

Month Meal Plan
Whole Foods
Complete Daily Nutrition
Week 2

Day 8

Breakfast:

- **Chia Seed Pudding with Coconut Milk, Mixed Berries, and Almonds**
 - **Ingredients:**
 - 1/4 cup chia seeds
 - 1 cup coconut milk
 - 1/4 cup mixed berries (blueberries, raspberries)
 - 1 tbsp raw almonds, chopped
 - 1 tsp raw honey
 - **Instructions:**
 - Mix chia seeds with coconut milk and refrigerate overnight.
 - In the morning, stir and top with mixed berries, almonds, and honey.
 - **Prep Time:** 5 minutes (overnight)
 - **Cook Time:** None
 - **Total Time:** 5 minutes (active)
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 8g
 - **Carbs:** 25g
 - **Fat:** 24g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Omega-3s, Fiber, Vitamin C, Antioxidants
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Snack:

- **Sliced Cucumber with Tahini**
 - **Ingredients:**
 - 1 small cucumber, sliced
 - 2 tbsp tahini
 - **Instructions:**
 - Serve cucumber slices with tahini for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None

- **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 150 kcal
 - **Protein:** 4g
 - **Carbs:** 8g
 - **Fat:** 12g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** High in Vitamin E, Calcium, Fiber
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Lunch:

- **Baked Cod with Wild Rice, Sautéed Kale, and Lemon-Tahini Sauce**
 - **Ingredients:**
 - 1 cod fillet (6 oz)
 - 1/2 cup cooked wild rice
 - 1 cup kale, chopped
 - 1 tbsp olive oil
 - 1 tbsp tahini
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 375°F (190°C) and bake cod for 12-15 minutes, until cooked through.
 - Sauté kale in olive oil for 3-4 minutes until wilted.
 - Serve cod with wild rice, sautéed kale, and drizzle with lemon-tahini sauce.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 35g
 - **Carbs:** 40g
 - **Fat:** 18g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin K, Omega-3s, Vitamin D, Folate
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Snack:

- **Apple with Almond Butter**

- **Ingredients:**
 - 1 medium organic apple, sliced
 - 2 tbsp raw almond butter
 - **Instructions:**
 - Serve apple slices with almond butter for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 220 kcal
 - **Protein:** 6g
 - **Carbs:** 28g
 - **Fat:** 12g
 - **Fiber:** 7g
 - **Vitamins & Minerals:** Vitamin E, Potassium, Fiber
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Dinner:

- **Grilled Grass-Fed Beef with Roasted Vegetables and Quinoa**
 - **Ingredients:**
 - 1 grass-fed beef steak (6 oz)
 - 1 cup mixed vegetables (carrots, zucchini, bell peppers)
 - 1/2 cup cooked quinoa
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C). Toss vegetables with olive oil, salt, and pepper, and roast for 20 minutes until tender.
 - Grill steak for 5-6 minutes per side until desired doneness.
 - Serve steak with roasted vegetables and cooked quinoa.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 600 kcal
 - **Protein:** 40g
 - **Carbs:** 35g
 - **Fat:** 28g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Iron, Vitamin C, Zinc, Magnesium
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Day 8 Total Nutrition Overview:

- **Total Calories:** ~1770 kcal
 - **Total Protein:** ~89g (RDI: 50-60g)
 - **Total Carbohydrates:** ~146g (RDI: 225-325g)
 - **Total Fat:** ~86g (RDI: 70-100g)
 - **Fiber:** 41g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Iron, Fiber, complete amino acids.
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Day 9

Breakfast:

- **Smoothie with Kale, Banana, Almond Butter, and Flaxseeds**
 - **Ingredients:**
 - 1 cup fresh kale
 - 1 banana
 - 1 tbsp almond butter
 - 1 tbsp ground flaxseeds
 - 1 cup almond milk (or raw milk)
 - **Instructions:**
 - Blend all ingredients together until smooth.
 - **Prep Time:** 5 minutes
 - **Cook Time:** None
 - **Total Time:** 5 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 8g
 - **Carbs:** 45g
 - **Fat:** 14g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Vitamin K, Omega-3s, Potassium, Fiber
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Snack:

- **Bell Pepper Slices with Guacamole**
 - **Ingredients:**
 - 1 bell pepper, sliced
 - 3 tbsp guacamole
 - **Instructions:**

- Serve bell pepper slices with guacamole for dipping.
 - **Prep Time:** 3 minutes
 - **Cook Time:** None
 - **Total Time:** 3 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 3g
 - **Carbs:** 15g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin C, Vitamin A, Fiber, Healthy Fats
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Lunch:

- **Farro Salad with Roasted Beets, Goat Cheese, and Arugula**
 - **Ingredients:**
 - 1/2 cup cooked farro
 - 1 medium beet, roasted and diced
 - 1 oz raw goat cheese, crumbled
 - 1 cup arugula
 - 1 tbsp balsamic vinegar
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Roast beets at 400°F (200°C) for 25-30 minutes, then dice.
 - Combine farro, roasted beets, goat cheese, and arugula in a bowl.
 - Drizzle with balsamic vinegar and olive oil, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 12g
 - **Carbs:** 45g
 - **Fat:** 18g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Folate, Potassium, Iron, Vitamin A
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Snack:

- **Greek Yogurt with Chia Seeds and Strawberries**
 - **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 1 tbsp chia seeds
 - 1/4 cup strawberries, sliced
 - **Instructions:**
 - Stir chia seeds into the yogurt and top with strawberries.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 10g
 - **Carbs:** 15g
 - **Fat:** 8g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** Omega-3s, Vitamin C, Calcium, Probiotics
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Dinner:

- **Baked Chicken Breast with Sweet Potatoes and Broccoli**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1 medium sweet potato, cubed
 - 1 cup broccoli florets, steamed
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 400°F (200°C). Toss sweet potatoes with olive oil, salt, and pepper, and roast for 25-30 minutes.
 - Season chicken breast with salt and pepper and bake for 20-25 minutes until cooked through.
 - Steam broccoli for 4-5 minutes until tender.
 - Serve chicken with roasted sweet potatoes and steamed broccoli.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 18g

- **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin A, Potassium, Vitamin C, Iron
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Day 9 Total Nutrition Overview:

- **Total Calories:** ~1630 kcal
 - **Total Protein:** ~80g (RDI: 50-60g)
 - **Total Carbohydrates:** ~150g (RDI: 225-325g)
 - **Total Fat:** ~75g (RDI: 70-100g)
 - **Fiber:** 40g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Potassium, Iron, Fiber, complete amino acids.
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Day 10

Breakfast:

- **Organic Steel-Cut Oats with Blueberries, Walnuts, and Raw Honey**
 - **Ingredients:**
 - 1/2 cup organic steel-cut oats
 - 1 cup almond milk (or raw milk)
 - 1/4 cup fresh blueberries
 - 2 tbsp walnuts, chopped
 - 1 tsp raw honey
 - **Instructions:**
 - Cook oats in almond milk for 10-12 minutes until soft.
 - Stir in raw honey and top with blueberries and walnuts.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 10 minutes
 - **Total Time:** 15 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 12g
 - **Carbs:** 55g
 - **Fat:** 10g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Fiber, Antioxidants, Omega-3s, Potassium
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Snack:

- **Celery Sticks with Almond Butter**
 - **Ingredients:**
 - 2 celery stalks, sliced into sticks
 - 2 tbsp almond butter
 - **Instructions:**
 - Serve celery sticks with almond butter for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 6g
 - **Carbs:** 8g
 - **Fat:** 14g
 - **Fiber:** 4g
 - **Vitamins & Minerals:** Vitamin E, Fiber, Potassium
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Lunch:

- **Quinoa Salad with Avocado, Black Beans, and Corn**
 - **Ingredients:**
 - 1/2 cup cooked quinoa
 - 1/2 avocado, diced
 - 1/2 cup black beans, cooked
 - 1/4 cup cooked corn
 - 1 tbsp olive oil
 - 1 tbsp lime juice
 - Salt and pepper to taste
 - **Instructions:**
 - Toss quinoa, avocado, black beans, and corn together in a bowl.
 - Drizzle with olive oil and lime juice, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes (for quinoa)
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 14g
 - **Carbs:** 50g
 - **Fat:** 18g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Folate, Fiber, Potassium, Magnesium

Snack:

- **Handful of Mixed Nuts**
 - **Ingredients:**
 - 1/4 cup mixed raw nuts (almonds, walnuts, cashews)
 - **Instructions:**
 - Enjoy a handful of mixed nuts as a snack.
 - **Prep Time:** 1 minute
 - **Cook Time:** None
 - **Total Time:** 1 minute
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 6g
 - **Carbs:** 8g
 - **Fat:** 18g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** Vitamin E, Omega-3s, Antioxidants

Dinner:

- **Grilled Turkey Burger with Roasted Sweet Potato Fries and Steamed Spinach**
 - **Ingredients:**
 - 1 organic turkey burger patty (4 oz)
 - 1 medium sweet potato, cut into fries
 - 1 cup fresh spinach, steamed
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 400°F (200°C). Toss sweet potato fries with olive oil, salt, and pepper, and roast for 25-30 minutes until crispy.
 - Grill turkey burger for 4-5 minutes per side until fully cooked.
 - Steam spinach for 3-4 minutes until wilted.
 - Serve turkey burger with sweet potato fries and steamed spinach.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 30g
 - **Carbs:** 40g

- **Fat:** 20g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin A, Iron, Potassium, Vitamin C
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Day 10 Total Nutrition Overview:

- **Total Calories:** ~1630 kcal
 - **Total Protein:** ~72g (RDI: 50-60g)
 - **Total Carbohydrates:** ~150g (RDI: 225-325g)
 - **Total Fat:** ~78g (RDI: 70-100g)
 - **Fiber:** 38g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Fiber, Potassium, complete amino acids.
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Day 11

Breakfast:

- **Avocado Toast with Poached Eggs and Arugula**
 - **Ingredients:**
 - 1 slice whole grain bread
 - 1/2 avocado, mashed
 - 2 organic eggs
 - 1/2 cup fresh arugula
 - 1 tsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Toast the whole grain bread.
 - Mash the avocado with lemon juice, salt, and pepper.
 - Poach the eggs in simmering water for 3-4 minutes.
 - Spread the avocado on toast, top with poached eggs, and garnish with fresh arugula.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 5 minutes
 - **Total Time:** 10 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 15g
 - **Carbs:** 30g
 - **Fat:** 22g

- **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Healthy Fats, Folate
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Snack:

- **Fresh Pear with Almonds**
 - **Ingredients:**
 - 1 medium pear, sliced
 - 1/4 cup raw almonds
 - **Instructions:**
 - Slice the pear and enjoy with almonds.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 5g
 - **Carbs:** 28g
 - **Fat:** 10g
 - **Fiber:** 7g
 - **Vitamins & Minerals:** Vitamin E, Potassium, Fiber
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Lunch:

- **Lentil Salad with Roasted Vegetables and Feta**
 - **Ingredients:**
 - 1/2 cup cooked lentils
 - 1/2 cup roasted carrots and zucchini
 - 1 oz raw goat feta cheese, crumbled
 - 2 cups mixed greens (arugula, spinach, etc.)
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Roast carrots and zucchini at 400°F (200°C) for 20-25 minutes until tender.
 - Toss lentils, roasted vegetables, and mixed greens together in a bowl.
 - Top with crumbled feta cheese, and drizzle with olive oil and balsamic vinegar.
 - Season with salt and pepper to taste.
 - **Prep Time:** 10 minutes

- **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 18g
 - **Carbs:** 45g
 - **Fat:** 16g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Fiber, Vitamin C, Folate, Iron
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Snack:

- **Carrot Sticks with Hummus**
 - **Ingredients:**
 - 1 large carrot, sliced into sticks
 - 3 tbsp organic hummus
 - **Instructions:**
 - Serve carrot sticks with hummus for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 120 kcal
 - **Protein:** 4g
 - **Carbs:** 15g
 - **Fat:** 5g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** Vitamin A, Vitamin C, Folate
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Dinner:

- **Grilled Salmon with Quinoa and Sautéed Spinach**
 - **Ingredients:**
 - 1 wild-caught salmon fillet (6 oz)
 - 1/2 cup cooked quinoa
 - 1 cup baby spinach, sautéed
 - 1 tbsp olive oil
 - 1 tsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**

- Grill the salmon for 10-12 minutes until cooked through.
 - Sauté spinach in olive oil for 3-4 minutes until wilted.
 - Serve the salmon with quinoa and sautéed spinach, drizzling with lemon juice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 12 minutes
 - **Total Time:** 22 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 35g
 - **Carbs:** 40g
 - **Fat:** 20g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Vitamin A, Potassium
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Day 11 Total Nutrition Overview:

- **Total Calories:** ~1570 kcal
 - **Total Protein:** ~77g (RDI: 50-60g)
 - **Total Carbohydrates:** ~158g (RDI: 225-325g)
 - **Total Fat:** ~73g (RDI: 70-100g)
 - **Fiber:** 42g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Folate, Iron, Fiber, complete amino acids.
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Day 12

Breakfast:

- **Smoothie Bowl with Spinach, Almond Butter, Banana, and Berries**
 - **Ingredients:**
 - 1 cup spinach
 - 1 banana
 - 1 tbsp almond butter
 - 1 cup almond milk (or raw milk)
 - 1/4 cup mixed berries (blueberries, raspberries)
 - **Instructions:**
 - Blend spinach, banana, almond butter, and almond milk until smooth.
 - Pour into a bowl and top with berries.
 - **Prep Time:** 5 minutes

- **Cook Time:** None
 - **Total Time:** 5 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 8g
 - **Carbs:** 45g
 - **Fat:** 15g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Vitamin C, Omega-3s, Folate, Potassium
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Snack:

- **Cucumber Slices with Guacamole**
 - **Ingredients:**
 - 1 medium cucumber, sliced
 - 3 tbsp guacamole
 - **Instructions:**
 - Serve cucumber slices with guacamole for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 3g
 - **Carbs:** 12g
 - **Fat:** 14g
 - **Fiber:** 7g
 - **Vitamins & Minerals:** Vitamin C, Healthy Fats, Fiber
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Lunch:

- **Grilled Chicken Salad with Avocado, Tomatoes, and Mixed Greens**
 - **Ingredients:**
 - 1 grilled chicken breast
 - 1/2 avocado, sliced
 - 1 cup cherry tomatoes, halved
 - 2 cups mixed greens (arugula, spinach, etc.)
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste

- **Instructions:**
 - Grill the chicken breast for 5-6 minutes per side until fully cooked.
 - Toss mixed greens, avocado, and cherry tomatoes together.
 - Top with sliced grilled chicken, drizzle with olive oil and balsamic vinegar.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 12 minutes
 - **Total Time:** 22 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 30g
 - **Carbs:** 20g
 - **Fat:** 22g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Fiber, Vitamin C, Vitamin A, Healthy Fats
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Snack:

- **Apple with Walnuts**
 - **Ingredients:**
 - 1 medium apple, sliced
 - 1/4 cup raw walnuts
 - **Instructions:**
 - Slice the apple and enjoy with walnuts.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 220 kcal
 - **Protein:** 4g
 - **Carbs:** 28g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin E, Fiber
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Dinner:

- **Baked Turkey Meatballs with Zucchini Noodles and Tomato Sauce**
 - **Ingredients:**
 - 1/2 lb ground turkey

- 1/2 cup breadcrumbs (whole grain)
- 1 egg
- 1/4 cup Parmesan cheese
- 1 medium zucchini, spiralized into noodles
- 1/2 cup tomato sauce (no added sugar)
- 1 tbsp olive oil
- Salt and pepper to taste
- **Instructions:**
 - Preheat oven to 375°F (190°C). Mix ground turkey, breadcrumbs, egg, Parmesan cheese, salt, and pepper. Form into small meatballs and bake for 15-18 minutes.
 - Spiralize the zucchini and lightly sauté in olive oil for 2-3 minutes.
 - Heat tomato sauce and serve over the meatballs and zucchini noodles.
- **Prep Time:** 10 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 30 minutes
- **Servings:** 1
- **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 35g
 - **Carbs:** 30g
 - **Fat:** 20g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin C, Iron, Protein, Potassium

Day 12 Total Nutrition Overview:

- **Total Calories:** ~1600 kcal
 - **Total Protein:** ~82g (RDI: 50-60g)
 - **Total Carbohydrates:** ~135g (RDI: 225-325g)
 - **Total Fat:** ~75g (RDI: 70-100g)
 - **Fiber:** 40g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Folate, Fiber, Omega-3s, complete amino acids.
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Day 13

Breakfast:

- **Chia Seed Pudding with Almond Milk, Strawberries, and Almonds**
 - **Ingredients:**
 - 1/4 cup chia seeds
 - 1 cup almond milk (or raw milk)
 - 1/4 cup fresh strawberries, sliced

- 1 tbsp raw almonds, chopped
 - **Instructions:**
 - Mix chia seeds with almond milk and refrigerate overnight.
 - In the morning, top with strawberries and almonds.
 - **Prep Time:** 5 minutes (overnight refrigeration)
 - **Cook Time:** None
 - **Total Time:** 5 minutes (active)
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 300 kcal
 - **Protein:** 10g
 - **Carbs:** 24g
 - **Fat:** 18g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin C, Calcium, Fiber
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Snack:

- **Sliced Bell Pepper with Hummus**
 - **Ingredients:**
 - 1 bell pepper, sliced
 - 3 tbsp hummus
 - **Instructions:**
 - Serve bell pepper slices with hummus for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 120 kcal
 - **Protein:** 4g
 - **Carbs:** 16g
 - **Fat:** 5g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** Vitamin C, Fiber, Healthy Fats
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Lunch:

- **Farro Salad with Roasted Butternut Squash and Goat Cheese**
 - **Ingredients:**
 - 1/2 cup cooked farro
 - 1/2 cup roasted butternut squash

- 1 oz raw goat cheese
 - 1 cup mixed greens (arugula, spinach)
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Roast butternut squash at 400°F (200°C) for 25-30 minutes until tender.
 - Combine farro, roasted squash, and mixed greens in a bowl.
 - Top with goat cheese, olive oil, and balsamic vinegar.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 12g
 - **Carbs:** 45g
 - **Fat:** 16g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Vitamin A, Folate, Fiber, Magnesium
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Snack:

- **Handful of Mixed Nuts**
 - **Ingredients:**
 - 1/4 cup raw mixed nuts (almonds, walnuts, cashews)
 - **Instructions:**
 - Enjoy a handful of mixed nuts as a snack.
 - **Prep Time:** 1 minute
 - **Cook Time:** None
 - **Total Time:** 1 minute
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 6g
 - **Carbs:** 8g
 - **Fat:** 18g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** Omega-3s, Vitamin E, Fiber
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Dinner:

- **Grilled Chicken Breast with Steamed Broccoli and Brown Rice**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1 cup broccoli florets, steamed
 - 1/2 cup cooked brown rice
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Grill the chicken breast for 5-6 minutes on each side until fully cooked.
 - Steam broccoli for 4-5 minutes until tender.
 - Serve the grilled chicken with brown rice and steamed broccoli.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 40g
 - **Carbs:** 35g
 - **Fat:** 15g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin C, Fiber, Iron, Protein
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Day 13 Total Nutrition Overview:

- **Total Calories:** ~1470 kcal
 - **Total Protein:** ~78g (RDI: 50-60g)
 - **Total Carbohydrates:** ~136g (RDI: 225-325g)
 - **Total Fat:** ~68g (RDI: 70-100g)
 - **Fiber:** 41g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Folate, Fiber, complete amino acids.
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Day 14

Breakfast:

- **Scrambled Eggs with Avocado, Spinach, and Cherry Tomatoes**
 - **Ingredients:**
 - 2 organic eggs

- 1/2 avocado, sliced
 - 1 cup spinach, chopped
 - 1/4 cup cherry tomatoes, halved
 - 1 tbsp raw butter or olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Heat butter in a skillet over medium heat and sauté spinach for 2-3 minutes until wilted.
 - Whisk the eggs and pour them into the skillet, scrambling until cooked.
 - Serve eggs with sautéed spinach, avocado slices, and cherry tomatoes.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 5 minutes
 - **Total Time:** 10 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 340 kcal
 - **Protein:** 14g
 - **Carbs:** 12g
 - **Fat:** 26g
 - **Fiber:** 7g
 - **Vitamins & Minerals:** High in Vitamin A, C, K, Fiber, Healthy Fats, Potassium
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Snack:

- **Sliced Apple with Almond Butter**
 - **Ingredients:**
 - 1 medium apple, sliced
 - 2 tbsp raw almond butter
 - **Instructions:**
 - Serve apple slices with almond butter for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 220 kcal
 - **Protein:** 6g
 - **Carbs:** 30g
 - **Fat:** 12g
 - **Fiber:** 7g
 - **Vitamins & Minerals:** High in Vitamin E, Fiber, Potassium
-

Lunch:

- **Quinoa Salad with Roasted Vegetables and Tahini Dressing**

- **Ingredients:**

- 1/2 cup cooked quinoa
- 1/2 cup roasted zucchini and carrots
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

- **Instructions:**

- Roast zucchini and carrots at 400°F (200°C) for 20 minutes until tender.
- Mix quinoa with roasted vegetables in a bowl.
- Whisk together tahini, lemon juice, and olive oil to make the dressing.
- Drizzle dressing over salad and season with salt and pepper.

- **Prep Time:** 10 minutes

- **Cook Time:** 20 minutes

- **Total Time:** 30 minutes

- **Servings:** 1

- **Nutrition Info:**

- **Calories:** 400 kcal
 - **Protein:** 12g
 - **Carbs:** 45g
 - **Fat:** 18g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Fiber, Vitamin A, Folate, Iron
-

Snack:

- **Cucumber Slices with Hummus**

- **Ingredients:**

- 1 small cucumber, sliced
- 3 tbsp organic hummus

- **Instructions:**

- Serve cucumber slices with hummus.

- **Prep Time:** 2 minutes

- **Cook Time:** None

- **Total Time:** 2 minutes

- **Servings:** 1

- **Nutrition Info:**

- **Calories:** 100 kcal
- **Protein:** 4g
- **Carbs:** 8g
- **Fat:** 6g

- **Fiber:** 4g
 - **Vitamins & Minerals:** High in Fiber, Vitamin C, Folate
-

Dinner:

- **Grilled Chicken Breast with Roasted Sweet Potatoes and Broccoli**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1 medium sweet potato, cubed
 - 1 cup broccoli florets, steamed
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C). Toss sweet potatoes with olive oil, salt, and pepper and roast for 25-30 minutes.
 - Grill the chicken breast for 5-6 minutes on each side until fully cooked.
 - Steam broccoli for 4-5 minutes.
 - Serve grilled chicken with roasted sweet potatoes and steamed broccoli.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 38g
 - **Carbs:** 40g
 - **Fat:** 16g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin A, C, Potassium, Protein
-

Day 14 Total Nutrition Overview:

- **Total Calories:** ~1510 kcal
- **Total Protein:** ~70g (RDI: 50-60g)
- **Total Carbohydrates:** ~133g (RDI: 225-325g)
- **Total Fat:** ~72g (RDI: 70-100g)
- **Fiber:** 36g (RDI: 25-30g)
- **Key Nutrients Covered:** Vitamins A, C, D, K, Omega-3s, Folate, Fiber, complete amino acids.