

Month Meal Plan
Whole Foods
Complete Daily Nutrition
Week 1

Day 1

Breakfast:

- **Scrambled Eggs with Sautéed Spinach, Avocado, and Cherry Tomatoes**
 - **Ingredients:**
 - 2 organic eggs
 - 1 cup spinach, chopped
 - 1/2 avocado, sliced
 - 1/4 cup cherry tomatoes, halved
 - 1 tbsp raw butter or ghee
 - Salt and pepper to taste
 - **Instructions:**
 - In a skillet, melt butter over medium heat and sauté spinach for 2-3 minutes.
 - Whisk the eggs, then pour them into the skillet and scramble.
 - Serve eggs with sautéed spinach, sliced avocado, and cherry tomatoes on the side.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 5 minutes
 - **Total Time:** 10 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 16g
 - **Carbs:** 12g
 - **Fat:** 28g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin C, Vitamin A, Vitamin K, Folate, Potassium, Magnesium, Iron
 - **Amino Acids:** Complete profile (from eggs)
 - **Omega-3 fatty acids:** from eggs and avocado
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Snack:

- **Greek Yogurt with Raw Honey, Chia Seeds, and Blueberries**

- **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 1 tsp raw honey
 - 1 tbsp chia seeds
 - 1/4 cup fresh blueberries
 - **Instructions:**
 - Mix the Greek yogurt with honey and chia seeds.
 - Top with fresh blueberries.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 10g
 - **Carbs:** 24g
 - **Fat:** 7g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Calcium, Vitamin C, B Vitamins, Antioxidants
 - **Omega-3 fatty acids:** from chia seeds
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Lunch:

- **Grilled Chicken Breast with Quinoa, Steamed Broccoli, and Tahini Sauce**
 - **Ingredients:**
 - 1 organic chicken breast
 - 1/2 cup cooked quinoa
 - 1 cup broccoli florets, steamed
 - 1 tbsp tahini
 - 1 tbsp lemon juice
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Grill the chicken breast for 5-6 minutes on each side until fully cooked.
 - Cook quinoa according to package instructions.
 - Steam the broccoli for 4-5 minutes until tender.
 - Whisk tahini, lemon juice, and olive oil to make the sauce.
 - Serve grilled chicken with quinoa, broccoli, and drizzle with tahini sauce.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**

- **Calories:** 450 kcal
 - **Protein:** 40g
 - **Carbs:** 35g
 - **Fat:** 20g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin K, Folate, Magnesium, Zinc, Phosphorus
 - **Amino Acids:** Complete profile from quinoa and chicken
 - **Omega-3 fatty acids:** from tahini and olive oil
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Snack:

- **Apple Slices with Almond Butter**
 - **Ingredients:**
 - 1 medium organic apple, sliced
 - 2 tbsp raw almond butter
 - **Instructions:**
 - Slice the apple and dip in almond butter.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 220 kcal
 - **Protein:** 5g
 - **Carbs:** 30g
 - **Fat:** 12g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin E, Potassium, Fiber
 - **Healthy fats:** from almond butter
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Dinner:

- **Wild Salmon with Roasted Sweet Potatoes and Spinach Salad**
 - **Ingredients:**
 - 1 wild-caught salmon fillet (6 oz)
 - 1 medium sweet potato, cubed
 - 2 cups baby spinach
 - 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**

- Preheat the oven to 400°F (200°C). Roast sweet potatoes in olive oil for 25-30 minutes.
 - Grill or bake the salmon for 10-12 minutes until cooked through.
 - Toss spinach with olive oil, balsamic vinegar, and season with salt and pepper.
 - Serve salmon with roasted sweet potatoes and spinach salad.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 550 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 25g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Vitamin A, Vitamin D, Vitamin E, Omega-3s, Potassium, Magnesium
 - **Amino Acids:** Complete profile from salmon
 - **Omega-3 fatty acids:** high in EPA and DHA from salmon
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Day 1 Total Nutrition Overview:

- **Total Calories:** ~1770 kcal
 - **Total Protein:** ~111g (RDI: 50-60g)
 - **Total Carbohydrates:** ~146g (RDI: 225-325g)
 - **Total Fat:** ~92g (RDI: 70-100g)
 - **Fiber:** 31g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Folate, Potassium, Calcium, Magnesium, Omega-3 fatty acids, complete amino acids.
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Day 2

Breakfast:

- **Oatmeal with Almond Milk, Chia Seeds, and Berries**
 - **Ingredients:**
 - 1/2 cup organic rolled oats
 - 1 cup almond milk (or raw milk)
 - 1 tbsp chia seeds
 - 1/4 cup mixed berries (blueberries, raspberries)

- 1 tbsp raw honey (optional)
 - **Instructions:**
 - Bring almond milk to a simmer, stir in oats, and cook for 5-7 minutes until creamy.
 - Stir in chia seeds and let sit for a minute.
 - Top with mixed berries and honey before serving.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 7 minutes
 - **Total Time:** 12 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 300 kcal
 - **Protein:** 9g
 - **Carbs:** 48g
 - **Fat:** 8g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Vitamin C, Calcium, Omega-3s, Magnesium, Potassium
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Snack:

- **Handful of Mixed Nuts and Raisins**
 - **Ingredients:**
 - 1/4 cup mixed raw nuts (almonds, walnuts, cashews)
 - 2 tbsp organic raisins
 - **Instructions:**
 - Mix nuts and raisins and enjoy as a snack.
 - **Prep Time:** 1 minute
 - **Cook Time:** None
 - **Total Time:** 1 minute
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 6g
 - **Carbs:** 18g
 - **Fat:** 14g
 - **Fiber:** 4g
 - **Vitamins & Minerals:** Vitamin E, Magnesium, Antioxidants, Omega-3s
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Lunch:

- **Quinoa Salad with Avocado, Cucumber, Chickpeas, and Lemon Dressing**

- **Ingredients:**
 - 1/2 cup cooked quinoa
 - 1/2 avocado, diced
 - 1/4 cucumber, sliced
 - 1/2 cup cooked chickpeas
 - 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Cook quinoa according to package instructions.
 - In a bowl, mix quinoa, avocado, cucumber, and chickpeas.
 - Drizzle with olive oil, lemon juice, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 15g
 - **Carbs:** 50g
 - **Fat:** 18g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Folate, Potassium, Magnesium, Fiber, Vitamin C
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Snack:

- **Greek Yogurt with Flaxseeds and Raspberries**
 - **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 1 tbsp ground flaxseeds
 - 1/4 cup fresh raspberries
 - **Instructions:**
 - Mix flaxseeds into the yogurt and top with raspberries.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 10g
 - **Carbs:** 15g
 - **Fat:** 9g
 - **Fiber:** 5g

- **Vitamins & Minerals:** Omega-3s, Calcium, Vitamin C, B Vitamins
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Dinner:

- **Baked Chicken Thighs with Roasted Carrots and Cauliflower**
 - **Ingredients:**
 - 2 organic chicken thighs, skin-on
 - 1 cup cauliflower florets
 - 1 medium carrot, sliced
 - 1 tbsp olive oil
 - 1 tsp rosemary
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 400°F (200°C).
 - Toss carrots and cauliflower with olive oil, rosemary, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes.
 - Season chicken thighs with salt and pepper. Bake for 25-30 minutes until golden and cooked through.
 - Serve chicken with roasted vegetables.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 550 kcal
 - **Protein:** 38g
 - **Carbs:** 20g
 - **Fat:** 35g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin A, Vitamin C, Potassium, Zinc
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Day 2 Total Nutrition Overview:

- **Total Calories:** ~1700 kcal
 - **Total Protein:** ~84g (RDI: 50-60g)
 - **Total Carbohydrates:** ~153g (RDI: 225-325g)
 - **Total Fat:** ~90g (RDI: 70-100g)
 - **Fiber:** 37g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, B6, Folate, Omega-3 fatty acids, Magnesium, Potassium, Calcium, Iron, complete amino acids.
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Day 3

Breakfast:

- **Green Smoothie with Kale, Banana, Chia Seeds, and Almond Butter**
 - **Ingredients:**
 - 1 cup fresh kale
 - 1 banana
 - 1 tbsp chia seeds
 - 1 tbsp almond butter
 - 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:** 300 kcal
 - **Protein:** 8g
 - **Carbs:** 45g
 - **Fat:** 12g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin K, Folate, Potassium, Calcium, Omega-3 fatty acids
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Snack:

- **Sliced Bell Pepper with Guacamole**
 - **Ingredients:**
 - 1 medium bell pepper, sliced
 - 2 tbsp guacamole
 - **Instructions:**
 - Slice the bell pepper and serve with guacamole for dipping.
 - **Prep Time:** 3 minutes
 - **Cook Time:** None
 - **Total Time:** 3 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 150 kcal
 - **Protein:** 3g
 - **Carbs:** 14g
 - **Fat:** 10g
 - **Fiber:** 5g

- **Vitamins & Minerals:** High in Vitamin C, Vitamin A, Folate, Fiber
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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 beet at 400°F (200°C) for 25-30 minutes, then dice.
 - Toss cooked farro with roasted beets, arugula, and goat cheese.
 - Drizzle with balsamic vinegar, 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, Magnesium, Iron, Vitamin A, Potassium
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Snack:

- **Apple with Walnuts**
 - **Ingredients:**
 - 1 medium apple, sliced
 - 1/4 cup raw walnuts
 - **Instructions:**
 - Slice the apple and serve 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 Vitamin E, Potassium, Fiber, Omega-3s
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Dinner:

- **Grass-Fed Beef Stir-Fry with Bell Peppers, Broccoli, and Brown Rice**
 - **Ingredients:**
 - 1/2 lb grass-fed beef, thinly sliced
 - 1 cup broccoli florets
 - 1 bell pepper, sliced
 - 1/2 cup cooked brown rice
 - 1 tbsp olive oil
 - 1 tbsp soy sauce (or tamari for gluten-free)
 - Salt and pepper to taste
 - **Instructions:**
 - Heat olive oil in a skillet over medium-high heat. Add beef and cook for 5-6 minutes until browned.
 - Add broccoli and bell peppers, and stir-fry for another 5 minutes.
 - Stir in soy sauce and serve over cooked brown rice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 550 kcal
 - **Protein:** 40g
 - **Carbs:** 45g
 - **Fat:** 22g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin C, Iron, Zinc, Magnesium
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Day 3 Total Nutrition Overview:

- **Total Calories:** ~1750 kcal
- **Total Protein:** ~77g (RDI: 50-60g)
- **Total Carbohydrates:** ~160g (RDI: 225-325g)
- **Total Fat:** ~82g (RDI: 70-100g)

- **Fiber:** 37g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, E, K, Folate, Potassium, Magnesium, Iron, Omega-3s, complete amino acids.
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Day 4

Breakfast:

- **Smoothie Bowl with Spinach, Banana, Almond Butter, and Chia Seeds**
 - **Ingredients:**
 - 1 cup spinach
 - 1 banana
 - 1 tbsp almond butter
 - 1 tbsp chia seeds
 - 1 cup almond milk (or raw milk)
 - 1/4 cup mixed berries (optional topping)
 - **Instructions:**
 - Blend spinach, banana, almond butter, chia seeds, 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:** 9g
 - **Carbs:** 50g
 - **Fat:** 15g
 - **Fiber:** 12g
 - **Vitamins & Minerals:** High in Vitamin K, Folate, Potassium, Omega-3s, Vitamin C
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Snack:

- **Cucumber Slices with Hummus**
 - **Ingredients:**
 - 1 small cucumber, sliced
 - 3 tbsp organic hummus
 - **Instructions:**
 - Serve cucumber slices with hummus for dipping.

- **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 150 kcal
 - **Protein:** 4g
 - **Carbs:** 12g
 - **Fat:** 10g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin C, Vitamin E, Folate
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Lunch:

- **Lentil and Sweet Potato Stew**
 - **Ingredients:**
 - 1/2 cup cooked lentils
 - 1 medium sweet potato, peeled and cubed
 - 1/2 cup diced tomatoes (canned or fresh)
 - 1/4 onion, diced
 - 1 garlic clove, minced
 - 1 tbsp olive oil
 - 1/2 tsp cumin
 - Salt and pepper to taste
 - **Instructions:**
 - In a pot, heat olive oil and sauté onion and garlic for 2-3 minutes.
 - Add sweet potatoes, diced tomatoes, cumin, and lentils, then simmer for 15-20 minutes until sweet potatoes are tender.
 - Season with salt and pepper to taste.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 20 minutes
 - **Total Time:** 30 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 15g
 - **Carbs:** 60g
 - **Fat:** 10g
 - **Fiber:** 16g
 - **Vitamins & Minerals:** High in Vitamin A, Iron, Folate, Potassium, Fiber
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Snack:

- **Apple with Almonds**
 - **Ingredients:**
 - 1 medium organic apple, sliced
 - 1/4 cup raw almonds
 - **Instructions:**
 - Slice the apple and enjoy with almonds.
 - **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:** Vitamin E, Potassium, Fiber
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Dinner:

- **Grilled Grass-Fed Steak with Roasted Brussels Sprouts and Quinoa**
 - **Ingredients:**
 - 1 grass-fed steak (6 oz)
 - 1/2 cup cooked quinoa
 - 1 cup Brussels sprouts, halved
 - 1 tbsp olive oil
 - 1 tsp balsamic vinegar
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 400°F (200°C). Toss Brussels sprouts with olive oil, salt, and pepper, and roast for 20 minutes until golden.
 - Grill steak on high heat for 5-6 minutes per side, or until desired doneness.
 - Cook quinoa according to package instructions and serve with roasted Brussels sprouts and steak. Drizzle balsamic vinegar over the sprouts.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 550 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 22g
 - **Fiber:** 9g

- **Vitamins & Minerals:** High in Iron, Zinc, Vitamin K, Fiber, Omega-3s
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Day 4 Total Nutrition Overview:

- **Total Calories:** ~1670 kcal
 - **Total Protein:** ~74g (RDI: 50-60g)
 - **Total Carbohydrates:** ~155g (RDI: 225-325g)
 - **Total Fat:** ~80g (RDI: 70-100g)
 - **Fiber:** 44g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, K, D, Iron, Magnesium, Folate, Omega-3s, complete amino acids.
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Day 5

Breakfast:

- **Buckwheat Pancakes with Berries and Maple Syrup**
 - **Ingredients:**
 - 1/2 cup buckwheat flour
 - 1/2 cup raw milk
 - 1 organic egg
 - 1 tsp baking powder
 - 1 tsp vanilla extract
 - 1 tbsp raw butter or ghee (for cooking)
 - 1 tbsp maple syrup
 - 1/4 cup fresh berries (blueberries, strawberries)
 - **Instructions:**
 - In a bowl, mix buckwheat flour, baking powder, raw milk, egg, and vanilla extract.
 - Heat butter in a pan and cook pancakes for 2-3 minutes on each side until golden brown.
 - Serve with maple syrup and berries.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 6 minutes
 - **Total Time:** 16 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 12g
 - **Carbs:** 50g
 - **Fat:** 12g
 - **Fiber:** 8g

- **Vitamins & Minerals:** High in Vitamin C, B Vitamins, Iron, Antioxidants
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Snack:

- **Carrot Sticks with Tahini**
 - **Ingredients:**
 - 1 large organic carrot, sliced into sticks
 - 2 tbsp tahini
 - **Instructions:**
 - Serve carrot sticks with tahini for dipping.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 4g
 - **Carbs:** 12g
 - **Fat:** 14g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** High in Vitamin A, Calcium, Fiber, Iron
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Lunch:

- **Farro Salad with Avocado, Arugula, and Roasted Butternut Squash**
 - **Ingredients:**
 - 1/2 cup cooked farro
 - 1/2 avocado, diced
 - 1/2 cup roasted butternut squash
 - 1 cup arugula
 - 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Toss farro, roasted butternut squash, avocado, and arugula together in a bowl.
 - Drizzle with olive oil and lemon juice. 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:** 10g
 - **Carbs:** 45g
 - **Fat:** 18g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Vitamin A, C, Potassium, Fiber
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Snack:

- **Greek Yogurt with Flaxseeds and Strawberries**
 - **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 1 tbsp ground flaxseeds
 - 1/4 cup fresh strawberries, sliced
 - **Instructions:**
 - Stir flaxseeds into yogurt and top with strawberries.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 8g
 - **Carbs:** 15g
 - **Fat:** 9g
 - **Fiber:** 6g
 - **Vitamins & Minerals:** Omega-3s, Vitamin C, Calcium, Fiber
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Dinner:

- **Baked Wild Salmon with Steamed Asparagus and Wild Rice**
 - **Ingredients:**
 - 1 wild salmon fillet (6 oz)
 - 1/2 cup cooked wild rice
 - 1 cup asparagus, steamed
 - 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat the oven to 375°F (190°C). Bake the salmon for 12-15 minutes, until cooked through.

- Steam asparagus for 4-5 minutes until tender.
 - Serve salmon with wild rice and asparagus, and drizzle with olive oil and lemon juice.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 15 minutes
 - **Total Time:** 25 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 40g
 - **Carbs:** 40g
 - **Fat:** 22g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Vitamin C, Folate
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Day 5 Total Nutrition Overview:

- **Total Calories:** ~1630 kcal
 - **Total Protein:** ~70g (RDI: 50-60g)
 - **Total Carbohydrates:** ~145g (RDI: 225-325g)
 - **Total Fat:** ~78g (RDI: 70-100g)
 - **Fiber:** 40g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, C, D, K, Folate, Iron, Omega-3s, Potassium, complete amino acids.
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Day 6

Breakfast:

- **Scrambled Eggs with Sautéed Mushrooms, Spinach, and Feta**
 - **Ingredients:**
 - 2 organic eggs
 - 1 cup spinach, chopped
 - 1/2 cup mushrooms, sliced
 - 1 oz raw goat feta cheese, crumbled
 - 1 tbsp raw butter or ghee
 - Salt and pepper to taste
 - **Instructions:**
 - In a skillet, melt butter over medium heat. Sauté mushrooms for 5-7 minutes until soft.
 - Add spinach and cook for an additional 2 minutes until wilted.

- Whisk eggs and pour into the skillet. Scramble gently until fully cooked.
 - Top with crumbled feta cheese and serve.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 10 minutes
 - **Total Time:** 15 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 22g
 - **Carbs:** 8g
 - **Fat:** 26g
 - **Fiber:** 3g
 - **Vitamins & Minerals:** High in Vitamin D, Folate, Vitamin A, Calcium
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Snack:

- **Handful of Walnuts and Dried Cranberries**
 - **Ingredients:**
 - 1/4 cup raw walnuts
 - 2 tbsp dried unsweetened cranberries
 - **Instructions:**
 - Mix walnuts and cranberries together and enjoy.
 - **Prep Time:** 1 minute
 - **Cook Time:** None
 - **Total Time:** 1 minute
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 200 kcal
 - **Protein:** 5g
 - **Carbs:** 16g
 - **Fat:** 16g
 - **Fiber:** 4g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin E, Antioxidants
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Lunch:

- **Baked Tofu Salad with Avocado, Quinoa, and Kale**
 - **Ingredients:**
 - 1/2 block organic tofu, cubed
 - 1/2 cup cooked quinoa
 - 1 cup kale, chopped
 - 1/2 avocado, diced

- 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 375°F (190°C). Bake tofu cubes for 20 minutes until crispy.
 - Toss kale, quinoa, baked tofu, and avocado in a bowl.
 - Drizzle with olive oil and lemon juice, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 20 minutes
 - **Total Time:** 30 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 450 kcal
 - **Protein:** 18g
 - **Carbs:** 50g
 - **Fat:** 18g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Folate, Iron, Vitamin C, Fiber
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Snack:

- **Greek Yogurt with Raw Honey and Chia Seeds**
 - **Ingredients:**
 - 1/2 cup raw milk Greek yogurt
 - 1 tsp raw honey
 - 1 tbsp chia seeds
 - **Instructions:**
 - Mix honey and chia seeds into the yogurt.
 - **Prep Time:** 2 minutes
 - **Cook Time:** None
 - **Total Time:** 2 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 180 kcal
 - **Protein:** 10g
 - **Carbs:** 12g
 - **Fat:** 7g
 - **Fiber:** 5g
 - **Vitamins & Minerals:** Omega-3s, Calcium, Vitamin C, Probiotics
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Dinner:

- **Grilled Chicken Thighs with Roasted Sweet Potatoes and Green Beans**
 - **Ingredients:**
 - 2 organic chicken thighs, skin-on
 - 1 medium sweet potato, cubed
 - 1 cup green beans, trimmed
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Preheat oven to 400°F (200°C). Toss sweet potato cubes with olive oil, salt, and pepper, and roast for 25-30 minutes.
 - Grill chicken thighs for 5-6 minutes on each side until crispy and fully cooked.
 - Steam green beans for 4-5 minutes until tender.
 - Serve grilled chicken with roasted sweet potatoes and green beans.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 25 minutes
 - **Total Time:** 35 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 40g
 - **Carbs:** 35g
 - **Fat:** 22g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Vitamin A, Potassium, Vitamin C, Iron
-

Day 6 Total Nutrition Overview:

- **Total Calories:** ~1680 kcal
 - **Total Protein:** ~93g (RDI: 50-60g)
 - **Total Carbohydrates:** ~161g (RDI: 225-325g)
 - **Total Fat:** ~82g (RDI: 70-100g)
 - **Fiber:** 30g (RDI: 25-30g)
 - **Key Nutrients Covered:** Vitamins A, D, C, E, Folate, Omega-3s, Iron, complete amino acids.
-

Day 7

Breakfast:

- **Oatmeal with Almond Butter, Flaxseeds, and Sliced Banana**
 - **Ingredients:**

- 1/2 cup organic rolled oats
 - 1 cup almond milk (or raw milk)
 - 1 tbsp almond butter
 - 1 tbsp ground flaxseeds
 - 1 banana, sliced
 - **Instructions:**
 - Bring almond milk to a simmer, stir in oats, and cook for 5-7 minutes until thick and creamy.
 - Stir in almond butter and top with flaxseeds and sliced banana.
 - **Prep Time:** 5 minutes
 - **Cook Time:** 7 minutes
 - **Total Time:** 12 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 350 kcal
 - **Protein:** 10g
 - **Carbs:** 55g
 - **Fat:** 12g
 - **Fiber:** 9g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin E, Potassium, Fiber
-

Snack:

- **Carrot Sticks with Guacamole**
 - **Ingredients:**
 - 1 large carrot, cut into sticks
 - 2 tbsp guacamole
 - **Instructions:**
 - Serve carrot sticks with guacamole for dipping.
 - **Prep Time:** 3 minutes
 - **Cook Time:** None
 - **Total Time:** 3 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 150 kcal
 - **Protein:** 2g
 - **Carbs:** 13g
 - **Fat:** 10g
 - **Fiber:** 7g
 - **Vitamins & Minerals:** High in Vitamin A, Fiber, Healthy Fats
-

Lunch:

- **Quinoa Bowl with Grilled Tofu, Avocado, and Spinach**
 - **Ingredients:**
 - 1/2 cup cooked quinoa
 - 1/2 block organic tofu, grilled
 - 1/2 avocado, diced
 - 1 cup baby spinach
 - 1 tbsp olive oil
 - 1 tbsp lemon juice
 - Salt and pepper to taste
 - **Instructions:**
 - Grill tofu slices for 3-4 minutes per side until golden.
 - In a bowl, mix quinoa, grilled tofu, avocado, and spinach.
 - Drizzle with olive oil and lemon juice, and season with salt and pepper.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 10 minutes
 - **Total Time:** 20 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 400 kcal
 - **Protein:** 18g
 - **Carbs:** 40g
 - **Fat:** 20g
 - **Fiber:** 10g
 - **Vitamins & Minerals:** High in Folate, Vitamin C, Fiber, Healthy Fats
-

Snack:

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

Dinner:

- **Grilled Salmon with Steamed Broccoli and Wild Rice**
 - **Ingredients:**
 - 1 wild-caught salmon fillet (6 oz)
 - 1/2 cup cooked wild rice
 - 1 cup broccoli florets, steamed
 - 1 tbsp olive oil
 - Salt and pepper to taste
 - **Instructions:**
 - Grill salmon for 10-12 minutes until cooked through.
 - Steam broccoli for 4-5 minutes until tender.
 - Serve salmon with wild rice and steamed broccoli, and drizzle with olive oil.
 - **Prep Time:** 10 minutes
 - **Cook Time:** 12 minutes
 - **Total Time:** 22 minutes
 - **Servings:** 1
 - **Nutrition Info:**
 - **Calories:** 500 kcal
 - **Protein:** 35g
 - **Carbs:** 40g
 - **Fat:** 22g
 - **Fiber:** 8g
 - **Vitamins & Minerals:** High in Omega-3s, Vitamin D, Vitamin C, Iron

Day 7 Total Nutrition Overview:

- **Total Calories:** ~1620 kcal
- **Total Protein:** ~72g (RDI: 50-60g)
- **Total Carbohydrates:** ~158g (RDI: 225-325g)
- **Total Fat:** ~78g (RDI: 70-100g)
- **Fiber:** 40g (RDI: 25-30g)
- **Key Nutrients Covered:** Vitamins A, C, D, E, K, Omega-3s, Folate, Fiber, complete amino acids.