg
Total Fat 14g	Fiber 1.43g
Carbs 3.18g	Added Sugar 0g
Calories 137kcal	Fruits 0 servings
Saturated Fat 1.89g	Vegetables 1.5 servings

PORTION SIZES (Total yield: 8.9oz)



● Adult #1 • 1/2 of total (4.47oz)

● Leftovers • 1/2 of total (4.47oz)





Low-Fodmap Spiced Chicken with Rice

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 45 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

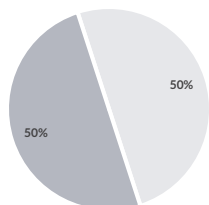
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1/2 cup brown rice
 - Optional substitute (pending allergies): other rice variety, quinoa, farro, millet, ect..
- 1 cup water
- 4 boneless chicken thighs
- 2 tablespoons Tamari Sauce (Reduced Sodium)
- 2 tablespoons Maple Syrup
- 1 teaspoon ginger grated
 - Optional substitute: ground ginger
- 2 teaspoons sherry wine
- 2 teaspoons sesame oil
- 1 teaspoon lemon juiced
- 1 teaspoon Chinese five spice powder

NUTRITION INFORMATION PER SERVING

Protein 64g	Sodium 992mg
Total Fat 18g	Fiber 1.94g
Carbs 51g	Added Sugar 12g
Calories 645kcal	Fruits 0.02 servings
Saturated Fat 4.18g	Vegetables 0 servings

PORTION SIZES (Total yield: 32oz)



- Adult #1 • 1/2 of total (16oz)
- Leftovers • 1/2 of total (16oz)

Method

1. Prepare the marinade: Whisk together tamari, maple syrup, ginger, wine, sesame oil, lemon juice, and five spice powder.
2. Place chicken in a bowl and pour the marinade over, ensuring every piece of chicken is coated. Cover and marinate in the fridge for at least 20 minutes.
3. Preheat oven to 400°F.
4. Add rice and water to a saucepan and bring to a boil. Lower to simmer and cook until rice is tender and water is absorbed, about 20 minutes.
5. Meanwhile, assemble the foil packets: For each serving, cut out a 12-inch piece of aluminum foil. Place 2 pieces of chicken in the center of the non-stick side (the dull side). Top with an additional tablespoon of marinade for every serving. Bring the long edges of the foil together; fold twice. Next, fold the short edges twice to completely enclose the chicken. Place the packets seam side up on a rimmed sheet pan.
6. Place into the oven and cook for 15-18 minutes (turning over with tongs halfway through) or until the chicken reaches an internal temperature of 165°F.
7. Carefully open the packets and let cool for 3-5 minutes.
8. Serve chicken with rice.





Lime Cucumber Salad

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Toss everything in a bowl. Season with salt and pepper.
2. Let sit for 5 minutes before serving.

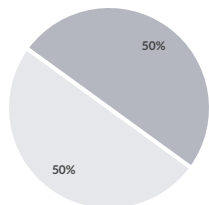
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 cucumber chopped
- 1/2 lime juiced and zested
- 2 teaspoons olive oil
 - Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..
- 2 dashes ground pepper
- 2 dashes salt

NUTRITION INFORMATION PER SERVING

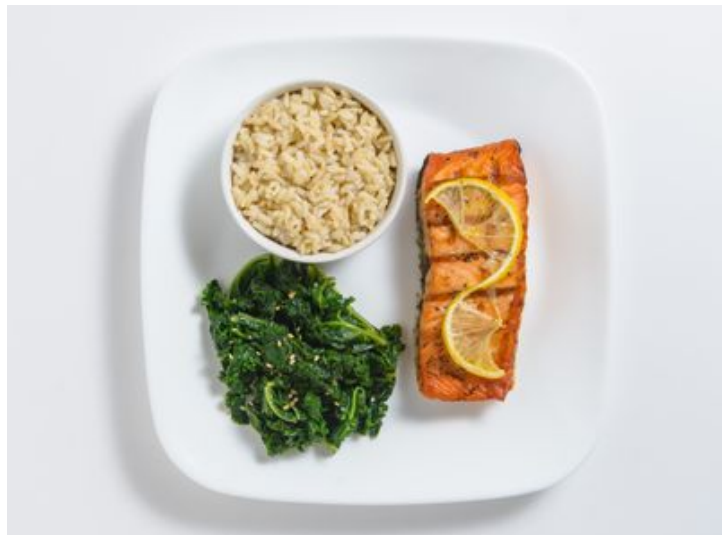
Protein 1.11g	Sodium 158mg
Total Fat 4.7g	Fiber 1.25g
Carbs 7.3g	Added Sugar 0g
Calories 68kcal	Fruits 0.25 servings
Saturated Fat 0.68g	Vegetables 1.45 servings

PORTION SIZES (Total yield: 12oz)



- Adult #1 • 1/2 of total (6.1oz)
- Leftovers • 1/2 of total (6.1oz)





Salmon, Rice, and Sesame Kale

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 40 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

7 ounces salmon

- Optional substitute (pending allergies): tuna, halibut, cod or other fish variety

1/4 lemon sliced, juiced

1 tablespoon Garlic Infused Olive Oil divided

1/4 cup brown rice

- Optional substitute (pending allergies): other rice variety, quinoa, farro, millet, ect..

1/4 bunch kale stems removed, sliced

- Optional substitute (pending allergies): spinach, collard greens, Swiss chard or other leafy green vegetable

1 teaspoon reduced sodium tamari (or soy sauce)

1 teaspoon toasted sesame oil

1 dash sesame seeds

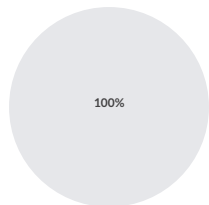
1 dash salt

1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 49g	Sodium 635mg
Total Fat 31g	Fiber 4.11g
Carbs 43g	Added Sugar 0g
Calories 652kcal	Fruits 0.25 servings
Saturated Fat 5.2g	Vegetables 1.77 servings

PORTION SIZES (Total yield: 10oz)



● Adult #1 • 1/1 of total (10oz)

Method

Salmon

- If you have a grill: Preheat grill for medium heat. Lightly oil grill grate. Season salmon fillets with lemon juice, oil, pepper, salt and pepper. Place salmon on the preheated grill. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.
- If using an oven: Preheat oven to broil. Place foil on baking sheet or roasting pan. Drizzle oil and lemon juice over salmon and season with salt and pepper. Place the salmon in the roasting pan, skin-side down. Broil for 10-12 minutes or until fish flakes easily with a fork. Serve with sliced lemon, if desired.

Brown Rice & Greens

- Cook brown rice according to package directions.
- Wash kale leaves and remove stems. Slice into strips.
- Heat the remaining oil over medium heat. Add in kale, tamari (or soy sauce), sesame oil, and saute for approximately 5-6 minutes, until wilted to your liking. Sprinkle with sesame seeds. Serve.





Greens and Radish Salad

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 cups arugula

- Optional substitute (pending allergies): mixed greens, spinach, romaine lettuce or other leafy green vegetable

2 radishes thinly sliced

2 teaspoons olive oil

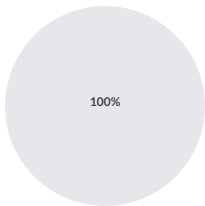
- Optional substitute (pending allergies): avocado, canola, grapeseed oil ect..

1 teaspoon lemon juiced

NUTRITION INFORMATION PER SERVING

Protein 1.12g	Sodium 15mg
Total Fat 9.3g	Fiber 0.84g
Carbs 1.95g	Added Sugar 0g
Calories 92kcal	Fruits 0.03 servings
Saturated Fat 1.28g	Vegetables 1.08 servings

PORTION SIZES (Total yield: 2.12oz)



● Adult #1 • 1/1 of total (2.12oz)

Method

1. Add arugula and radishes to a large bowl.
2. Whisk together olive oil and lemon juice. Drizzle over salad and toss to combine.

