











































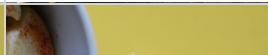


















































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Soft Scrambled Eggs on Toast	 Soft Scrambled Eggs on Toast	 Soft Scrambled Eggs on Toast	 Avocado Toast with Cottage Cheese & Tomato	 Avocado Toast with Cottage Cheese & Tomato	 Fried Egg Breakfast Sandwich	 Oatmeal with Blueberries
	 Banana	 Banana	 Banana	 Avocado Toast with Cottage Cheese & Tomato	 Avocado Toast with Cottage Cheese & Tomato	 Fried Egg Breakfast Sandwich	 Oatmeal with Blueberries
Snack 1	 Greek Yogurt with honey	 Greek Yogurt with honey	 Greek Yogurt with honey	 Apple with Peanut Butter	 Apple with Peanut Butter	 Yogurt with Pear	 Yogurt with Pear
	 Greek Yogurt with honey	 Greek Yogurt with honey	 Greek Yogurt with honey	 Apple with Peanut Butter	 Apple with Peanut Butter	 Yogurt with Pear	 Yogurt with Pear
Lunch	 Roasted Turkey Breast & Carrots	 Roasted Turkey Breast & Carrots	 Turkey Wraps with Almonds, Cucumbers & Blueberries	 Honey Sesame Chicken with Peas & Quinoa	 Honey Sesame Chicken with Peas & Quinoa	 Spiced Lentils & Broccolini with Lemon	 One Pan Steak, Potatoes & Broccoli
	 Roasted Turkey Breast & Carrots	 Roasted Turkey Breast & Carrots	 Turkey Wraps with Almonds, Cucumbers & Blueberries	 Honey Sesame Chicken with Peas & Quinoa	 Honey Sesame Chicken with Peas & Quinoa	 Spiced Lentils & Broccolini with Lemon	 One Pan Steak, Potatoes & Broccoli
Snack 2	 Apple Slices with Cinnamon	 Apple Slices with Cinnamon	 Apple Slices with Cinnamon	 Crackers & Avocado	 Crackers & Avocado	 Pear & Walnuts	 Pear & Walnuts
	 Apple Slices with Cinnamon	 Apple Slices with Cinnamon	 Apple Slices with Cinnamon	 Crackers & Avocado	 Crackers & Avocado	 Pear & Walnuts	 Pear & Walnuts
Dinner	 Lentils, Rapini & Mashed Potatoes	 Lentils, Rapini & Mashed Potatoes	 Lentils, Rapini & Mashed Potatoes	 Lemon Kale Salad with Chickpeas & Avocado	 Lemon Kale Salad with Chickpeas & Avocado	 Honey Garlic Chickpeas with Asparagus & Rice	 Honey Garlic Chickpeas with Asparagus & Rice
	 Lentils, Rapini & Mashed Potatoes	 Lentils, Rapini & Mashed Potatoes	 Lentils, Rapini & Mashed Potatoes	 Lemon Kale Salad with Chickpeas & Avocado	 Lemon Kale Salad with Chickpeas & Avocado	 Honey Garlic Chickpeas with Asparagus & Rice	 Honey Garlic Chickpeas with Asparagus & Rice

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 23%	 23%	 22%	 42%	 42%	 29%	 28%
Carbs	 50%	 50%	 57%	 40%	 40%	 51%	 54%
Protein	 27%	 27%	 21%	 18%	 18%	 20%	 18%
Calories	1800	1800	1792	1852	1852	1718	1847
Fat	48g	48g	45g	91g	91g	58g	60g
Carbs	234g	234g	270g	193g	193g	230g	261g
Fiber	48g	48g	55g	46g	46g	57g	42g
Sugar	72g	72g	94g	50g	50g	59g	65g
Protein	126g	126g	101g	85g	85g	89g	84g

**Fruits**

- 8 Apple
- 2 3/4 Avocado
- 3 Banana
- 8 3/4 ozs Blueberries
- 1/4 Lemon
- 1/2 fl oz Lemon Juice
- 1/2 Navel Orange
- 3 Pear

**Breakfast**

- 1/4 cup All Natural Peanut Butter
- 3 tbsps Honey

**Seeds, Nuts & Spices**

- 2 1/8 ozs Almonds
- 1/8 tsp Black Pepper
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 450 milligrams Coriander
- 500 milligrams Fennel Seed
- 1 1/2 tsps Italian Seasoning
- 1/2 oz Pumpkin Seeds
- 900 milligrams Red Pepper Flakes
- 1/2 tsp Sea Salt
- 1/16 oz Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 oz Sesame Seeds
- 288 milligrams Smoked Paprika
- 1/3 cup Walnuts

**Frozen**

- 5 ozs Frozen Peas

**Vegetables**

- 1 cup Asparagus
- 2 cups Broccoli
- 2/3 bunch Broccolini
- 3 Carrot
- 3/4 cup Cherry Tomatoes
- 1/4 oz Chives
- 1 Cucumber
- 1/2 tsp Fresh Sage
- 2 Garlic
- 3 1/2 ozs Kale Leaves
- 2 cups Mini Potatoes
- 1/8 oz Mint Leaves
- 3 bunches Rapini
- 2 leaves Romaine
- 1 1/2 tsps Rosemary
- 6 Russet Potato
- 2 1/4 tsps Thyme
- 3/4 Tomato
- 1/2 Yellow Onion

**Boxed & Canned**

- 1 1/4 cups Chickpeas
- 9 1/2 ozs Chickpeas
- 1 1/2 lbs Green Lentils
- 1/2 cup Jasmine Rice
- 3 1/2 ozs Quinoa
- 3 1/2 ozs Whole Grain Crackers

**Baking**

- 2 1/3 ozs Oats
- 1 tbsp Raw Honey
- 2/3 oz Raw Honey

**Bread, Fish, Meat & Cheese**

- 10 1/2 ozs Chicken Breast
- 1 1/16 ozs Havarti Cheese
- 2 slices Rye Bread
- 9 1/8 ozs Sliced Turkey Breast
- 4 ozs Top Sirloin Steak
- 1 1/8 lbs Turkey Breast, Skin On
- 2 slices Whole Grain Bread
- 5 1/4 ozs Whole Wheat Flatbread

**Condiments & Oils**

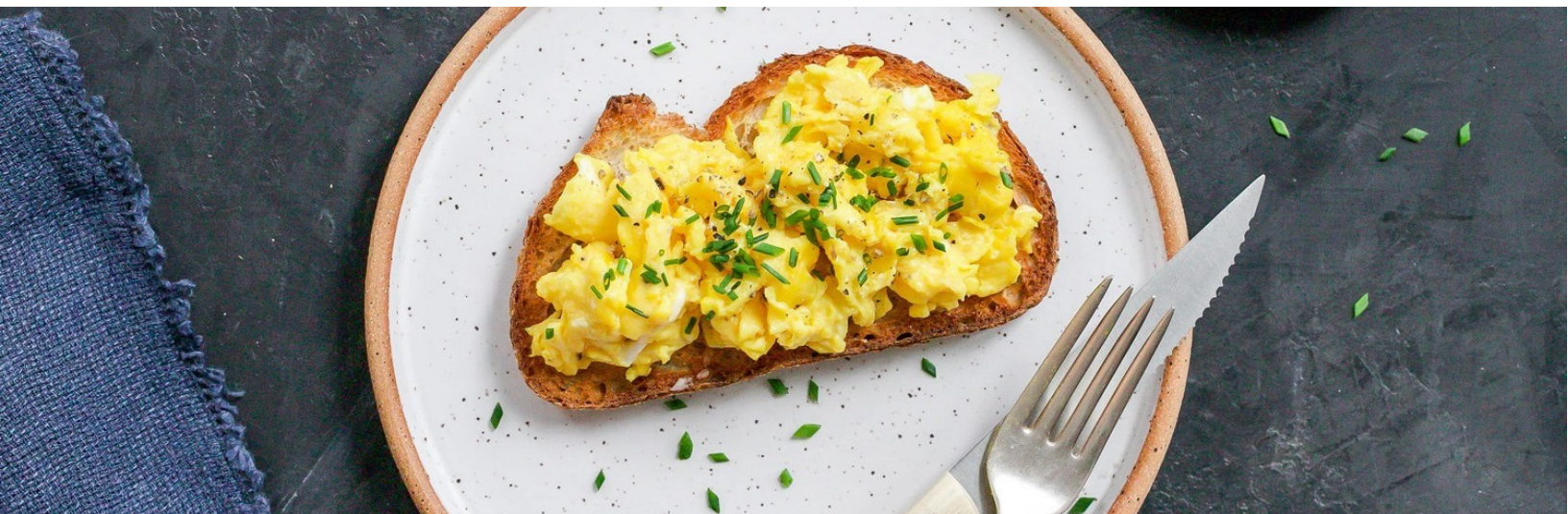
- 3/4 tsp Coconut Oil
- 1/8 fl oz Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 1 1/16 fl ozs Extra Virgin Olive Oil
- 1/16 fl oz Sesame Oil

**Cold**

- 1/2 cup Cottage Cheese
- 7 Egg
- 2 cups Plain Greek Yogurt
- 12 2/3 ozs Plain Greek Yogurt

**Other**

- 1/3 cup Water
- 13 1/16 fl ozs Water



## Soft Scrambled Eggs on Toast

1 serving

5 minutes

### Ingredients

2 Egg  
 1/16 oz Chives (chopped)  
 1 3/4 ozs Whole Wheat Flatbread  
 1/16 fl oz Extra Virgin Olive Oil  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	285
Fat	13g
Carbs	24g
Fiber	4g
Sugar	1g
Protein	17g

### Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made.

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

**Additional Toppings:** Chili flakes and/or fresh herbs like parsley and dill.

**No Butter:** Use ghee or another cooking oil.



## Banana

1 serving

1 minute

### Ingredients

1 Banana

### Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g

### Directions

- 1 Peel and enjoy!

### Notes

More protein: Dip in almond butter.



## Avocado Toast with Cottage Cheese & Tomato

1 serving  
10 minutes

### Ingredients

1/4 cup Cottage Cheese  
1 slice Rye Bread (toasted)  
1/4 Tomato (sliced)  
1/2 Avocado (sliced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	281
Fat	18g
Carbs	23g
Fiber	8g
Sugar	3g
Protein	10g

### Directions

- 1 Spread cottage cheese onto the toasted bread. Top with tomato, avocado, and salt and pepper to taste. Enjoy!

### Notes

**No Rye Bread:** Use any type of bread, or make our Grain-Free Flax Bread. Or, omit the bread and serve it as a bowl.



## Fried Egg Breakfast Sandwich

1 serving

5 minutes

### Ingredients

1/2 tsp Extra Virgin Olive Oil  
 1 Egg  
 Sea Salt & Black Pepper  
 2 leaves Romaine  
 1/4 Tomato (sliced)  
 1/4 Avocado (sliced)  
 2 slices Whole Grain Bread (toasted)

### Nutrition

Amount per serving	
Calories	405
Fat	18g
Carbs	43g
Fiber	11g
Sugar	6g
Protein	19g

### Directions

- 1 Heat a small pan over medium heat. Warm the olive oil and crack the egg in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.
- 2 To assemble the sandwich, layer the romaine leaves, tomato and avocado slices on one piece of toast. Add the egg and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

### Notes

**Gluten-Free:** Use gluten-free bread instead of whole wheat bread.

**More Flavor:** Butter the toast before assembling the sandwich.

**Additional Toppings:** Add mayo, mustard, hot sauce or cheese to the sandwich.





## Oatmeal with Blueberries

1 serving  
10 minutes

### Ingredients

- 8 1/16 fl ozs Water
- 2 1/3 ozs Oats (quick or rolled)
- 3 1/8 ozs Blueberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	298
Fat	5g
Carbs	57g
Fiber	9g
Sugar	10g
Protein	9g

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

### Notes

**Extra Toppings:** Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

**No Blueberries:** Top with raspberries, strawberries, peaches or bananas.

**No Stove Top:** Cook oats in the microwave instead.



## Greek Yogurt with honey

1 serving  
5 minutes

### Ingredients

4 1/4 ozs Plain Greek Yogurt  
1 tbsp Honey

### Nutrition

Amount per serving	
Calories	156
Fat	3g
Carbs	23g
Fiber	0g
Sugar	19g
Protein	12g

### Directions

- 1 Scoop into a bowl and enjoy!

### Notes

**Toppings:** Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

**Dairy-Free:** Use coconut, almond or cashew yogurt instead.



## Apple with Peanut Butter

1 serving  
3 minutes

### Ingredients

1 Apple  
2 tbsps All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	287
Fat	17g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g

### Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



## Yogurt with Pear

1 serving  
5 minutes

### Ingredients

1/2 Pear (halved and cored)  
1 cup Plain Greek Yogurt

### Nutrition

Amount per serving	
Calories	232
Fat	5g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g

### Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

### Notes

**Dairy-Free:** Use coconut or almond yogurt instead of Greek yogurt.

**No Pear:** Use any type of fresh fruit instead.

**Likes it Sweet:** Drizzle with honey or maple syrup.



## Roasted Turkey Breast & Carrots

2 servings

1 hour 5 minutes

### Ingredients

- 1 1/8 lbs Turkey Breast, Skin on (bone-in)
- 1/2 Navel Orange (cut into quarters)
- 1/2 Yellow Onion (cut into quarters)
- 1/3 tsp Sea Salt (divided)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Fresh Sage (finely chopped)
- 1 1/2 tsps Rosemary (finely chopped)
- 2 1/4 tsps Thyme (finely chopped, divided)
- 1/3 cup Water
- 3 Carrot (medium, peeled, roughly chopped)

### Nutrition

Amount per serving	
Calories	544
Fat	29g
Carbs	16g
Fiber	4g
Sugar	10g
Protein	56g

### Directions

- 1 Preheat the oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 2 Season the turkey breast on all sides with two-thirds of the salt. Place the seasoned turkey breast on top of the orange and onion in the baking dish.
- 3 In a small mixing bowl combine half of the oil with the sage, rosemary and two-thirds of the thyme. Spoon the oil mixture evenly over top of the turkey breast. Add the water to the bottom of the baking dish then bake the turkey breast for 20 minutes.
- 4 Meanwhile, line a baking sheet with parchment paper. Place the carrots on the baking sheet and season with the remaining oil and salt.
- 5 After the turkey has cooked for 20 minutes, reduce the oven to 350°F (176°C). Place the carrots in the oven with the turkey. Continue cooking for 30 to 40 minutes or until the turkey is cooked through, the skin is brown and crispy and the carrots are cooked. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 6 Let the turkey rest for at least 10 minutes before slicing. Season the roasted carrots with the remaining thyme. Divide the turkey and carrots between plates and enjoy.

### Notes

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

**Serving Size:** One serving is approximately 6 oz of cooked turkey and 1 cup of carrots.

**Additional Toppings:** Spoon pan juices over top of the sliced meat.

**No Carrots:** Use parsnips or squash instead.

**No Water:** Use chicken broth instead.



## Turkey Wraps with Almonds, Cucumbers & Blueberries

2 servings  
10 minutes

### Ingredients

- 2 Apple (cored, sliced)
- 1 1/16 ozs Havarti Cheese (sliced)
- 9 1/8 ozs Sliced Turkey Breast
- 5 2/3 ozs Blueberries
- 2 1/8 ozs Almonds
- 1 Cucumber (large, sliced)

### Nutrition

Amount per serving	
Calories	536
Fat	26g
Carbs	52g
Fiber	11g
Sugar	32g
Protein	31g

### Directions

- 1 Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

### Notes

**No Turkey Breast:** Use ham, prosciutto, salami, collard greens or lettuce instead.

**Dairy-Free:** Use avocado instead of havarti.

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

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



## Honey Sesame Chicken with Peas & Quinoa

2 servings  
20 minutes

### Ingredients

1/16 fl oz Sesame Oil  
1/8 fl oz Coconut Oil  
2/3 oz Raw Honey  
10 1/2 ozs Chicken Breast (diced into cubes)  
3 1/2 ozs Quinoa (uncooked)  
5 1/16 fl ozs Water  
5 ozs Frozen Peas (thawed)  
1/8 oz Sesame Seeds  
900 milligrams Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	485
Fat	11g
Carbs	51g
Fiber	7g
Sugar	11g
Protein	45g

### Directions

- 1 In a small jar, combine tamari and sesame oil. Shake well to combine and set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 3 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 4 Warm the green peas.
- 5 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

### Notes

**No Chicken Breast:** Use turkey breast instead.

**Vegan & Vegetarian:** Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.



## Spiced Lentils & Broccolini with Lemon

1 serving  
30 minutes

### Ingredients

2/3 bunch Broccolini (trimmed)  
1/4 Lemon (sliced thin)  
1/16 oz Sea Salt (divided)  
1/2 fl oz Extra Virgin Olive Oil  
1 Garlic (clove, thinly sliced)  
450 milligrams Coriander  
500 milligrams Fennel Seed (ground)  
7 1/16 ozs Green Lentils (cooked, drained and rinsed)  
1/8 oz Mint Leaves (chopped)

### Nutrition

Amount per serving	
Calories	439
Fat	16g
Carbs	52g
Fiber	25g
Sugar	6g
Protein	30g

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
- 2 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 3 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

### Notes

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

**Additional Toppings:** Top with chili flakes and fresh herbs.

**More Flavor:** Use whole coriander and fennel seeds and grind to release the spices.

**Warmed Lentils:** If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.





## One Pan Steak, Potatoes & Broccoli

1 serving  
40 minutes

### Ingredients

2 cups Mini Potatoes  
 3/4 cup Cherry Tomatoes  
 2 cups Broccoli (chopped into florets)  
 1 tbsp Extra Virgin Olive Oil  
 1 1/2 tsps Italian Seasoning  
 4 ozs Top Sirloin Steak  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	675
Fat	31g
Carbs	69g
Fiber	12g
Sugar	8g
Protein	35g

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 3 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 4 Remove the pan from the oven, divide onto plates and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days.



## Apple Slices with Cinnamon

1 serving  
5 minutes

### Ingredients

1 Apple  
1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	98
Fat	0g
Carbs	26g
Fiber	5g
Sugar	19g
Protein	1g

### Directions

- 1 Slice apple and cut out the core.  
;
- 2 Sprinkle with cinnamon.  
;
- 3 Enjoy!



## Crackers & Avocado

1 serving  
10 minutes

### Ingredients

1 3/4 ozs Whole Grain Crackers  
1/4 Avocado  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	321
Fat	18g
Carbs	38g
Fiber	5g
Sugar	6g
Protein	5g

### Directions

- 1 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

### Notes

**Make it Paleo:** Use grain-free flax crackers instead.

**More Protein:** Top with hemp seeds, sliced hard boiled egg, or smoked salmon.



## Pear & Walnuts

1 serving  
5 minutes

### Ingredients

1 Pear  
2 2/3 tbsps Walnuts

### Nutrition

Amount per serving	
Calories	232
Fat	13g
Carbs	30g
Fiber	7g
Sugar	18g
Protein	4g

### Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

### Notes

**Nut-Free:** Use sunflower seeds instead of walnuts.

**More Flavor:** Season the pear with cinnamon.



## Lentils, Rapini & Mashed Potatoes

3 servings

25 minutes

### Ingredients

6 Russet Potato (medium, peeled and chopped)

3 bunches Rapini (chopped, divided)

15 3/4 ozs Green Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	612
Fat	3g
Carbs	118g
Fiber	32g
Sugar	9g
Protein	39g

### Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

### Notes

**Extra Creamy:** Mash the potatoes with coconut or almond milk for extra creaminess.

**No Rapini:** Use broccoli, broccolini or green beans instead.

**Less Bitter Rapini:** Sauté the rapini in your choice of oil and seasoning after boiling.

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.

**Serving Size:** One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



## Lemon Kale Salad with Chickpeas & Avocado

2 servings

20 minutes

### Ingredients

3 1/2 ozs Kale Leaves (stem removed, thinly sliced)  
 1/3 fl oz Extra Virgin Olive Oil  
 1/2 fl oz Lemon Juice  
 9 1/2 ozs Chickpeas (cooked)  
 1 Avocado (cubed)  
 288 milligrams Smoked Paprika  
 1/2 oz Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	478
Fat	27g
Carbs	49g
Fiber	20g
Sugar	8g
Protein	17g

### Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

**More Flavor:** Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

**Additional Toppings:** Add sliced onion, peppers or roasted vegetables such as sweet potato.



## Honey Garlic Chickpeas with Asparagus & Rice

2 servings  
25 minutes

### Ingredients

1 cup Asparagus (woody ends snapped off)  
 3/4 tsp Extra Virgin Olive Oil  
 Sea Salt & Black Pepper (to taste)  
 1/2 cup Jasmine Rice (uncooked)  
 3/4 tsp Coconut Oil  
 1 1/4 cups Chickpeas (cooked)  
 1 tbsp Raw Honey  
 1 1/2 tsp Chili Powder  
 1/8 tsp Sea Salt  
 1/8 tsp Black Pepper  
 1 Garlic (cloves, minced)

### Nutrition

Amount per serving	
Calories	410
Fat	6g
Carbs	79g
Fiber	11g
Sugar	14g
Protein	14g

### Directions

- 1 Preheat oven to 425°F (218°C). Toss asparagus in olive oil and season with sea salt and black pepper. Spread them across a baking sheet and bake in the oven for 12 to 15 minutes.
- 2 Meanwhile, cook the jasmine rice according to the directions on the package. Set aside.
- 3 Heat coconut oil in a large skillet over medium heat and add the cooked chickpeas. Saute for about 5 minutes, or until they start to brown. Add in the raw honey, chili powder, sea salt, black pepper and minced garlic. Continue to saute for another 1 to 2 minutes. Transfer the chickpeas to a bowl.
- 4 Divide asparagus, rice and honey garlic chickpeas between plates. Enjoy!

### Notes

**No Rice:** Use quinoa instead.

**Leftovers:** Keeps well in the fridge up to 3 days. Freezes well.

**No Chickpeas:** Use tofu or diced chicken breast instead.