

SYNC IN 30



RECIPES +
MEAL PLAN

week 1
SYNC IN 30



***RECIPES* +
MEAL PLAN**

BREAKFAST**LUNCH****DINNER****MONDAY**COTTAGE
CHEESE EGG
BITESTERIYAKI GLAZED
SALMONLEMON SHRIMP +
QUINOA**TUESDAY**COTTAGE
CHEESE EGG
BITESTERIYAKI GLAZED
SALMONLEMON SHRIMP +
QUINOA**WEDNESDAY**PROTEIN CHIA
PUDDINGSPICY
CAULIFLOWER
TACOSFAJITA SWEET
POTATOES**THURSDAY**PROTEIN CHIA
PUDDINGSPICY
CAULIFLOWER
TACOSFAJITA SWEET
POTATOES**FRIDAY**SAVORY
BREAKFAST BOWLGREEK CHICKEN
BOWLTURKEY BURGER
BOWL**SATURDAY**SAVORY
BREAKFAST BOWLGREEK CHICKEN
BOWLTURKEY BURGER
BOWL**SUNDAY**

LEFTOVERS

LEFTOVERS

LEFTOVERS

M E A L P L A N

BREAKFAST *week 1*





COTTAGE CHEESE EGG BITES



PREP TIME
10 MIN



COOK TIME
35 MIN



SERVINGS
12 BITES

Instructions

1. Prep your oven and line/grease your muffin tin. Preheat your oven to 325 F
2. Add chopped ingredients to the pan. Sprinkle your chopped spinach, sun-dried tomatoes and basil evenly in the bottom of each muffin cup.
3. Blend your egg/cottage cheese mixture. Add the eggs, cottage cheese, sea salt and black pepper to a blender and mix until creamy and well-combined. Pour the mixture evenly among the 12 muffin cups. Each cup should be filled almost to the top. Sprinkle the feta crumbles evenly on top of each cup.
4. Bake your bites. Place the muffin tin on the top rack of the oven and add a pan or oven safe dish filled with water to the bottom rack of your oven (this helps with the texture, keeping the muffins fluffy and moist). Bake for 25 minutes, or until fluffy and golden on top and a toothpick or sharp knife comes out of the egg bite clean.
5. Cool then serve or store. Let cool for 5 minutes before removing from the pan.

Ingredients

- ¾ cup chopped organic baby spinach leaves
- ½ heaping cup of oil-packed sun-dried tomatoes, drained and chopped
- ⅓ cup basil leaves, chopped or leaves torn from stems
- 8 large, pasture-raised organic eggs
- 1 cup full-fat, whole milk cottage cheese
- ½ teaspoon sea salt
- Black pepper to taste
- Approximately ½ cup crumbled feta cheese for topping



PROTEIN CHIA PUDDING



PREP TIME
2 HRS



COOK TIME
2 HRS 10
MIN



SERVINGS
2-3

Instructions

1. In a large bowl, whisk together the coconut milk and protein powder until the protein powder has completely dissolved (you can also use a handheld mixer or a blender to get rid of any clumps, but I find whisking to be easy and effective).
2. Stir in the maple syrup, vanilla, sea salt and chia seeds and thoroughly whisk until well combined. Let the mixture sit for 5-10 minutes, then stir again to break up any clumps of seeds and ensure the liquid is properly distributed, which will give it the perfect texture.
3. Pour the mixture into a large glass container or individual portioned glassware and cover with an airtight lid. Store overnight in the refrigerator to let the pudding set (a bare minimum of 2 hours is needed).
4. Top with desired toppings to serve!

Ingredients

- 1 13.5 ounce (1 3/4 cup) can of organic, full-fat, unsweetened coconut milk
- 1 to 1 1/2 servings of high quality vanilla protein powder
- 2 - 4 tablespoons pure maple syrup (depending on preferred sweetness)
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon sea salt
- 1/2 cup chia seeds



SAVORY BREAKFAST BOWL



PREP TIME
15 MIN



COOK TIME
45 MIN



SERVINGS
4

Instructions

1. Preheat the oven to 375°F and line a baking sheet with parchment paper. Spread the potatoes on the baking sheet and bake for 15 minutes.
2. Meanwhile, place the zucchini, bell pepper, onions, mushrooms, beans, chili powder, garlic powder, salt, and garlic in a bowl and toss until the vegetables and beans are coated. Once the potatoes have baked, remove from the oven and add the bean mixture to the pan, spreading out everything evenly with a spatula.
3. Place the pan back in the oven to bake for an additional 15 minutes, or until everything has softened.
4. Pour into a serving dish and add more salt and pepper as desired. Serve with salsa or ketchup.
5. Enjoy!

Ingredients

- 8 Yukon Gold potatoes, unpeeled, chopped
- ½ medium-size zucchini, chopped
- 1 red bell pepper, seeded and chopped
- ½ red onion, diced
- ½ cup chopped cremini mushrooms
- 1 (15-ounce) can pinto beans (about 1 ½ cups), drained and rinsed
- 1½ teaspoons chili powder
- 1 teaspoon garlic powder
- ½ teaspoon sea salt, or to taste
- 3 garlic cloves, minced
- Freshly ground black pepper

LUNCH *week 1*





TERIYAKI GLAZED SALMON



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
2-4

Instructions

1. Preheat oven to 350 F.
2. Toss all ingredients except for salmon in a stove-top pan and melt over medium-low heat, stirring occasionally until well-combined.
*Do not boil.
3. Once sauce is melted and evenly mixed, line a large baking pan with parchment paper and place the salmon fillet on top. Pour approximately half of the sauce over the salmon, reserving the other half of the sauce for later (make sure to then remove sauce from heat and set aside so it does not boil).
4. Bake salmon for 20 minutes at 350 F or until flesh is slightly pink in the center and sauce is browned. Option to broil for an additional 2-5 minutes to caramelize sauce.
5. Remove from the oven and serve over cauliflower rice, brown rice or quinoa. Pour the rest of the sauce on top
6. Enjoy!

Ingredients

- 1 large, wild-caught salmon fillet, approximately 1/2 inch thick
- 1/2 cup grass-fed ghee or pasture-raised butter
- 1/2 cup organic coconut sugar
- 1/4 cup organic, unsweetened ketchup
- 1/4 cup coconut aminos
- 1 tbsp fresh lemon juice
- 1 tbsp yellow mustard
- 2 cloves garlic, minced
- 1 dash gluten-free Worcestershire sauce
- fresh ground black pepper to taste



SPICY CAULIFLOWER TACOS



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
6-8 TACOS

Ingredients

- Large head organic cauliflower, chopped and broken up into bite-size florets
- 4 tbsp avocado oil
- 4-8 cloves garlic, minced
- 1 tsp sea salt
- cracked black pepper
- 2 tsp chipotle adobo sauce (NOT the peppers)
- 1 tbsp honey or maple syrup
- 1 tbsp fresh lime juice (1/2 a lime, squeezed)
- 1 cup chopped cilantro
- Tortillas of choice

Spicy Aioli

- 1/2 cup clean mayo
- 1/2 cup sour cream
- 1/4 cup chipotle adobo sauce
- 2 cloves garlic, minced
- 1 tsp sea salt

Instructions

1. Preheat the oven to 425°F degrees. Line a large pan with parchment paper, spread chopped cauliflower florets evenly in pan and drizzle with 2 of the 4 tbsp of avocado oil, minced garlic, salt and pepper. Roast for 30-35 minutes, flipping halfway through.
2. While cauliflower is roasting, mix the remaining cauliflower ingredients together in a bowl (the chipotle adobo sauce, lime juice, cilantro, remaining avocado oil and honey/maple syrup). Set aside.
3. Mix together chipotle aioli ingredients together in a bowl and set aside.
4. Get any other taco toppings ready.
5. When cauliflower is finished cooking, toss with the cauliflower chipotle sauce.
6. Serve in tortillas topped with chipotle aioli and any other fixings.
7. Enjoy!

greek chicken bowl



Ingredients

For the Bowl:

- 4-6 cups mixed leafy greens
- 1-2 cups quinoa, uncooked
- 1 organic rotisserie chicken, shredded (or 2 large chicken breasts, grilled/cooked)
- 1 large bell pepper, seeded + thinly sliced
- 1 cup mixed heirloom cherry tomatoes, cut in half
- 1 small organic cucumber, chopped
- ½ cup kalamata or green olives, option to pit/slice
- Optional: high quality feta cheese, pine nuts or fresh herbs like dill/parsley/oregano

For the Dressing:

- ½ cup extra virgin olive oil
- ¼ cup tahini
- ¼ cup apple cider vinegar
- Juice of 2 large lemons
- 2 tbsp dijon mustard
- 2 tbsp honey
- 1½ tsp sea salt
- fresh black pepper to taste

GREEK CHICKEN BOWL



Instructions

1. Cook the quinoa according to package instructions. I like to cook a large batch (2 cups uncooked) to re-use for leftovers/other meals throughout the week.
2. If cooking/grilling chicken, begin as well.
3. While quinoa is cooking, whisk together dressing ingredients in a medium-sized bowl and set aside.
4. Chop and assemble veggies and set aside.
5. Once quinoa and chicken have cooked and cooled, layer large salad bowls with quinoa, chopped veggies, shredded chicken, herbs, pine nuts and optional feta cheese.
6. Drizzle or toss with dressing and serve.
7. Keep components separate (quinoa, veggies, dressing, etc.) in fridge to reuse/eat up throughout the week.
8. Enjoy!

DINNER *week 1*





LEMON SHRIMP + QUINOA



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
4

Instructions

1. Preheat your oven to 400°F.
2. In a small saucepan add the quinoa, bone broth, and a ¼ teaspoon of salt and bring to a boil over high-heat.
3. Once boiling, reduce to a simmer, cover, and cook for about 20 minutes or until most of the liquid has been absorbed. Keep it covered and let it rest for a few minutes then fluff with a fork.
4. While the quinoa is cooking, toss your shrimp with about 1 tablespoon of olive oil and season generously with salt and pepper. Then roast it in a single layer on a sheet pan lined with parchment paper in the oven for 6 minutes.
5. In a small bowl whisk together the remaining olive oil, lemon juice, and shallot and season with salt and pepper to taste.
6. Pour the dressing over the quinoa after it's rested, but while it is still warm. When the shrimp has finished roasting, I recommend cutting it into bite-sized pieces.
7. In a large bowl combine the dressed quinoa, roasted shrimp, fresh dill, fresh parsley, green onions and cucumber until well incorporated.
8. Serve and enjoy!

Ingredients

- 1 cup quinoa, rinsed
- 2 cups chicken bone broth
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 1/2 pound shrimp, peeled and deveined
- 1/3 cup olive oil
- 1/2 cup fresh squeezed lemon juice (about 3 lemons)
- 1 small shallot, finely diced
- 1 cup fresh dill, chopped
- 1 cup fresh parsley, chopped
- 4 green onions, thinly sliced
- 1 small english cucumber, small diced
- more olive oil for drizzling

fajita sweet potatoes



Ingredients

For the loaded sweet potatoes:

- 4 small/medium sized sweet potatoes, rinsed and patted dry
- 1 package organic ground turkey breast
- 1 organic red bell pepper, cored and thinly sliced
- 1 organic yellow bell pepper, cored and thinly sliced
- 1/2 onion, peeled and thinly sliced
- 4 tbsp grass-fed ghee
- 4 tsp organic taco seasoning
- sea salt + black pepper to taste
- fresh cilantro

For the creamy avocado sauce:

- 1 avocado, peeled, pitted and chopped
- 1/2 cup sour cream
- 1/4 cup cilantro
- juice of 1 lime, squeezed
- 1 tsp sea salt
- fresh black pepper to taste

FAJITA SWEET POTATOES



PREP TIME
1:30 HR



COOK TIME
1:45 HR

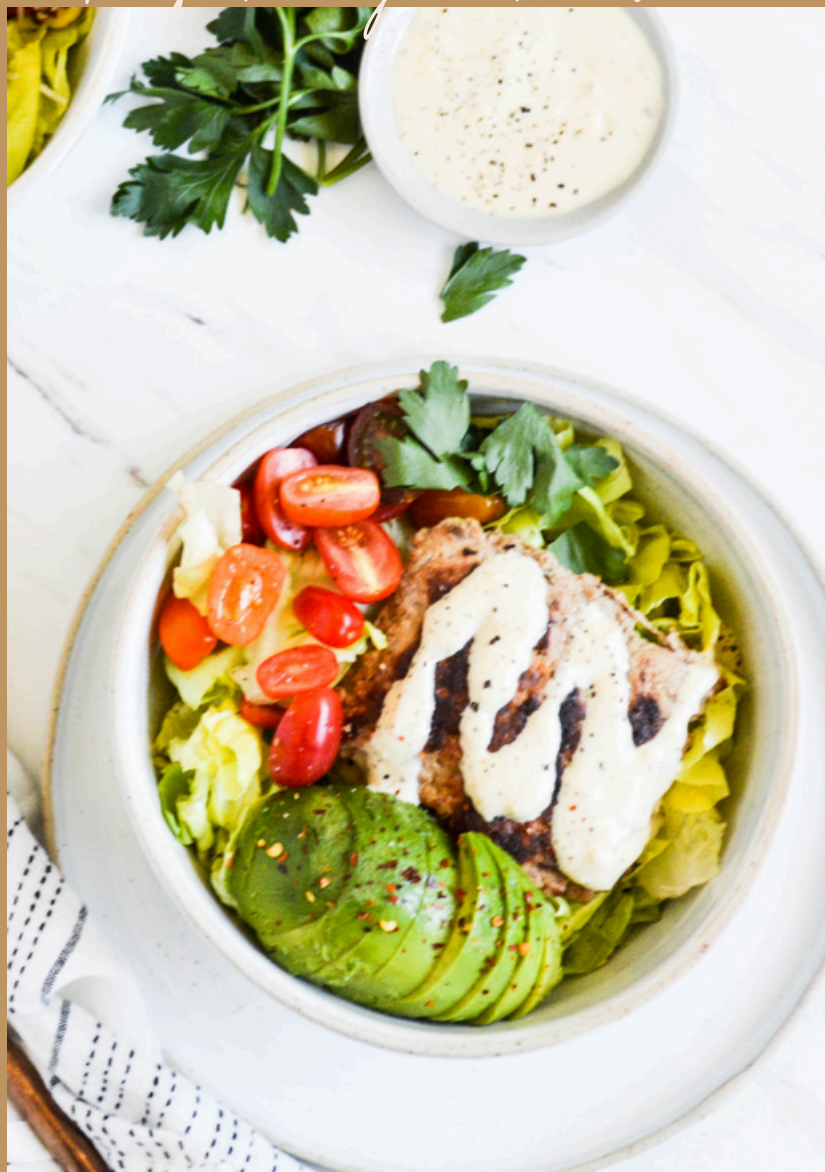


SERVINGS
4-6

Instructions

1. Preheat oven to 425F. Line a baking tray with parchment paper. Set sweet potatoes on baking tray and bake for approximately 1 hour 30 minutes, turning halfway through. NOTE – I like to do this in advance, ideally the night before to save on time.
2. Once potatoes are done baking slice open in the middle and let them cool.
3. Heat 2 tbsp of ghee in a large, stovetop pan over medium heat. When melted add in sliced bell peppers and onions along with 2 tsp of taco seasoning. Cook for about 10 minutes, until soft.
4. Remove from pan and add in the remaining 2 tbsp ghee to melt. Add in turkey meat and taco seasoning and stir until cooked through (i.e. no more pink) about 5-10 minutes.
5. While veggies + meat are cooking, add all of your creamy avocado sauce ingredients into a food processor or blender and mix until smooth and creamy.
6. Stuff sweet potatoes with veggie + turkey mixture, smother with creamy avocado sauce and top with cilantro.
7. Store in the fridge and enjoy leftovers through the week!

turkey burger bowl



Ingredients

For The Burgers

- 1 package (approximately 1 lb) of organic, antibiotic and hormone-free ground turkey
- 1/2 avocado, sliced, pitted and mashed
- 3 tbsp clean mayo,
- 2 tsp Sriracha
- 2 tsp GF Worcestershire sauce
- 1 tsp sea salt
- 1 tsp cumin powder
- 1 tsp garlic powder

For The Caesar Aioli:

- 1 cup clean mayo,
- 4 garlic cloves, minced
- 2 tbsp lemon juice
- 1 heaping tsp anchovy paste
- 1 heaping tsp dijon mustard
- 1 tsp GF Worcestershire sauce
- 1 tsp sea salt
- fresh ground black pepper to taste
- Optional: 1/2 cup dairy-free parmesan

For The Bowls:

- 1 package of Organic Girls Butter Lettuce
- 1/2 cup heirloom or cherry tomatoes, sliced in half
- 1 avocado, pitted and sliced
- Fresh herbs such as parsley or basil
- Option to add additional veggies such as thinly sliced radish, raw or grilled onions, roasted or raw bell peppers, zucchini, asparagus, etc.

TURKEY BURGER BOWL



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
6-8

Instructions

1. Pre-heat your grill to medium and add all burger ingredients (except for turkey) into a large bowl and mix together until well combined, then mix in the ground turkey with your hands.
2. Once turkey mixture is well-combined, form into patties (should make about 6-8 medium-sized) and place on a grill pan or sheet. Grill for about 4 minutes on each side, until charred and cooked through (meat should no longer be pink but white).
3. While turkey is grilling, whisk together all Caesar Aioli ingredients in a bowl and set aside.
4. Assemble lettuce and veggies in bowl.
5. Once burgers are cooked, top one patty on each bowl and drizzle with Caesar Aioli.
6. Enjoy!

week 2
SYNC IN 30



***RECIPES* +
MEAL PLAN**

BREAKFAST**LUNCH****DINNER****MONDAY**SMOKY
MUSHROOM
FRITTATACRUNCHY
CASHEW SALADTURMERIC + HERB
SALMON**TUESDAY**SMOKY
MUSHROOM
FRITTATACRUNCHY
CASHEW SALADTURMERIC + HERB
SALMON**WEDNESDAY**BREAKFAST
SHEET PANCHICKEN + KALE
PESTO BOWLKALE BUDDHA
BOWLS**THURSDAY**BREAKFAST
SHEET PANCHICKEN + KALE
PESTO BOWLKALE BUDDHA
BOWLS**FRIDAY**SEED CYCLING
PANCAKESKALE CAESAR
SALADCHICKEN POWER
BOWLS**SATURDAY**SEED CYCLING
PANCAKESKALE CAESAR
SALADCHICKEN POWER
BOWLS**SUNDAY**

LEFTOVERS

LEFTOVERS

LEFTOVERS

MEAL PLAN

BREAKFAST *week 2*





SMOKY MUSHROOM FRITTATA



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
4

Instructions

1. Preheat the oven to 400°F.
2. Slice the bacon and fry in 1 teaspoon olive oil in a 10-inch non-stick ovenproof frying pan on a medium heat for 2 minutes.
3. Chop and add the mushrooms. Season with sea salt and pepper, then fry for 5 minutes, or until golden, tossing regularly.
4. Lightly beat the eggs, then pour into the pan and sprinkle in shredded cheddar cheese. Transfer to the oven for 10 minutes, or until set. Loosen the edges with a spatula, then slide onto a board. Dress the arugula in a little oil and red wine vinegar, and sprinkle on top.
5. Enjoy!

Ingredients

- 1 13.5 ounce (1 3/4 cup) can of organic, full-fat, unsweetened coconut milk
- 1 to 1 1/2 servings of high quality vanilla protein powder
- 2 - 4 tablespoons pure maple syrup (depending on preferred sweetness)
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon sea salt
- 1/2 cup chia seeds



BREAKFAST SHEET PAN



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
4

Instructions

1. Preheat your oven to 425°F. Arrange brussels sprouts and mushrooms on a sheet pan in a single layer, drizzle with the olive oil and sprinkle with salt and pepper. Sprinkle onions over the top, then arrange breakfast sausage evenly over veggies.
2. Roast in the oven for 15 mins, then sprinkle with the garlic and stir. Roast another 10 mins or until bacon is crisp and veggies soft, then remove from oven.
3. Make small spaces in the hash for each egg, crack one at a time gently into a space, careful not to “break” the yolk (but it's ok if it does!). Sprinkle everything bagel seasoning over eggs, sausage, and veggies as desired.
4. Return sheet pan to oven and bake another 5-10 mins or until eggs are cooked to preference. Remove from oven and serve immediately.
5. Enjoy!

Ingredients

- 6 large eggs
- 1 lb brussels sprouts, chopped
- 8 oz white mushrooms, chopped
- 1 tbsp avocado oil or olive oil
- 1/2 large yellow onion, diced
- 8 slices of organic breakfast sausage
- 3 cloves garlic minced
- 1 tbsp avocado oil or olive oil
- Sea salt and pepper to taste
- Everything bagel seasoning (or your favorite breakfast seasoning)

LUNCH

week 2



crunchy cashew salad



Ingredients

Salad:

- 1 1/2 cups chicken bone broth
- 3/4 cup quinoa, rinsed
- 3 cups cooked chicken, shredded
- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 large red bell pepper, chopped
- 1 cup shelled edamame
- 1/4 cup green onion
- 1/4 cup cilantro (leaves and stems), chopped

Ginger lime dressing:

- 1/3 cup avocado oil
- 1/4 cup lime juice (approximately 2-3 small limes)
- 2 tbsp reduced sodium tamari
- 2 tbsp honey
- 1 tsp sriracha
- 1 inch piece of ginger, grated
- 1 clove garlic, grated (or 1/8 tsp garlic powder)
- 1/4 tsp ground black pepper

Spicy cashews:

- 1 1/2 cups raw cashews
- 1 tbsp avocado oil
- 1 tsp chili powder
- 1 tbsp sriracha
- 2 tbsp honey
- 1 tsp sea salt

CRUNCHY CASHEW SALAD



Instructions

1. Preheat your oven to 350°F.
2. In a medium bowl, toss the spicy cashew ingredients together and spread out on a parchment-lined sheet pan.
3. Roast for 20 minutes, flipping halfway through (checking often in the last 5 minutes to ensure they don't burn). They should be a deep golden brown when they are ready.
4. In a small saucepan over high heat bring the quinoa, bone broth, and 1/4 teaspoon of salt to a boil. Once boiling, reduce to a simmer, cover, and cook for 20 minutes or until most of the liquid has been absorbed. Keep it covered and let it rest for a few minutes then fluff with a fork. While the quinoa and cashews are cooking, whisk together the dressing ingredients in a small bowl.
5. In a large salad bowl, toss all of your prepared ingredients as well as the chopped veggies and your dressing.
6. Enjoy!



CHICKEN + KALE PESTO BOWL



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
4

Instructions

1. In a small saucepan, combine rice with $\frac{1}{2}$ cup water. Bring to a boil, then reduce heat, cover, and simmer for 15–18 minutes or until the rice is tender and water is absorbed. Remove from heat and let sit, covered, for 5 minutes. Fluff with a fork.
2. While the rice cooks, heat a skillet over medium heat.
3. Cook the ground chicken until browned and fully cooked through. Add the chopped kale and $\frac{1}{4}$ teaspoon kosher salt, and saute for another 2–3 minutes, until the kale is wilted.
4. Meanwhile, in a blender or food processor, combine the basil, hemp seeds, pumpkin seeds, olive oil, and the remaining $\frac{1}{4}$ teaspoon kosher salt. Blend until smooth to form the pesto.
5. To assemble the bowl, spoon the cooked rice into a serving bowl. Top with the chicken and kale mixture, then drizzle or dollop the pesto over the top.
6. Enjoy!

Ingredients

- 1 package ground chicken
- 1 cup chopped kale
- 1 tbsp hemp seeds
- 6–8 basil leaves
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tbsp olive oil
- 1 tbsp pumpkin seeds
- Cooked white or brown rice

kale caesar salad



week 3
SYNC IN 30



***RECIPES* +
MEAL PLAN**

BREAKFAST**LUNCH****DINNER****MONDAY**OVERNIGHT
BREAKFAST JARGINGER SALMON
& BROCCOLIMAPLE TAHINI
SWEET POTATO
BOWL**TUESDAY**OVERNIGHT
BREAKFAST JARGINGER SALMON
& BROCCOLIMAPLE TAHINI
SWEET POTATO
BOWL**WEDNESDAY**SWEET POTATO
TOAST + EGGSGREEN GODDESS
BOWLBURRITO BOWL
SALAD**THURSDAY**SWEET POTATO
TOAST + EGGSGREEN GODDESS
BOWLBURRITO BOWL
SALAD**FRIDAY**CINNAMON APPLE
QUINOA
PORRIDGETAHINI CHICKEN
SALADSWEET + SPICY
POKE BOWL**SATURDAY**CINNAMON APPLE
QUINOA
PORRIDGETAHINI CHICKEN
SALADSWEET + SPICY
POKE BOWL**SUNDAY**

LEFTOVERS

LEFTOVERS

LEFTOVERS

MEAL PLAN

BREAKFAST

week 3



OVERNIGHT BREAKFAST JAR

**COOK TIME**
2 HOUR**SERVINGS**
1

Instructions

1. Combine all ingredients in a mason jar. Stir to combine.
2. Top with strawberries and cover with a lid.
3. Refrigerate overnight or for at least two hours
4. Enjoy!

Ingredients

- 1 cup light coconut milk (or unsweetened vanilla almond milk)
- 3 tablespoon chia seeds
- 1 tablespoon tahini (or sunflower seed butter)
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey or maple syrup
- 1/2 cup chopped strawberries
- Optional toppings: crushed almonds or shredded coconut



SWEET POTATO TOAST & EGGS



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
1

Instructions

1. Preheat oven to 425F
2. Wash and cut sweet potato length wise, about 1/4 inch thick. Brush or spray olive oil onto both sides
3. Bake 5 minutes. Flip and bake another 5 minutes. (You want it soft enough to pierce but not fall apart)
4. Cook eggs (scramble, over easy, or hard boiled)
5. Top sweet potato toast with mashed avocado, "everything" seasoning, and cooked eggs
6. Enjoy!

Ingredients

- 1/2 sweet potato,
- 1/2 avocado, mashed
- "Everything" seasoning
- 2 eggs



CINNAMON APPLE QUINOA PORRIDGE



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
2

Instructions

1. In a small saucepan over high heat, bring the almond milk, quinoa, apple, and sea salt to a boil, mixing to incorporate all ingredients.
2. Once boiling, reduce the heat to a simmer, cover, and cook for 20 minutes or until most of the liquid has absorbed.
3. Remove the pan from the heat and add the hemp seeds, ground flax, cinnamon, and maple syrup (if using), stirring gently to combine.
4. Serve with almond butter, a dash of ground cinnamon, and a splash of almond milk if desired.
5. Enjoy!

Ingredients

- 2 cups unsweetened almond milk
- 1/2 cup quinoa, rinsed
- 1 small apple, diced
- 6 tbsp hemp seeds
- 2 tbsp ground flax seed
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 tbsp maple syrup (optional)
- topping:
 - 4 tbsp almond butter
 - ground cinnamon for sprinkling
 - splash of almond milk

LUNCH

week 3





GINGER SALMON & BROCCOLI



PREP TIME
5 MIN



COOK TIME
30 MIN



SERVINGS
2

Instructions

1. Preheat oven to 425 F and line with parchment paper.
2. Spread broccoli florets evenly on parchment paper and coat with 1-2 tbsp avocado oil or melted grass-fed ghee. Coat with garlic, sea salt + black pepper and roast for 15 minutes.
3. While broccoli is baking, whisk together ginger miso sauce ingredients and set aside.
4. After 15 minutes, remove tray from oven and nestle the wild salmon fillets, skin side down, among the broccoli.
5. Pour miso sauce over broccoli and salmon and sprinkle sea salt + pepper on salmon as well.
6. Roast in oven for 8-10 more minutes, until the fillets are just cooked through and the broccoli is tender.
7. Enjoy!

Ingredients

- 2 tbsp avocado oil or grass-fed ghee
- 1 large head of broccoli, rinsed, dried and chopped into florets
- 2 wild salmon fillets
- Minced garlic
- Sea salt + black pepper to taste

Ginger Miso Sauce

- Juice of 1 lime
- 2 tbsp maple syrup
- 2 tsp minced ginger
- 1/4 cup chickpea miso paste
- 1/4 cup hot water



GREEN GODDESS BOWL



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
2

Instructions

1. Preheat oven to 400°F
2. Chop zucchini, drizzle with olive oil and salt. Roast for 20-25 minutes until soft
3. While baking, blend dressing ingredients on high until smooth
4. Combine arugula and quinoa in a bowl. Top with roasted zucchini, chicken, and avocado. Drizzle dressing on top.
5. Enjoy!

Ingredients

- 1 cup arugula
- 1/2 cup cooked quinoa
- 1 zucchini
- 1/2 avocado
- Cooked chicken or protein of choice

Baked by Melissa's Green Goddess Dressing:

1 cup fresh spinach

- 2 cloves garlic
- 1 small shallot
- 2 lemons, juiced
- 1/4 c olive oil
- 1/4 c nuts of your choice
- 1/3 cup nutritional yeast
- 1 tsp salt
- 2 tbsp rice vinegar



TAHINI CHICKEN SALAD



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
2

Instructions

1. For dressing: Add all ingredients to a jar and shake vigorously until combined. If it's too thick, add a little water to thin - this will depend on how thick your tahini is.
2. Combine all salad ingredients in a large bowl. Add as much dressing as you would like, and stir to evenly coat. You want to add enough for it to be nice and moist.
3. Serve in tortillas or as is
4. Enjoy!

Ingredients

- 2 cups arugula
- 1/4 c cilantro, fresh
- 1/2 c shredded chicken (or preferred portion)
- 1 large carrot, grated
- 1/3 or 1/2 avocado, diced
- Salt and pepper, to taste
- 2 gluten free tortillas, to serve (optional)

Tahini Dressing

- 1/2 c tahini
- 2-3 tbs apple cider vinegar, to taste
- 3 tbs olive oil
- 2 tsp pure maple syrup (to taste)
- 3 tbs filtered water, to thin
- 2 pinches quality salt (like pink himalayan)

DINNER

week 3





MAPLE TAHINI SWEET POTATO BOWL



PREP TIME
5 MIN



COOK TIME
35 MIN



SERVINGS
2

Instructions

1. Preheat the oven to 425F
2. Chop sweet potatoes into 1/2 inch cubes. Combine sweet potatoes + chickpeas in a mixing bowl with 3 tablespoons olive oil. Add 1 teaspoon salt.
3. Transfer to a baking sheet and bake for 30-35 minutes, rotating the pan halfway through. Bake until soft but slightly crispy.
4. Whisk together all dressing Ingredients until smooth
5. Prepare chopped kale in a pan over low-medium heat. Add a drizzle of olive oil, salt, and optional squeeze of lemon. Cook until slightly wilted, stirring frequently.
6. Combine cooked quinoa, toasted sweet potatoes + chickpeas, and kale in a bowl. Drizzle on maple tahini dressing. Option to top with avocado, nuts + seeds.
7. Enjoy!

Ingredients

- 1 cup cooked quinoa
- 1 can chickpeas, rinsed and drained
- 2 medium-sized sweet potatoes
- 1 bunch kale, de-stemmed and chopped
- Optional shredded cooked chicken

Tahini Dressing

- ¼ cup tahini
- 2 tbsp Dijon mustard
- 2 tbsp pure maple syrup
- 1 tbsp apple cider vinegar
- Big pinch salt
- ¼ cup cold water



BURRITO BOWL SALAD



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
2

Ingredients

- 1-2 heads Romaine lettuce
- 1 red bell pepper, chopped
- 1/2 onion, chopped
- 1/2 can black beans, drained + rinsed
- 1/2 Avocado
- Cooked chicken (optional)

Cashew cream

- 1 cup raw cashews
- 1/2 cup water
- 2 tbsp lemon juice
- 2 tbsp nutritional yeast
- Salt + garlic powder to taste

Instructions

1. Preheat oven 400F. Chop and roast bell pepper and onion. Drizzle with olive oil and seasoning of choice (ex. chili powder)
2. Chop romaine for salad
3. Blend ingredients for cashew cream sauce
4. Assemble salad and top with sauce. Option to add 1/2 cooked brown rice and cooked chicken for a more filling meal.
5. Enjoy!



SWEET + SPICY POKE BOWL



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
2

Instructions

1. In a large bowl, combine the tuna, onion, cucumber, coconut aminos, rice vinegar, ginger, Sriracha, and sesame oil.
2. Prepare your bowl of rice. Top the marinated tuna and cucumbers with sesame seeds and sliced scallions. Add tuna, shaved carrots, and avocado to the bowl.
3. Enjoy!

Note: this is a raw poke bowl, but feel free to sear the marinated tuna in a pan before assembling bowls

Ingredients

- 1 lb ahi tuna “sushi grade” steaks, cut into ½ inch cubes
- ¼ sweet onion, sliced thin
- ¼ English cucumber, halved and sliced thin
- ¼ cup coconut aminos
- 2 tablespoons rice vinegar
- 1 tablespoon grated ginger
- 1 teaspoon sriracha
- 1 teaspoon sesame oil
- Black sesame seeds and sliced scallions for garnish
- Cooked brown or white jasmine rice for serving

week 4
SYNC IN 30



***RECIPES* +
MEAL PLAN**

BREAKFAST**LUNCH****DINNER****MONDAY**QUINOA
PORRIDGE +
BLUEBERRY JAMSQUASH +
QUINOA SALADLAMB + ROASTED
VEGGIES**TUESDAY**QUINOA
PORRIDGE +
BLUEBERRY JAMSQUASH +
QUINOA SALADLAMB + ROASTED
VEGGIES**WEDNESDAY**COTTAGE
CHEESE PROTEIN
PANCAKESCHICKEN POWER
BOWLRED PEPPER +
CAULI SOUP**THURSDAY**COTTAGE
CHEESE PROTEIN
PANCAKESCHICKEN POWER
BOWLRED PEPPER +
CAULI SOUP**FRIDAY**BREAKFAST
SKILLET WITH
POTATOESBURRITO BOWL
SALADGINGER BEEF +
VEGGIE STIR FRY**SATURDAY**BREAKFAST
SKILLET WITH
POTATOESBURRITO BOWL
SALADGINGER BEEF +
VEGGIE STIR FRY**SUNDAY**

LEFTOVERS

LEFTOVERS

LEFTOVERS

MEAL PLAN

BREAKFAST

week 4





QUINOA PORRIDGE + BLUEBERRY JAM



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
2-4

Instructions

1. First, start your quinoa porridge by cooking 1 cup quinoa with coconut milk and add in the cinnamon, vanilla, sea salt and optimal maple syrup, bring quinoa to a boil and then reduce to a simmer for whatever cooking time the package advises.
2. To make blueberry jam, combine blueberries, maple syrup, and lemon juice in a small saucepan or pot over medium-low heat. Bring to a boil, smashing blueberries with a spoon. Reduce heat to low and simmer for 10 minutes, stirring occasionally.
3. Once both have finished cooking and cooled slightly, dish about 1/2 cup - 1 cup cooked quinoa into a bowl and top with jam and desired toppings of choice (like nuts + fruit). Stir in more coconut milk for extra creaminess!
4. Enjoy!

Ingredients

- 1 cup quinoa
- 2 cups organic coconut milk
- 1 tsp cinnamon
- 1 tsp pure vanilla extract
- 1/4 tsp sea salt
- 2 tbsp maple syrup (optional)

Blueberry jam:

- 2 cups blueberries, fresh or frozen
- 2 tbsp maple syrup
- 4 tsp fresh lemon juice



COTTAGE CHEESE PROTEIN PANCAKES



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
4-6

Ingredients

- 1 ½ cups gluten-free rolled oats
- 1 cup unsweetened cottage cheese
- 1 large banana or 2 small bananas, peeled and mashed *about ½ cup mashed
- Optional 1- 2 tablespoons pure maple syrup
- 1 ½ teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- ¼ teaspoon sea salt
- 3 eggs
- 1 to 2 servings vanilla protein powder or collagen peptides (about ½ cup)

Instructions

1. Add your oats to your blender and mix until they turn into a flour-like consistency.
2. Add in all remaining ingredients, making sure to scrape out any flour stuck to the bottom or sides so that it mixes well, then blend until mixture is smooth.
3. Heat a large skillet over medium low heat and grease evenly with avocado oil spray, coconut oil, or ghee.
4. When the skillet is hot, add batter in ¼ increments, sprinkling in optional mix-ins. Cook until bubbles appear on top, about 3-5 minutes, then flip with a spatula and cook until both sides are golden brown, removing from the pan.
5. Continue this process until the entire batter is cooked, then serve with toppings of choice.
6. Enjoy!



BREAKFAST SKILLET WITH POTATOES



PREP TIME
5 MIN



COOK TIME
25 MIN



SERVINGS
2

Instructions

1. In a large non-stick skillet, heat avocado oil over medium-low heat. Add the chorizo (breaking it apart with a wooden spoon), sweet potato, and onion.
2. Stir to coat. Cover the pan and let the chorizo and vegetable mixture cook, stirring occasionally, for 7 to 8 minutes until the sweet potatoes are tender and onion translucent.
3. While the chorizo and vegetable mixture cook, whisk together the eggs and water in a medium bowl until frothy, then season with salt and black pepper to taste.
4. Add the chopped spinach into the eggs and stir to combine.
5. Turn the heat to low, and pour in your egg and spinach mixture into the skillet. Allow the bottom of the eggs to set and use a spatula to push the mixture to the middle of the pan. Gently fold the mixture over until the eggs are creamy and set, but not dry. The eggs will continue to cook even after being removed from heat.
6. Garnish with cilantro, tomato, avocado slices and green salsa.

Ingredients

- 2 tbsp avocado oil
- 3/4 lb ground chorizo or 12 oz chorizo links, diced
- 1 small sweet potato, small diced
- 1/2 medium sweet onion, small diced
- 6 large eggs
- 2 tbsp water
- 1 cup chopped fresh spinach
- 1/2 tsp sea salt
- 1/4 tsp ground pepper
- dash of hot sauce (optional)

garnish:

- chopped fresh cilantro
- chopped fresh tomato
- avocado slices
- green salsa

LUNCH

week 4





SQUASH + QUINOA SALAD



PREP TIME
5 MIN



COOK TIME
30 MIN



SERVINGS
2

Ingredients

- 1 cup diced butternut squash (recommend package/precut for faster prep)
- 1 cup cooked quinoa
- 1 cup fresh arugula
- 1 cup leafy salad greens
- Optional additions: cooked chicken, feta cheese, pecans, diced apples (highly recommend all!)

Dressing:

- 1 cup apple cider
- 1/2 cup extra virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp minced shallots
- 2 tsp dijon mustard
- 1 tsp sea salt
- black pepper to taste
- 1-2 tbsp maple syrup or honey (optional sweetness)

Instructions

1. Cook butternut squash in microwave safe dish, slightly covered with 1 tbsp water. Steam on high for 3-5 minutes, or until soft.
2. For the dressing. combine the apple cider, apple cider vinegar and minced shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 8-10 minutes, until cider is reduced to approximately 1/4 cup. Remove from heat and whisk in the remaining dressing ingredients.
3. Place arugula and leafy greens in a large bowl or serving platter and add roasted squash, 1/2 cup to 1 cup cooked quinoa, candied pecans, chopped apples, feta crumbles and optional avocado or chicken. Pour dressing over and toss to combine.
4. Enjoy!

SIMPLY SYNCD



CHICKEN POWER BOWL



PREP TIME
5 MIN



COOK TIME
35 MIN



SERVINGS
2

Instructions

1. Preheat oven to 425F
2. Slice the chicken breast into roughly 1/3" thick slices.
3. Place the chicken in a bowl or glass container, and add the olive oil, coconut aminos, dried basil, dijon, garlic, salt and freshly cracked pepper. Cover the bowl and marinate in the fridge for a minimum of 20 minutes or up to 4 hours
4. Prepare brussel sprouts with olive oil, salt, and pepper. Roast in oven for 30-35 minutes or until slightly browned
5. While brussel sprouts cook, prepare chicken in a pan. Heat a pan over medium low heat with a little avocado oil to coat the pan. Cook for approximately 5 minutes on each side, until the internal temperature reaches 165 degrees F. The chicken should be nicely brown on each side but still tender on the inside.
6. Remove from the pan and cook the remaining chicken.
7. Assemble your bowls with cooked chicken, roasted brussel sprouts, brown rice and arugula.
8. Enjoy!

Ingredients

- 2 chicken breasts (about 1 - 1.25 lbs)
- 1/3 c olive oil
- 1/4 c coconut aminos
- 1 tsp dried basil
- 2 tsp dijon mustard
- 3 cloves garlic, minced (or 1 tsp garlic powder)
- 1/2 tsp salt
- Freshly cracked pepper
- Avocado oil for pan frying
- 1 package Brussel sprouts

For serving:

- Brown rice
- Arugula



BURRITO BOWL SALAD



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
2

Ingredients

- 1-2 heads Romaine lettuce
- 1 red bell pepper, chopped
- 1/2 onion, chopped
- 1/2 can black beans, drained + rinsed
- 1/2 Avocado
- Cooked chicken (optional)

Cashew cream

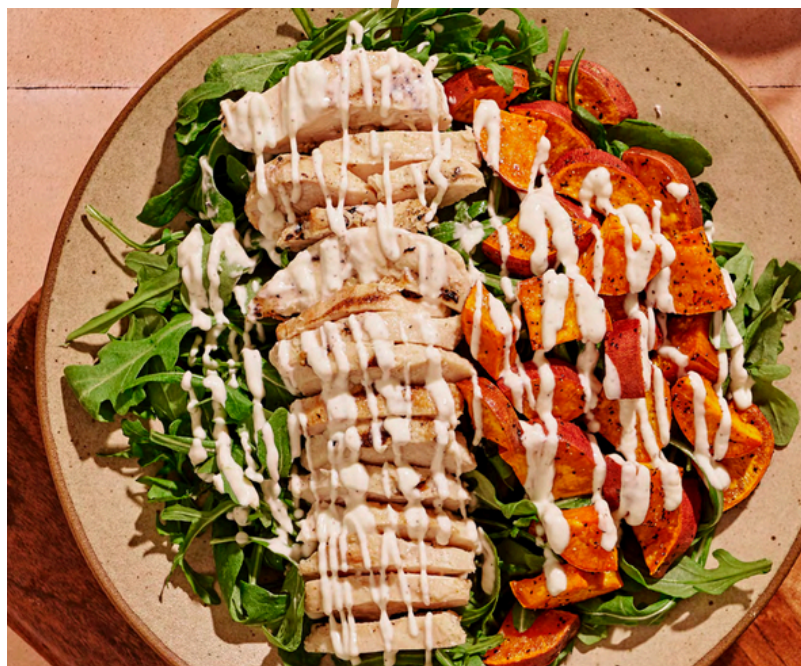
- 1 cup raw cashews
- 1/2 cup water
- 2 tbsp lemon juice
- 2 tbsp nutritional yeast
- Salt + garlic powder to taste

Instructions

1. Preheat oven 400F. Chop and roast bell pepper and onion. Drizzle with olive oil and seasoning of choice (ex. chili powder)
2. Chop romaine for salad
3. Blend ingredients for cashew cream sauce
4. Assemble salad and top with sauce. Option to add 1/2 cooked brown rice and cooked chicken for a more filling meal.
5. Enjoy!

DINNER

week 4





LAMB + ROASTED VEGGIES



PREP TIME
5 MIN



COOK TIME
40 MIN



SERVINGS
4

Instructions

1. Preheat oven 400F
2. Peel outside layers of garlic head, chop off 1/4 inch of top, drizzle with olive oil, wrap in foil and bake for 30-40 minutes
3. Prepare all veggies. Spread into thin layer on sheet pan. Drizzle with olive oil, salt + pepper. Bake at 400F for 20-25 minutes or until slightly crisp
4. Cook ground lamb in medium sauce pan over medium-high heat until cooked through
5. Combine sauce ingredients in blender and blend until smooth
6. Prepare bowls with rice, cooked lamb, roasted veggies, and top with garlic sauce
7. Enjoy!

Ingredients

- 1 lb ground lamb (sub ground beef)
- 1 head purple cabbage, thinly chopped
- 1 lb brussels sprouts, chopped
- 1-2 cups kale, shredded
- 1 cup cooked brown rice
- Olive oil, salt + pepper to taste

Garlic sauce:

- 1 cup cashews, soaked
- 1 head of roasted garlic
- 1 teaspoon olive oil
- 1 teaspoon salt
- 3/4 cup water

RED PEPPER + CAULI SOUP



Ingredients

- 1-2 heads Romaine lettuce
- 1 red bell pepper, chopped
- 1/2 onion, chopped
- 1/2 can black beans, drained + rinsed
- 1/2 Avocado
- Cooked chicken (optional)

Cashew cream

- 1 cup raw cashews
- 1/2 cup water
- 2 tbsp lemon juice
- 2 tbsp nutritional yeast
- Salt + garlic powder to taste

Instructions

1. Preheat oven to 350 F and line baking sheet with parchment paper
2. Place cauliflower, bell pepper, onion, and garlic on the prepared baking sheet. Bake for 30 mins, tossing halfway through.
3. Transfer to a large pot along with the remaining ingredients, holding back some of the cauliflower florets to garnish, if desired. Bring to a boil, then simmer, uncovered for 5 minutes.
4. Allow to cool until safe to handle. Puree with an Immersion blender or transfer to a high speed blender and blend until completely smooth
5. Enjoy!



GINGER BEEF + VEGGIE STIR FRY



PREP TIME
5 MIN



COOK TIME
30 MIN



SERVINGS
4

Instructions

1. Heat up a large cast iron skillet over medium-high heat. Once hot, add 1 tablespoon of avocado oil. Add the ground beef and cook for 5 minutes (breaking it up as you go) and allowing the meat to brown.
2. Add the onion and cook until it's aromatic and translucent, about 5 minutes. Add the minced ginger and continue to cook for another minute.
3. In a small bowl, whisk together the sauce ingredients making sure the arrowroot starch is fully combined and there are no lumps.
4. Reduce the heat to medium and add your sauce, stirring to incorporate. Cook for another 3 to 5 minutes then remove the beef mixture from the pan, reserving the juices in the pan to season your veggies.
5. In the same pan, add another tablespoon of avocado oil and 2 tablespoons of water, scraping the bottom of the skillet as the water bubbles to deglaze the skillet.
6. Add the veggies and raise the heat to medium-high.
7. Toss the veggies and add another tablespoon of water. Cook for 5 to 7 minutes, stirring occasionally, until the broccoli and carrots are crisp tender.
8. Serve on prepared rice topped with green onions, sesame seeds and sriracha. Enjoy!

Ingredients

- 2 tbsp avocado oil, divided
- 1 1/2 lbs ground beef
- 1/2 white onion, diced
- 3 inches fresh ginger, minced
- 3 tbsp water, divided
- 1 large head broccoli, cut into florets
- 2 large carrots, sliced into 1/4 inch rounds at a diagonal
- 1 bell pepper, cut into 1/4 inch strips
- sauce:
- 1/4 cup coconut aminos (or reduced sodium tamari)
- 2 tbsp unseasoned rice vinegar
- 2 tbsp sriracha
- 2 cloves garlic, minced
- 2 tsp sesame oil
- 1 tsp arrowroot starch