



**FIT NUTRITION CANADA**  
NUTRITIONAL CONSULTING

## One Pan Meal Program

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Bridget Fauteux


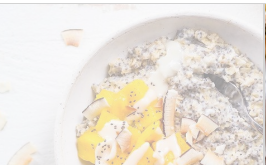
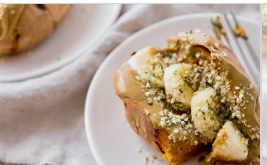

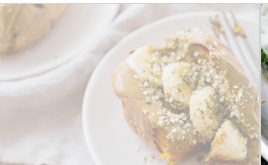



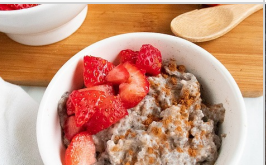

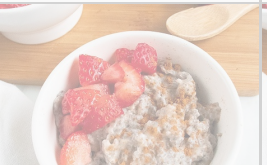
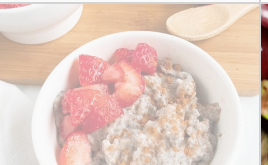














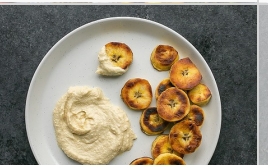








<http://www.fitnutritioncanada.com>

Nutritious, flavorful, easy one pan meals designed to help make life less busy.

Our One Pan Meal Program makes meal preparation and cleanup a breeze. Since all the ingredients cook together, you end up with flavorful meals that often taste even better as leftovers. The meals included in this program provide your protein, vegetables, and starch in one dish and are packed with nutrients to support bone health, the immune system, blood glucose management, and a healthy gut.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tropical Coconut Oatmeal	 Tropical Coconut Oatmeal	 Breakfast Baked Potato with Sun Butter	 Breakfast Baked Potato with Sun Butter	 Breakfast Baked Potato with Sun Butter	 Warm Peas with Eggs	 Warm Peas with Eggs
Snack 1	 Apple with Peanut Butter	 Coconut Chia Seed Yogurt	 Apple with Peanut Butter	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Grapes & Pistachios	 Grapes & Pistachios
Lunch	 Lemon Turkey Quinoa Skillet	 One Pan Chicken, Grapes & Veggies	 Lemon Turkey Quinoa Skillet	 One Pan Lemon Chicken	 Turkey & Cabbage Stir Fry	 One Pan Salmon with Rainbow Veggies	 Acorn Squash & Sausage Hash
Snack 2	 Egyptian Fava Beans with Tahini	 Banana with Peanut Butter	 Egyptian Fava Beans with Tahini	 Banana with Peanut Butter	 Egyptian Fava Beans with Tahini	 Fried Plantains with Hummus	 Fried Plantains with Hummus
Dinner	 One Pan Chicken, Grapes & Veggies	 Lemon Turkey Quinoa Skillet	 One Pan Lemon Chicken	 Turkey & Cabbage Stir Fry	 One Pan Salmon with Rainbow Veggies	 Acorn Squash & Sausage Hash	 One Pan Salmon with Rainbow Veggies

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 41%	Fat	<div><div></div></div> 44%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 47%
Carbs	<div><div></div></div> 38%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 38%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 35%
Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 18%
Calories	1918	Calories	2019	Calories	1806	Calories	1917	Calories	1922	Calories	1872	Calories	1872
Fat	90g	Fat	104g	Fat	84g	Fat	97g	Fat	95g	Fat	102g	Fat	102g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Carbs	191g	Carbs	193g	Carbs	191g	Carbs	191g	Carbs	185g	Carbs	168g	Carbs	168g
Fiber	39g	Fiber	44g	Fiber	37g	Fiber	46g	Fiber	51g	Fiber	32g	Fiber	32g
Protein	106g	Protein	99g	Protein	95g	Protein	93g	Protein	103g	Protein	89g	Protein	89g
Cholesterol	293mg	Cholesterol	293mg	Cholesterol	166mg	Cholesterol	194mg	Cholesterol	190mg	Cholesterol	491mg	Cholesterol	491mg
Sodium	1360mg	Sodium	1187mg	Sodium	934mg	Sodium	738mg	Sodium	1042mg	Sodium	2390mg	Sodium	2390mg
Potassium	3340mg	Potassium	3455mg	Potassium	3999mg	Potassium	4414mg	Potassium	4599mg	Potassium	3826mg	Potassium	3826mg
Vitamin C	122mg	Vitamin C	144mg	Vitamin C	147mg	Vitamin C	253mg	Vitamin C	426mg	Vitamin C	376mg	Vitamin C	376mg
Calcium	743mg	Calcium	1408mg	Calcium	371mg	Calcium	1110mg	Calcium	1261mg	Calcium	384mg	Calcium	384mg
Iron	17mg	Iron	18mg	Iron	15mg	Iron	15mg	Iron	18mg	Iron	15mg	Iron	15mg
Vitamin D	84IU	Vitamin D	84IU	Vitamin D	17IU	Vitamin D	22IU	Vitamin D	21IU	Vitamin D	117IU	Vitamin D	117IU
Vitamin K	197µg	Vitamin K	191µg	Vitamin K	257µg	Vitamin K	364µg	Vitamin K	314µg	Vitamin K	274µg	Vitamin K	274µg
Folate	504µg	Folate	339µg	Folate	542µg	Folate	398µg	Folate	605µg	Folate	437µg	Folate	437µg
Vitamin B12	4.5µg	Vitamin B12	7.2µg	Vitamin B12	1.6µg	Vitamin B12	4.7µg	Vitamin B12	9.0µg	Vitamin B12	14.3µg	Vitamin B12	14.3µg



**Fruits**

- ☐ 2 1/2 Apple
- ☐ 5 Banana
- ☐ 3 cups Grapes
- ☐ 1 3/4 Lemon
- ☐ 2/3 Lime
- ☐ 1 Mango
- ☐ 3/4 Navel Orange
- ☐ 1 Plantain
- ☐ 3/4 cup Strawberries

**Breakfast**

- ☐ 1/2 cup All Natural Peanut Butter

**Seeds, Nuts & Spices**

- ☐ 3/4 cup Chia Seeds
- ☐ 1 1/4 tbsps Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 3 tbsps Hemp Seeds
- ☐ 3/4 tsp Oregano
- ☐ 1 cup Pistachios, In Shell
- ☐ 1 1/2 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

**Frozen**

- ☐ 3 cups Frozen Peas

**Vegetables**

- ☐ 1 Acorn Squash
- ☐ 1 1/2 cups Baby Spinach
- ☐ 3 cups Broccoli
- ☐ 2 cups Brussels Sprouts
- ☐ 2/3 Carrot
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/3 cup Cilantro
- ☐ 3 1/2 Garlic
- ☐ 2 tps Ginger
- ☐ 4 cups Green Beans
- ☐ 5 1/4 cups Green Cabbage
- ☐ 1 cup Kale Leaves
- ☐ 2 cups Mini Potatoes
- ☐ 1 cup Mushrooms
- ☐ 3/4 cup Red Onion
- ☐ 1 tbsp Rosemary
- ☐ 3 Sweet Potato
- ☐ 2 tbsps Thyme
- ☐ 1/2 White Onion
- ☐ 1 1/2 Yellow Bell Pepper
- ☐ 1/4 Yellow Onion

**Boxed & Canned**

- ☐ 3 cups Fava Beans
- ☐ 1/2 cup Quinoa
- ☐ 1 1/8 cups Vegetable Broth

**Baking**

- ☐ 1 1/2 tps Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 2 tbsps Unsweetened Coconut Flakes

**Bread, Fish, Meat & Cheese**

- ☐ 227 grams Chicken Breast
- ☐ 454 grams Chicken Drumsticks
- ☐ 640 grams Extra Lean Ground Turkey
- ☐ 1/4 cup Hummus
- ☐ 142 grams Pork Sausage
- ☐ 425 grams Salmon Fillet

**Condiments & Oils**

- ☐ 1 1/2 tps Apple Cider Vinegar
- ☐ 3 tbsps Black Olives
- ☐ 3 1/3 tbsps Coconut Aminos
- ☐ 1 tbsp Coconut Butter
- ☐ 2 2/3 tbsps Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Sunflower Seed Butter
- ☐ 3 tbsps Tahini

**Cold**

- ☐ 4 Egg
- ☐ 1 1/4 cups Plain Coconut Milk
- ☐ 3 cups Unsweetened Coconut Yogurt

**Other**

- ☐ 1/3 cup Water



## Tropical Coconut Oatmeal

**2 servings**

**15 minutes**

### Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	435
Fat	18g
Trans	0g
Carbs	64g
Fiber	11g
Protein	9g
Cholesterol	0mg
Sodium	31mg
Potassium	520mg
Vitamin C	61mg
Calcium	372mg
Iron	3mg
Vitamin D	63IU
Vitamin K	8µg
Folate	85µg
Vitamin B12	1.9µg

### Directions

- 1 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 2 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

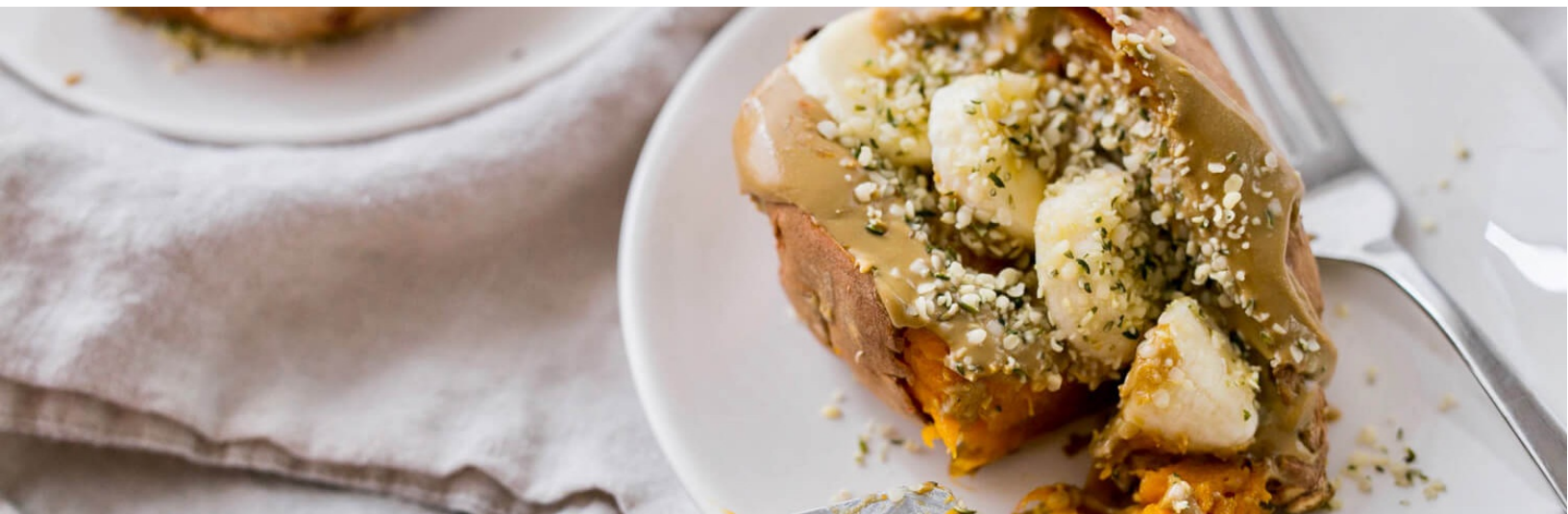
### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

**More Flavor:** Add a pinch of cinnamon.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.





## Breakfast Baked Potato with Sun Butter

**3 servings**

**50 minutes**

### Ingredients

3 Sweet Potato (medium)  
1/3 cup Sunflower Seed Butter  
3 Banana (sliced)  
3 tbsps Hemp Seeds  
3/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	471
Fat	23g
Trans	0g
Carbs	62g
Fiber	10g
Protein	12g
Cholesterol	0mg
Sodium	74mg
Potassium	1168mg
Vitamin C	14mg
Calcium	79mg
Iron	3mg
Vitamin D	0IU
Vitamin K	3µg
Folate	125µg
Vitamin B12	0µg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 3 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

### Notes

**More Toppings:** Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

**No Sunflower Seed Butter:** Use any nut or seed butter.

**Meal Prep:** Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.



## Warm Peas with Eggs

**1 serving**

**15 minutes**

### Ingredients

1/4 White Onion (diced)  
1 1/2 tbsps Water  
1 1/2 cups Frozen Peas  
1/8 tsp Sea Salt  
2 Egg

### Nutrition

Amount per serving	
Calories	341
Fat	10g
Trans	0g
Carbs	38g
Fiber	11g
Protein	25g
Cholesterol	372mg
Sodium	611mg
Potassium	442mg
Vitamin C	26mg
Calcium	122mg
Iron	5mg
Vitamin D	82IU
Vitamin K	58µg
Folate	194µg
Vitamin B12	0.9µg

### Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

**More Flavor:** Use broth or oil instead of water.

**Additional Toppings:** Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.





## 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
Trans	0g
Carbs	32g
Fiber	6g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Potassium	375mg
Vitamin C	8mg
Calcium	27mg
Iron	1mg
Vitamin D	0IU
Vitamin K	4µg
Folate	34µg
Vitamin B12	0µg

### 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.



## Coconut Chia Seed Yogurt

**3 servings**

**30 minutes**

### Ingredients

3 cups Unsweetened Coconut Yogurt  
3/4 cup Chia Seeds  
1 tbsp Cinnamon  
3/4 cup Strawberries (chopped)

### Nutrition

Amount per serving	
Calories	368
Fat	23g
Trans	0g
Carbs	37g
Fiber	17g
Protein	9g
Cholesterol	0mg
Sodium	50mg
Potassium	414mg
Vitamin C	21mg
Calcium	799mg
Iron	5mg
Vitamin D	0IU
Vitamin K	2µg
Folate	9µg
Vitamin B12	2.7µg

### Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

### Notes

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

**More Flavor:** Add maple syrup, honey, monk fruit sweetener or cardamom.

**Additional Toppings:** Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.





## Grapes & Pistachios

2 servings

5 minutes

### Ingredients

2 cups Grapes  
1 cup Pistachios, In Shell

### Directions

- 1 Divide into bowls and enjoy!

### Nutrition

Amount per serving	
Calories	380
Fat	26g
Trans	0g
Carbs	32g
Fiber	7g
Protein	13g
Cholesterol	0mg
Sodium	218mg
Potassium	176mg
Vitamin C	4mg
Calcium	53mg
Iron	2mg
Vitamin D	0IU
Vitamin K	13µg
Folate	4µg
Vitamin B12	0µg



## Lemon Turkey Quinoa Skillet

**3 servings**

**30 minutes**

### Ingredients

1 1/8 tbsps Extra Virgin Olive Oil  
1 1/2 Garlic (cloves, minced)  
340 grams Extra Lean Ground Turkey  
3/4 tsp Oregano (dried)  
1/8 tsp Sea Salt  
3 tbsps Black Olives (chopped)  
1 1/2 cups Baby Spinach (chopped)  
1/2 cup Quinoa (dry, uncooked)  
1 1/8 cups Vegetable Broth  
3/4 Lemon (zested and juiced)

### Nutrition

Amount per serving	
Calories	355
Fat	18g
Trans	0g
Carbs	24g
Fiber	3g
Protein	27g
Cholesterol	84mg
Sodium	547mg
Potassium	542mg
Vitamin C	10mg
Calcium	71mg
Iron	4mg
Vitamin D	16IU
Vitamin K	78µg
Folate	99µg
Vitamin B12	1.4µg

### Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 2 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 3 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 4 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 5 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

### Notes

**More Flavor:** Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

**Leftovers:** Keep in an air-tight container in the fridge for up to 3 days.

**No Quinoa:** Use long-grain white rice instead.

**No Spinach:** Use chopped kale or swiss chard instead.

**No Ground Turkey:** Use ground chicken or ground beef instead.

**No Vegetable Broth:** Use any type of broth, or water instead.

**Vegan & Vegetarian:** Use cooked lentils instead of ground turkey.





## Egyptian Fava Beans with Tahini

3 servings

15 minutes

### Ingredients

3 cups Fava Beans (cooked, with liquid)  
3 tbsps Tahini  
1/2 tsp Cumin  
1 1/2 tps Apple Cider Vinegar  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	278
Fat	9g
Trans	0g
Carbs	37g
Fiber	11g
Protein	16g
Cholesterol	0mg
Sodium	223mg
Potassium	526mg
Vitamin C	1mg
Calcium	129mg
Iron	4mg
Vitamin D	0IU
Vitamin K	5µg
Folate	192µg
Vitamin B12	0µg

### Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

### Notes

**Serve It With:** Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

**No Apple Cider Vinegar:** Use lemon juice instead.

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

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.



## Banana with Peanut Butter

1 serving

5 minutes

### Ingredients

- 1 Banana (peeled and sliced)
- 2 tbsps All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	298
Fat	17g
Trans	0g
Carbs	34g
Fiber	5g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Potassium	602mg
Vitamin C	10mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU
Vitamin K	1µg
Folate	52µg
Vitamin B12	0µg

### Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

### Notes

**No Peanut Butter:** Use any nut or seed butter.

**More Protein:** Sprinkle with hemp seeds.



## Fried Plantains with Hummus

**2 servings**

**15 minutes**

### Ingredients

2 tbsps Coconut Oil  
1 Plantain (peeled, sliced)  
1/4 cup Hummus

### Nutrition

Amount per serving	
Calories	359
Fat	19g
Trans	0g
Carbs	48g
Fiber	4g
Protein	4g
Cholesterol	0mg
Sodium	136mg
Potassium	753mg
Vitamin C	25mg
Calcium	19mg
Iron	2mg
Vitamin D	0IU
Vitamin K	46µg
Folate	44µg
Vitamin B12	0µg

### Directions

- 1 Heat the coconut oil in a large skillet and add the plantains. Cook for 2 to 3 minutes per side or until browned.
- 2 Serve with hummus. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Reheat the plantains in a skillet or the oven.

**Serving Size:** One serving equals approximately half a plantain and two tablespoons of hummus.





## One Pan Chicken, Grapes & Veggies

**2 servings**

**30 minutes**

### Ingredients

454 grams Chicken Drumsticks  
1/2 Acorn Squash (seeds removed, chopped)  
4 cups Green Beans (trimmed)  
1 cup Grapes (seedless, stems removed)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Thyme (fresh)  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	563
Fat	28g
Trans	0g
Carbs	34g
Fiber	8g
Protein	46g
Cholesterol	209mg
Sodium	552mg
Potassium	1377mg
Vitamin C	42mg
Calcium	144mg
Iron	5mg
Vitamin D	5IU
Vitamin K	102µg
Folate	94µg
Vitamin B12	1.2µg

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil overtop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

**More Flavor:** Add your choice of herbs and spices, or balsamic vinegar.



## One Pan Lemon Chicken

**2 servings**

**35 minutes**

### Ingredients

227 grams Chicken Breast (skinless and boneless)  
2 cups Mini Potatoes (halved)  
2 cups Brussels Sprouts (halved)  
2 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced and zested)  
1 tbsp Rosemary (fresh, chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

### Nutrition

Amount per serving	
Calories	415
Fat	17g
Trans	0g
Carbs	36g
Fiber	7g
Protein	32g
Cholesterol	82mg
Sodium	83mg
Potassium	1388mg
Vitamin C	114mg
Calcium	65mg
Iron	3mg
Vitamin D	1IU
Vitamin K	167µg
Folate	92µg
Vitamin B12	0.2µg

### Notes

**No Brussels Sprouts:** Use another green veggie instead such as green beans, asparagus or broccoli.

**No Chicken Breasts:** Use chicken legs or thighs instead and increase cooking time as needed.

**More Flavor:** Add additional spices such as oregano, thyme or chili flakes.

**No Mini Potatoes:** Use diced regular potatoes.





## Turkey & Cabbage Stir Fry

**2 servings**

**20 minutes**

### Ingredients

302 grams Extra Lean Ground Turkey  
2 tsps Coconut Oil  
5 1/3 cups Green Cabbage (thinly sliced)  
2/3 Carrot (large, julienned)  
2 2/3 tsps Water  
2 2/3 tsps Coconut Aminos  
2/3 Lime (juiced, plus more for garnish)  
2 Garlic (clove, minced)  
2 tsps Ginger (fresh, minced or grated)  
1/3 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	365
Fat	17g
Trans	0g
Carbs	22g
Fiber	7g
Protein	32g
Cholesterol	112mg
Sodium	524mg
Potassium	842mg
Vitamin C	94mg
Calcium	145mg
Iron	3mg
Vitamin D	21IU
Vitamin K	191µg
Folate	120µg
Vitamin B12	1.8µg

### Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

### Notes

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

**More Flavor:** Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

**Additional Toppings:** Top with additional cilantro.

**No Turkey:** Use ground chicken or pork instead.





## One Pan Salmon with Rainbow Veggies

**3 servings**

**40 minutes**

### Ingredients

3 cups Cherry Tomatoes  
425 grams Salmon Fillet  
1 1/2 Yellow Bell Pepper (sliced)  
3 cups Broccoli (chopped into small florets)  
3/4 cup Red Onion (sliced into chunks)  
3 tbsps Extra Virgin Olive Oil  
2 1/4 tsps Coconut Aminos  
3/4 Navel Orange (zested and juiced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	440
Fat	23g
Trans	0g
Carbs	27g
Fiber	6g
Protein	34g
Cholesterol	78mg
Sodium	171mg
Potassium	1649mg
Vitamin C	296mg
Calcium	109mg
Iron	3mg
Vitamin D	0IU
Vitamin K	113µg
Folate	159µg
Vitamin B12	4.5µg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs:** Serve with rice or quinoa.

**Vegan:** Use tofu steaks or roasted chickpeas instead of salmon.

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



## Acorn Squash & Sausage Hash

**2 servings**

**30 minutes**

### Ingredients

**142 grams** Pork Sausage (casings removed)  
**1 1/2 tsps** Extra Virgin Olive Oil  
**1/2** Acorn Squash (peeled, chopped into cubes)  
**1/4** Yellow Onion (chopped)  
**1 cup** Mushrooms (sliced)  
**1 cup** Kale Leaves (chopped)  
**1 1/2 tsps** Nutritional Yeast  
**1/2 tsp** Sea Salt  
**1/2** Apple (cored, cubed)

### Nutrition

Amount per serving	
Calories	352
Fat	24g
Trans	0g
Carbs	23g
Fiber	4g
Protein	13g
Cholesterol	41mg
Sodium	1254mg
Potassium	806mg
Vitamin C	25mg
Calcium	81mg
Iron	3mg
Vitamin D	35IU
Vitamin K	44µg
Folate	36µg
Vitamin B12	8.9µg

### Directions

- 1 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 2 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 3 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 4 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 cup of the hash mixture.

**More Fiber:** Stir in cooked quinoa or rice.

**Make it Vegan:** Use black beans or lentils instead of sausage.

**Meal Prep:** Cook the acorn squash in advance to save time.