

Intermittent Fasting Program



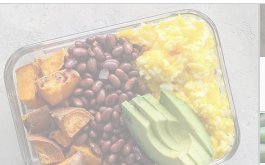
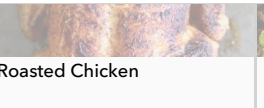
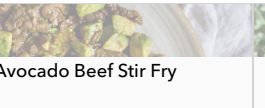
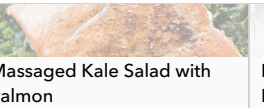
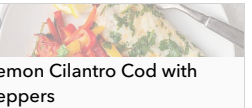


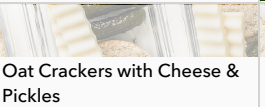

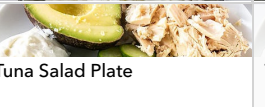
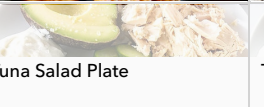
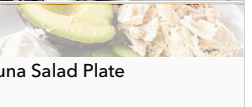
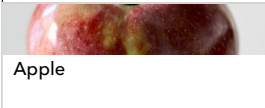
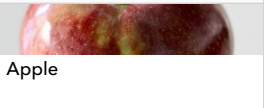
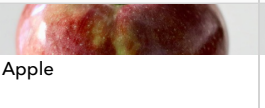
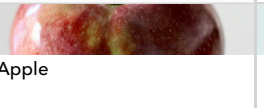
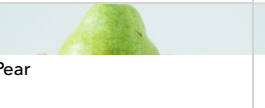
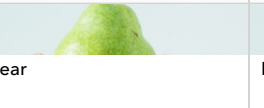
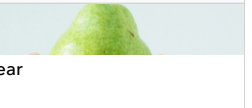
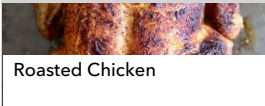
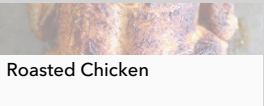
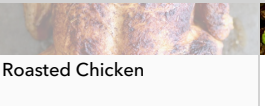
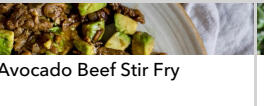

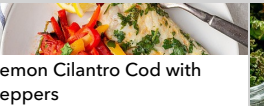

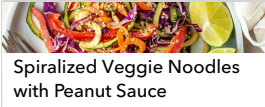
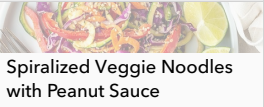



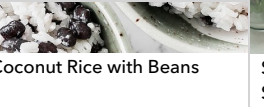
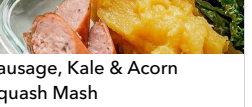
Dr. Jacqueline Robertson

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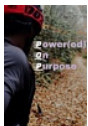
Click the following link for meal prep guidance.

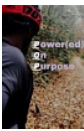
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1							
	Black Beans, Sweet Potato & Egg	Black Beans, Sweet Potato & Egg	Black Beans, Sweet Potato & Egg	Steamed Asparagus & Potatoes	Steamed White Rice	Roasted Sweet Potato Rounds	Coconut Rice with Beans
Meal 2							
	Oat Crackers with Cheese & Pickles	Oat Crackers with Cheese & Pickles	Oat Crackers with Cheese & Pickles	Oat Crackers with Cheese & Pickles	Tuna Salad Plate	Tuna Salad Plate	Tuna Salad Plate
Meal 3							
	Apple	Apple	Apple	Apple	Pear	Pear	Pear
							
	Roasted Chicken	Roasted Chicken	Roasted Chicken	Avocado Beef Stir Fry	Massaged Kale Salad with Salmon	Lemon Cilantro Cod with Peppers	Sausage, Kale & Acorn Squash Mash
Meal 3							
	Spiralized Veggie Noodles with Peanut Sauce	Spiralized Veggie Noodles with Peanut Sauce	Steamed Asparagus & Potatoes	Steamed White Rice	Roasted Sweet Potato Rounds	Coconut Rice with Beans	Sausage, Kale & Acorn Squash Mash

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 38%	Fat	<div><div></div></div> 38%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 55%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 48%
Carbs	<div><div></div></div> 30%	Carbs	<div><div></div></div> 30%	Carbs	<div><div></div></div> 34%	Carbs	<div><div></div></div> 28%	Carbs	<div><div></div></div> 25%	Carbs	<div><div></div></div> 26%	Carbs	<div><div></div></div> 28%
Protein	<div><div></div></div> 32%	Protein	<div><div></div></div> 32%	Protein	<div><div></div></div> 33%	Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 24%
Calories	1778	Calories	1778	Calories	1667	Calories	1943	Calories	1879	Calories	1690	Calories	1729
Fat	77g	Fat	77g	Fat	61g	Fat	93g	Fat	119g	Fat	90g	Fat	95g
Saturated	22g	Saturated	22g	Saturated	19g	Saturated	26g	Saturated	23g	Saturated	19g	Saturated	35g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Carbs	133g	Carbs	133g	Carbs	143g	Carbs	140g	Carbs	122g	Carbs	115g	Carbs	125g
Fiber	34g	Fiber	34g	Fiber	35g	Fiber	29g	Fiber	35g	Fiber	28g	Fiber	29g
Sugar	39g	Sugar	39g	Sugar	30g	Sugar	29g	Sugar	29g	Sugar	26g	Sugar	23g
Protein	144g	Protein	144g	Protein	139g	Protein	142g	Protein	96g	Protein	117g	Protein	105g
Cholesterol	709mg	Cholesterol	709mg	Cholesterol	709mg	Cholesterol	425mg	Cholesterol	209mg	Cholesterol	220mg	Cholesterol	224mg
Sodium	2454mg	Sodium	2454mg	Sodium	2092mg	Sodium	3336mg	Sodium	2902mg	Sodium	1895mg	Sodium	2846mg
Calcium	586mg	Calcium	586mg	Calcium	566mg	Calcium	520mg	Calcium	491mg	Calcium	472mg	Calcium	515mg
Iron	14mg	Iron	14mg	Iron	16mg	Iron	15mg	Iron	12mg	Iron	10mg	Iron	10mg
Vitamin D	92IU	Vitamin D	92IU	Vitamin D	92IU	Vitamin D	10IU	Vitamin D	78IU	Vitamin D	161IU	Vitamin D	211IU
Vitamin E	10mg	Vitamin E	10mg	Vitamin E	9mg	Vitamin E	9mg	Vitamin E	12mg	Vitamin E	10mg	Vitamin E	7mg
Vitamin B6	3.3mg	Vitamin B6	3.3mg	Vitamin B6	3.4mg	Vitamin B6	3.8mg	Vitamin B6	3.3mg	Vitamin B6	2.9mg	Vitamin B6	2.3mg
Vitamin B12	3.0µg	Vitamin B12	3.0µg	Vitamin B12	3.0µg	Vitamin B12	3.4µg	Vitamin B12	9.8µg	Vitamin B12	10.6µg	Vitamin B12	7.7µg





Fruits

- ☐ 4 Apple
- ☐ 5 Avocado
- ☐ 1 Lemon
- ☐ 3 tbsps Lemon Juice
- ☐ 1 1/3 tbsps Lime Juice
- ☐ 3 Pear

Breakfast

- ☐ 2 2/3 tbsps All Natural Peanut Butter
- ☐ 2 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 4 tbsps Hemp Seeds
- ☐ 2 tsps Paprika
- ☐ 1 tbsp Poultry Seasoning
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 1/2 Acorn Squash
- ☐ 2 cups Asparagus
- ☐ 2/3 Carrot
- ☐ 3/4 cup Cilantro
- ☐ 3/4 Cucumber
- ☐ 3 2/3 Garlic
- ☐ 1 1/4 tbsps Ginger
- ☐ 9 cups Kale Leaves
- ☐ 2 cups Mini Potatoes
- ☐ 1 cup Purple Cabbage
- ☐ 1 1/8 Red Bell Pepper
- ☐ 4 Sweet Potato
- ☐ 1 Tomato
- ☐ 1/2 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 2/3 Zucchini

Boxed & Canned

- ☐ 3 1/16 cups Black Beans
- ☐ 1 cup Jasmine Rice
- ☐ 3 1/2 ozs Oat Crackers
- ☐ 1/3 cup Organic Coconut Milk
- ☐ 3 cans Tuna

Bread, Fish, Meat & Cheese

- ☐ 6 ozs Cheddar Cheese
- ☐ 2 Cod Fillet
- ☐ 4 ozs Pork Sausage
- ☐ 8 ozs Salmon Fillet
- ☐ 8 ozs Top Sirloin Steak
- ☐ 4 lbs Whole Roasting Chicken

Condiments & Oils

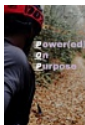
- ☐ 3 1/2 tbsps Avocado Oil
- ☐ 2 3/4 ozs Baby Pickles
- ☐ 1 1/4 tbsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tbsps Red Wine Vinegar
- ☐ 2 tbsps Sesame Oil
- ☐ 1 2/3 tbsps Tamari

Cold

- ☐ 6 Egg
- ☐ 3/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 1/2 cups Water



Black Beans, Sweet Potato & Egg

3 servings
35 minutes

Ingredients

- 3 Sweet Potato (medium, cubed)
- 1 1/2 tsps Avocado Oil
- 1/3 tsp Sea Salt (divided)
- 6 Egg (whisked)
- 2 1/4 cups Black Beans (cooked)
- 1 1/2 Avocado (sliced)

Nutrition

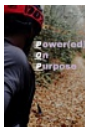
Amount per serving	
Calories	607
Fat	27g
Saturated	6g
Trans	0g
Carbs	66g
Fiber	22g
Sugar	7g
Protein	28g
Cholesterol	372mg
Sodium	517mg
Calcium	142mg
Iron	6mg
Vitamin D	82IU
Vitamin E	5mg
Vitamin B6	0.8mg
Vitamin B12	0.9µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 2 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 3 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.
- Make it Vegan:** Omit the eggs, or use a tofu scramble.
- No Avocado Oil:** Use extra virgin olive oil or coconut oil.



Oat Crackers with Cheese & Pickles

4 servings

5 minutes

Ingredients

3 1/2 ozs Oat Crackers
6 ozs Cheddar Cheese (sliced)
2 3/4 ozs Baby Pickles

Nutrition

Amount per serving	
Calories	282
Fat	18g
Saturated	9g
Trans	0g
Carbs	19g
Fiber	2g
Sugar	0g
Protein	12g
Cholesterol	42mg
Sodium	630mg
Calcium	302mg
Iron	1mg
Vitamin D	10IU
Vitamin E	0mg
Vitamin B6	0mg
Vitamin B12	0.5µg

Directions

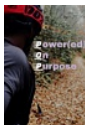
- 1 Divide all ingredients onto plates or into containers. Enjoy!

Notes

No Oat Crackers: Use whole grain or seed crackers instead.

Dairy-Free: Omit the cheddar cheese and use hummus or a nut-based cheese instead.

Storage: Refrigerate in an airtight container up to 5 days.



Apple

1 serving
2 minutes

Ingredients

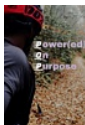
1 Apple

Directions

- 1
- Slice into wedges, or enjoy whole.

Nutrition

Amount per serving	
Calories	95
Fat	0g
Saturated	0g
Trans	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.1mg
Vitamin B12	0µg



Tuna Salad Plate

3 servings

5 minutes

Ingredients

3 cans Tuna (drained, broken into chunks)

1 1/2 Avocado (pit removed)

3/4 cup Unsweetened Coconut Yogurt

3/4 Cucumber (sliced)

3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	342
Fat	18g
Saturated	4g
Trans	0g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	35g
Cholesterol	59mg
Sodium	1018mg
Calcium	177mg
Iron	4mg
Vitamin D	78IU
Vitamin E	3mg
Vitamin B6	0.8mg
Vitamin B12	4.9µg

Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

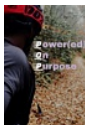
Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Pear

1 serving
5 minutes

Ingredients

1 Pear

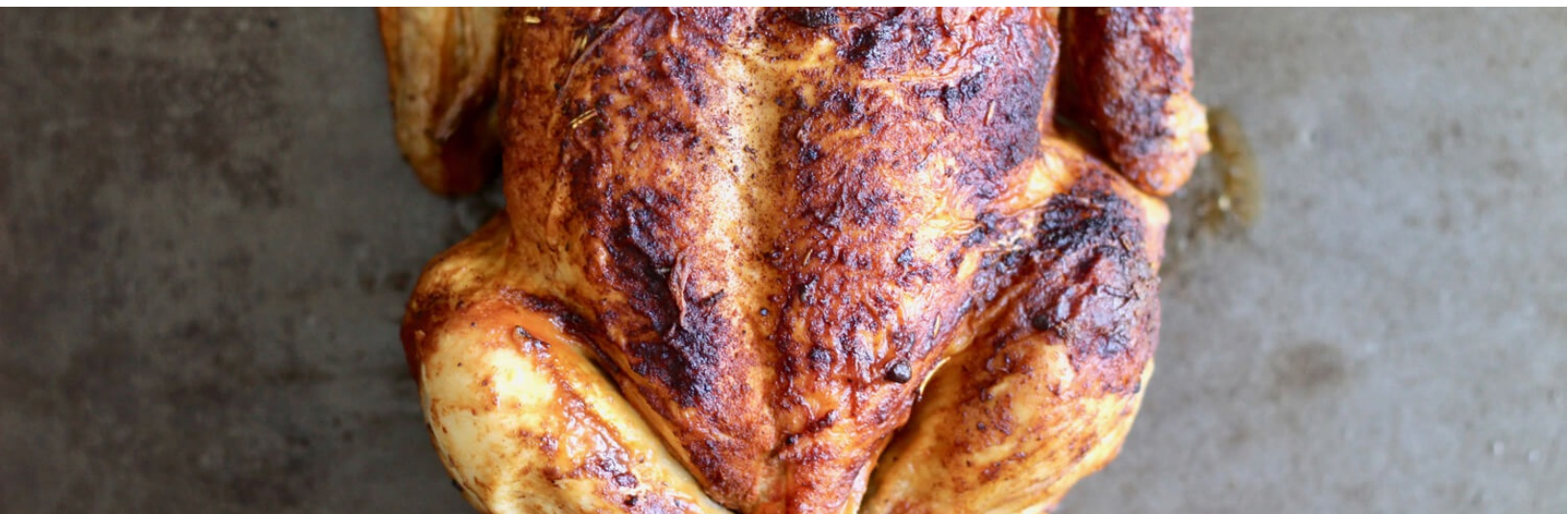
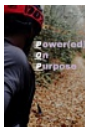
Nutrition

Amount per serving	
Calories	101
Fat	0g
Saturated	0g
Trans	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Calcium	16mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.1mg
Vitamin B12	0µg

Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



Roasted Chicken

4 servings

2 hours

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Poultry Seasoning
- 2 tsps Paprika

Nutrition

Amount per serving	
Calories	541
Fat	16g
Saturated	4g
Trans	0g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	93g
Cholesterol	295mg
Sodium	931mg
Calcium	61mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	1.9mg
Vitamin B12	1.6µg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

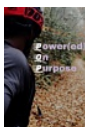
Notes

Roasting Times: If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers: Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste: Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time: Buy a pre-roasted chicken.



Spiralized Veggie Noodles with Peanut Sauce

2 servings

15 minutes

Ingredients

2/3 Zucchini (medium)
2/3 Carrot (large, peeled)
2/3 Red Bell Pepper (thinly sliced)
1 cup Purple Cabbage (thinly sliced)
2 2/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Water
1 1/3 tbsps Lime Juice
2 tsps Tamari
2 tsps Maple Syrup
2/3 Garlic (clove, minced)
2/3 tsp Ginger (minced)
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	253
Fat	16g
Saturated	3g
Trans	0g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	11g
Cholesterol	0mg
Sodium	374mg
Calcium	70mg
Iron	2mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin B6	0.5mg
Vitamin B12	0µg

Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers: For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

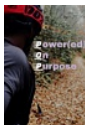
Serving Size: One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free: Use coconut aminos instead of tamari.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Additional Toppings: For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

More Protein: Add cooked chicken, shrimp or tofu.



Steamed Asparagus & Potatoes

2 servings

30 minutes

Ingredients

2 cups Mini Potatoes (halved)
2 cups Asparagus (woody ends
trimmed, chopped in half)

Nutrition

Amount per serving	
Calories	142
Fat	0g
Saturated	0g
Trans	0g
Carbs	31g
Fiber	6g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	12mg
Calcium	50mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.6mg
Vitamin B12	0µg

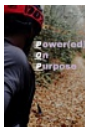
Directions

- 1 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the potatoes to a plate.
- 2 Add asparagus to the steaming basket and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 3 Divide the potatoes and asparagus into bowls or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to five days.

Serving Size: One serving is equal to approximately one cup of potatoes and one cup of asparagus.



Avocado Beef Stir Fry

2 servings

20 minutes

Ingredients

- 2 tbsps Sesame Oil
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 Yellow Onion (small, sliced)
- 8 ozs Top Sirloin Steak (thinly sliced)
- 1 tbsp Tamari
- 1 1/2 tbsps Red Wine Vinegar
- 1 tsp Sea Salt
- 2 Avocado (peeled and cubed)

Nutrition

Amount per serving	
Calories	723
Fat	59g
Saturated	13g
Trans	0g
Carbs	25g
Fiber	15g
Sugar	6g
Protein	28g
Cholesterol	88mg
Sodium	1759mg
Calcium	84mg
Iron	5mg
Vitamin D	0IU
Vitamin E	5mg
Vitamin B6	1.2mg
Vitamin B12	1.3µg

Directions

- 1 Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
- 2 Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

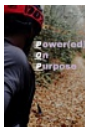
Notes

Serve it With: Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps.

No Beef: Use diced chicken breast, cooked chickpeas or tofu instead.

More Greens: Stir in kale or baby spinach until wilted.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Steamed White Rice

2 servings

20 minutes

Ingredients

- 1 cup Water
- 1/2 cup Jasmine Rice (dry, rinsed)

Nutrition

Amount per serving	
Calories	160
Fat	0g
Saturated	0g
Trans	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Calcium	12mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0mg
Vitamin B12	0µg

Directions

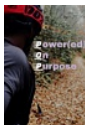
- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to six days, or freeze for up to three months.

Serving Size: Each serving equals approximately one cup of cooked rice.

More Flavor: Add your choice of herbs or spices, or use broth instead of water.



Massaged Kale Salad with Salmon

2 servings

20 minutes

Ingredients

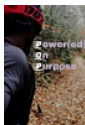
6 cups Kale Leaves (chopped)
1 Lemon (juiced)
2 tbsps Hemp Seeds
Sea Salt & Black Pepper (to taste)
1/4 cup Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	482
Fat	40g
Saturated	5g
Trans	0g
Carbs	5g
Fiber	3g
Sugar	1g
Protein	28g
Cholesterol	62mg
Sodium	85mg
Calcium	182mg
Iron	3mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin B6	1.1mg
Vitamin B12	3.6µg

Directions

- 1 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 2 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 3 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!



Roasted Sweet Potato Rounds

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, washed and scrubbed)

3/4 tsp Coconut Oil

Nutrition

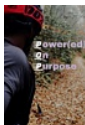
Amount per serving	
Calories	71
Fat	2g
Saturated	1g
Trans	0g
Carbs	13g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	36mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.1mg
Vitamin B12	0µg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve Them As: A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

- 3 tbsps Lemon Juice
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Cilantro (finely chopped, divided)
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

Nutrition

Amount per serving	
Calories	411
Fat	23g
Saturated	3g
Trans	0g
Carbs	8g
Fiber	2g
Sugar	2g
Protein	43g
Cholesterol	99mg
Sodium	743mg
Calcium	52mg
Iron	2mg
Vitamin D	83IU
Vitamin E	2mg
Vitamin B6	0.8mg
Vitamin B12	2.1µg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

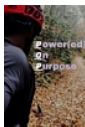
Fillet Size: Each cod fillet is equal to 231 grams or 8 ounces.

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

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.



Coconut Rice with Beans

2 servings

25 minutes

Ingredients

- 1/3 cup Water
- 1/3 cup Organic Coconut Milk (from the can or carton)
- 1/3 cup Jasmine Rice (uncooked, rinsed)
- 3/4 cup Black Beans (cooked)

Nutrition

Amount per serving	
Calories	283
Fat	7g
Saturated	6g
Trans	0g
Carbs	48g
Fiber	7g
Sugar	1g
Protein	9g
Cholesterol	0mg
Sodium	11mg
Calcium	25mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0mg
Vitamin B12	0µg

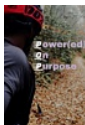
Directions

- 1 Combine the water, coconut milk and rice in a pot and bring to a boil. Lower the heat to a simmer, cover with a lid and cook for 18 minutes.
- 2 Stir in the black beans and cook for 3 to 5 minutes, or until warmed through.
- 3 Divide onto plates and enjoy!

Notes

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 5 days or freeze if longer.



Sausage, Kale & Acorn Squash Mash

1 serving
40 minutes

Ingredients

- 1/2 Acorn Squash (large, halved, seeds removed)
- 4 ozs Pork Sausage
- 3 cups Kale Leaves (stems removed, roughly chopped)
- 1 tbsp Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	592
Fat	47g
Saturated	22g
Trans	0g
Carbs	28g
Fiber	6g
Sugar	1g
Protein	17g
Cholesterol	66mg
Sodium	1072mg
Calcium	245mg
Iron	3mg
Vitamin D	50IU
Vitamin E	1mg
Vitamin B6	0.6mg
Vitamin B12	0.7µg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
- 3 Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
- 4 Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
- 5 Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
- 6 Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

Notes

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

Serving Size: One serving equals approximately one sausage, one cup of mashed acorn squash and 1 1/2 cups kale.

More Flavor: Add your choice of herbs or spices to the mashed acorn squash.

Make it Vegan: Use marinated chickpeas or tofu instead of sausage.