

MON



BREAKFAST
English Muffin Breakfast Pizzas

LUNCH
Turkey Wraps with Almonds, Cucumbers
& Blueberries

DINNER
Chorizo Avocado Lettuce Wraps

TUE



BREAKFAST
Steak & Egg Sandwich

LUNCH
Avocado Beef Quesadilla

DINNER
Edamame, Cranberry & Feta Salad

WED



BREAKFAST
Egg White Salsa Bowl

LUNCH
Buffalo Chicken Wrap

DINNER
Radish & Fried Egg Salad

THU



BREAKFAST
Freezer Veggie Breakfast Burritos

LUNCH
Meal Prep Taco Bowl

DINNER
Pasta with Spinach & Turkey

FRI



BREAKFAST
Protein Overnight Oats with Blueberries

LUNCH
Turkey & Cheese Snack Box

DINNER
Rainbow Trout with Quinoa & Rapini



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MON**FAT 52%** **CARBS 27%** **PROTEIN 21%**

Calories 1302 Vitamin A 6881IU
Fat 79g Vitamin C 46mg
Saturated 19g Calcium 621mg
Trans 0g Iron 10mg
Carbs 94g Vitamin D 6IU
Fiber 34g Vitamin E 16mg
Sugar 23g Vitamin K 310µg
Protein 71g Vitamin B6 1.6mg
Cholesterol 106mg Folate 317µg
Sodium 2180mg Vitamin B12 1.2µg
Potassium 2840mg Magnesium 255mg

TUE**FAT 51%** **CARBS 28%** **PROTEIN 21%**

Calories 1542 Vitamin A 1425IU
Fat 89g Vitamin C 41mg
Saturated 21g Calcium 554mg
Trans 0g Iron 13mg
Carbs 112g Vitamin D 50IU
Fiber 35g Vitamin E 9mg
Sugar 36g Vitamin K 117µg
Protein 85g Vitamin B6 2.2mg
Cholesterol 332mg Folate 1005µg
Sodium 1424mg Vitamin B12 4.6µg
Potassium 2925mg Magnesium 314mg

WED**FAT 53%** **CARBS 21%** **PROTEIN 26%**

Calories 1113 Vitamin A 6894IU
Fat 68g Vitamin C 58mg
Saturated 14g Calcium 378mg
Trans 0g Iron 7mg
Carbs 60g Vitamin D 83IU
Fiber 29g Vitamin E 11mg
Sugar 13g Vitamin K 338µg
Protein 75g Vitamin B6 2.3mg
Cholesterol 446mg Folate 503µg
Sodium 2174mg Vitamin B12 1.3µg
Potassium 3245mg Magnesium 265mg

THU**FAT 52%** **CARBS 25%** **PROTEIN 23%**

Calories 1334 Vitamin A 12806IU
Fat 79g Vitamin C 83mg
Saturated 19g Calcium 285mg
Trans 1g Iron 17mg
Carbs 85g Vitamin D 130IU
Fiber 23g Vitamin E 8mg
Sugar 15g Vitamin K 398µg
Protein 81g Vitamin B6 1.7mg
Cholesterol 667mg Folate 327µg
Sodium 1529mg Vitamin B12 5.0µg
Potassium 1958mg Magnesium 169mg

FRI**FAT 44%** **CARBS 23%** **PROTEIN 33%**

Calories 1267 Vitamin A 11581IU
Fat 64g Vitamin C 94mg
Saturated 21g Calcium 1263mg
Trans 0g Iron 9mg
Carbs 74g Vitamin D 71IU
Fiber 16g Vitamin E 8mg
Sugar 11g Vitamin K 569µg
Protein 106g Vitamin B6 2.1mg
Cholesterol 243mg Folate 316µg
Sodium 2039mg Vitamin B12 8.8µg
Potassium 2641mg Magnesium 333mg



English Muffin Breakfast Pizzas

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Egg Whites
1 tbsp Water
1 1/2 cups Baby Spinach
2 ozs English Muffin (sliced in half)
2 tbsps Salsa
1 oz Mozzarella Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	253	Vitamin A	4572IU
Fat	6g	Vitamin C	13mg
Saturated	4g	Calcium	245mg
Trans	0g	Iron	3mg
Carbs	33g	Vitamin D	0IU
Fiber	10g	Vitamin E	1mg
Sugar	3g	Vitamin K	219µg
Protein	23g	Vitamin B6	0.2mg
Cholesterol	25mg	Folate	93µg
Sodium	798mg	Vitamin B12	0.1µg
Potassium	569mg	Magnesium	54mg

DIRECTIONS

- 01 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 02 Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
- 03 Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Can be refrigerated in an airtight container for up to two days.

GLUTEN-FREE

Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.

ADDITIONAL TOPPINGS

Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.

MAKE IT VEGAN

Use scrambled tofu and vegan cheese instead.

ENGLISH MUFFIN

One English muffin is roughly two ounces or 57 grams.

Steak & Egg Sandwich

1 SERVING 15 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil (divided)
2 1/2 ozs Top Sirloin Steak
1/8 tsp Sea Salt (divided)
1 Egg
1/2 Avocado (small, mashed)
2 slices Gluten-Free Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	578	Vitamin A	417IU
Fat	39g	Vitamin C	10mg
Saturated	9g	Calcium	88mg
Trans	0g	Iron	3mg
Carbs	33g	Vitamin D	41IU
Fiber	9g	Vitamin E	4mg
Sugar	6g	Vitamin K	25µg
Protein	26g	Vitamin B6	0.8mg
Cholesterol	241mg	Folate	113µg
Sodium	664mg	Vitamin B12	1.2µg
Potassium	837mg	Magnesium	65mg

DIRECTIONS

- 01 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 02 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 03 Reduce the heat to medium and add the remaining oil. Crack the egg in the pan and add the remaining salt. Cook until the whites are set and the yolk is cooked to your liking.
- 04 Top your toast with the mashed avocado, fried egg, and steak slices. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

MORE FLAVOR

Add mustard or your favorite steak sauce.

ADDITIONAL TOPPINGS

Tomato and mixed greens.

Egg White Salsa Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

2 tsps Avocado Oil
2 cups Egg Whites
1 Avocado (sliced)
1 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	366	Vitamin A	746IU
Fat	20g	Vitamin C	13mg
Saturated	3g	Calcium	68mg
Trans	0g	Iron	1mg
Carbs	19g	Vitamin D	0IU
Fiber	9g	Vitamin E	4mg
Sugar	8g	Vitamin K	27µg
Protein	30g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	96µg
Sodium	1335mg	Vitamin B12	0.2µg
Potassium	1241mg	Magnesium	75mg

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 02 Serve the egg whites alongside the avocado and salsa. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Season with salt and pepper to taste. Top with crushed tortilla chips or serve it with crackers.

Freezer Veggie Breakfast Burritos

10 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Extra Virgin Olive Oil (divided)
5 Garlic (cloves, minced)
1 cup Red Onion (large, diced)
2 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
2 Red Bell Pepper (diced)
2 Green Bell Pepper (diced)
1 tbsp Cumin
1 1/2 tsp Chili Powder
1 tsp Sea Salt
12 Egg (large, whisked)
10 Brown Rice Tortilla (11 inches)

NUTRITION

AMOUNT PER SERVING

Calories	329	Vitamin A	4973IU
Fat	14g	Vitamin C	52mg
Saturated	3g	Calcium	59mg
Trans	0g	Iron	3mg
Carbs	38g	Vitamin D	49IU
Fiber	5g	Vitamin E	2mg
Sugar	7g	Vitamin K	7µg
Protein	12g	Vitamin B6	0.3mg
Cholesterol	223mg	Folate	48µg
Sodium	521mg	Vitamin B12	0.5µg
Potassium	311mg	Magnesium	24mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 02 In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 03 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 04 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 05 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

NOTES

REHEATING IN THE OVEN

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

REHEATING IN THE MICROWAVE

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

MAKE IT SPICY

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

SERVE IT WITH

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

NO BROWN RICE TORTILLAS

Use corn or whole wheat tortillas instead.

Protein Overnight Oats with Blueberries

4 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oat Milk (unsweetened, plain)
1 cup Oats (rolled)
2 cups Plain Greek Yogurt
1 tbsp Cinnamon
1/2 cup Vanilla Protein Powder
1 cup Frozen Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	264	Vitamin A	648IU
Fat	6g	Vitamin C	9mg
Saturated	2g	Calcium	427mg
Trans	0g	Iron	2mg
Carbs	31g	Vitamin D	50IU
Fiber	5g	Vitamin E	0mg
Sugar	8g	Vitamin K	7µg
Protein	24g	Vitamin B6	0.1mg
Cholesterol	19mg	Folate	13µg
Sodium	116mg	Vitamin B12	0.6µg
Potassium	260mg	Magnesium	55mg

DIRECTIONS

- 01 Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Store in the fridge until ready to eat. Serve with blueberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

NO OAT MILK

Use any milk or milk alternative.

ADDITIONAL TOPPINGS

Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

Turkey Wraps with Almonds, Cucumbers & Blueberries

1 SERVING 10 MINUTES



INGREDIENTS

1/4 Apple (cored, sliced)
1 oz Havarti Cheese (sliced)
3 1/2 ozs Sliced Turkey Breast
1/2 cup Blueberries
1/4 cup Almonds
1/2 Cucumber (large, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	517	Vitamin A	610IU
Fat	32g	Vitamin C	13mg
Saturated	9g	Calcium	270mg
Trans	0g	Iron	2mg
Carbs	32g	Vitamin D	6IU
Fiber	8g	Vitamin E	10mg
Sugar	17g	Vitamin K	40µg
Protein	30g	Vitamin B6	0.6mg
Cholesterol	81mg	Folate	36µg
Sodium	1109mg	Vitamin B12	0.4µg
Potassium	960mg	Magnesium	142mg

DIRECTIONS

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

NOTES

NO TURKEY BREAST

Use ham, prosciutto, salami, collard greens or lettuce instead.

DAIRY-FREE

Use avocado instead of havarti.

NUT-FREE

Use pumpkin seeds or sunflower seeds instead.

LEFTOVERS

Refrigerate in an airtight container for up to three days.

Avocado Beef Quesadilla

1 SERVING 15 MINUTES



INGREDIENTS

- 1 Whole Wheat Tortilla (large)
- 1/2 Avocado (sliced)
- 1/2 tsp Lime Juice (to taste)
- 3 ozs Deli Roast Beef (sliced)
- 1/2 cup Red Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	433	Vitamin A	157IU
Fat	23g	Vitamin C	17mg
Saturated	5g	Calcium	135mg
Trans	0g	Iron	4mg
Carbs	35g	Vitamin D	3IU
Fiber	12g	Vitamin E	2mg
Sugar	5g	Vitamin K	25µg
Protein	26g	Vitamin B6	1.0mg
Cholesterol	58mg	Folate	157µg
Sodium	319mg	Vitamin B12	2.8µg
Potassium	1051mg	Magnesium	93mg

DIRECTIONS

- 01 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and spread the avocado on half the tortilla.
- 02 Top with the lime juice, roast beef, and red onion.
- 03 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

NOTES

LEFTOVERS

This is best enjoyed right after cooking, but can be refrigerated for up to three days.

SERVING SIZE

One serving is equal to one quesadilla.

GLUTEN-FREE

Use brown rice tortilla instead of whole wheat tortilla.

ADDITIONAL TOPPINGS

Add pickles or hot banana pepper slices. Serve it with yogurt or salsa.



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Buffalo Chicken Wrap

1 SERVING 10 MINUTES



INGREDIENTS

2 1/2 ozs Chicken Breast, Cooked (shredded)
1 tbsp Hot Sauce
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla
3/4 cup Arugula
1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	399	Vitamin A	527IU
Fat	21g	Vitamin C	12mg
Saturated	5g	Calcium	140mg
Trans	0g	Iron	2mg
Carbs	28g	Vitamin D	1IU
Fiber	11g	Vitamin E	3mg
Sugar	2g	Vitamin K	39µg
Protein	28g	Vitamin B6	1.2mg
Cholesterol	74mg	Folate	153µg
Sodium	631mg	Vitamin B12	0.2µg
Potassium	927mg	Magnesium	95mg

DIRECTIONS

- 01 In a medium-sized bowl, mix together the shredded chicken with the hot sauce and season with salt and pepper.
- 02 Lay the tortilla flat and top with the arugula, and then the chicken and avocado. Roll the tortilla tightly and enjoy!

NOTES

LEFTOVERS

Refrigerate wrapped in tin foil or parchment paper for up to two days.

GLUTEN-FREE

Use a gluten-free tortilla.

NO ARUGULA

Use spinach instead.

ADDITIONAL TOPPINGS

Top with cheddar cheese or blue cheese, or spread with cream cheese.

Meal Prep Taco Bowl

4 SERVINGS 15 MINUTES



INGREDIENTS

1 lb Lean Ground Beef
1 1/2 tsps Taco Seasoning
6 Egg
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach
2 Avocado (sliced)
1/2 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	580	Vitamin A	4937IU
Fat	45g	Vitamin C	23mg
Saturated	13g	Calcium	133mg
Trans	1g	Iron	6mg
Carbs	14g	Vitamin D	65IU
Fiber	9g	Vitamin E	4mg
Sugar	3g	Vitamin K	242µg
Protein	33g	Vitamin B6	0.9mg
Cholesterol	360mg	Folate	213µg
Sodium	551mg	Vitamin B12	3.1µg
Potassium	1238mg	Magnesium	98mg

DIRECTIONS

- 01 Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 02 Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 03 Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to two days.

ADDITIONAL TOPPINGS

Top with shredded cheese or sour cream.



Turkey & Cheese Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

4 1/4 ozs Sliced Turkey Breast
2 ozs Cheddar Cheese (cubed)
1/4 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	552	Vitamin A	704IU
Fat	43g	Vitamin C	0mg
Saturated	14g	Calcium	449mg
Trans	0g	Iron	1mg
Carbs	9g	Vitamin D	21IU
Fiber	2g	Vitamin E	1mg
Sugar	2g	Vitamin K	2µg
Protein	35g	Vitamin B6	0.7mg
Cholesterol	115mg	Folate	50µg
Sodium	1453mg	Vitamin B12	1.1µg
Potassium	622mg	Magnesium	86mg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

DAIRY-FREE

Use a dairy-free cheese.

NUT-FREE

Use pumpkin seeds instead of walnuts.



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Chorizo Avocado Lettuce Wraps

4 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 lb Chorizo (sliced)
1 head Romaine Hearts (leaves separated)
4 Avocado (sliced or mashed)

NUTRITION

AMOUNT PER SERVING

Calories	532	Vitamin A	1699IU
Fat	41g	Vitamin C	20mg
Saturated	6g	Calcium	106mg
Trans	0g	Iron	5mg
Carbs	29g	Vitamin D	0IU
Fiber	16g	Vitamin E	5mg
Sugar	3g	Vitamin K	51µg
Protein	18g	Vitamin B6	0.8mg
Cholesterol	0mg	Folate	188µg
Sodium	273mg	Vitamin B12	0.7µg
Potassium	1311mg	Magnesium	59mg

DIRECTIONS

- 01 Heat the oil in a large skillet over medium-high heat. Cook the sausage for 5 to 6 minutes or until browned and cooked through.
- 02 Top each lettuce leaf with avocado and sausage. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to three days. Avocado is best enjoyed on the same day.

SERVING SIZE

One serving is equal to approximately three lettuce wraps.

ADDITIONAL TOPPINGS

Add leftover veggies, green onion, and/or plain yogurt.

MAKE IT VEGAN

Use vegan sausage, tempeh or tofu instead.



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Edamame, Cranberry & Feta Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

6 cups Frozen Edamame (thawed)
1 cup Feta Cheese (crumbled)
1 cup Dried Unsweetened Cranberries
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	531	Vitamin A	851IU
Fat	27g	Vitamin C	14mg
Saturated	7g	Calcium	331mg
Trans	0g	Iron	6mg
Carbs	44g	Vitamin D	6IU
Fiber	14g	Vitamin E	3mg
Sugar	25g	Vitamin K	67µg
Protein	33g	Vitamin B6	0.4mg
Cholesterol	33mg	Folate	735µg
Sodium	441mg	Vitamin B12	0.6µg
Potassium	1037mg	Magnesium	156mg

DIRECTIONS

01 Combine all ingredients in a bowl and enjoy!

NOTES

NO CRANBERRIES

Use raisins, blueberries or cherries instead.

LEFTOVERS

Refrigerate in an airtight container up to 5-7 days.

NO EDAMAME

Use green peas instead.

Radish & Fried Egg Salad

1 SERVING 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
2 Egg
1 1/2 cups Baby Spinach
1 1/2 cups Arugula
1/3 cup Radishes (sliced)
1/2 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	348	Vitamin A	5621IU
Fat	27g	Vitamin C	33mg
Saturated	6g	Calcium	170mg
Trans	0g	Iron	4mg
Carbs	13g	Vitamin D	82IU
Fiber	9g	Vitamin E	4mg
Sugar	3g	Vitamin K	272µg
Protein	17g	Vitamin B6	0.6mg
Cholesterol	372mg	Folate	254µg
Sodium	208mg	Vitamin B12	0.9µg
Potassium	1077mg	Magnesium	95mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 02 Arrange the spinach, arugula, radishes, and avocado onto a plate. Top with the fried eggs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add a pinch of salt, everything bagel seasoning, or a dash of tamari.

ADDITIONAL TOPPINGS

Add thinly sliced red onions, cucumber, or tomatoes.

Pasta with Spinach & Turkey

4 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta
2 tbsps Extra Virgin Olive Oil (divided)
1 lb Extra Lean Ground Turkey
1 tsp Italian Seasoning
1/2 tsp Sea Salt
4 cups Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	425	Vitamin A	2896IU
Fat	20g	Vitamin C	8mg
Saturated	3g	Calcium	93mg
Trans	0g	Iron	8mg
Carbs	33g	Vitamin D	16IU
Fiber	9g	Vitamin E	2mg
Sugar	5g	Vitamin K	149µg
Protein	36g	Vitamin B6	0.5mg
Cholesterol	84mg	Folate	66µg
Sodium	457mg	Vitamin B12	1.4µg
Potassium	409mg	Magnesium	47mg

DIRECTIONS

- 01 Cook the pasta according to the directions on the box.
- 02 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 03 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add garlic, red pepper flakes or fresh herbs.

NO CHICKPEA PASTA

Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

NO TURKEY

Use ground chicken, pork, beef or cooked lentils instead.

Rainbow Trout with Quinoa & Rapini

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Quinoa (dry)
4 Rainbow Trout Fillet
1/4 cup Fresh Dill (chopped)
1/2 tsp Sea Salt (divided, to taste)
2 tbsps Butter
2 bunches Rapini (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	451	Vitamin A	10229...
Fat	15g	Vitamin C	85mg
Saturated	5g	Calcium	387mg
Trans	0g	Iron	6mg
Carbs	34g	Vitamin D	0IU
Fiber	9g	Vitamin E	7mg
Sugar	1g	Vitamin K	560µg
Protein	47g	Vitamin B6	1.3mg
Cholesterol	109mg	Folate	253µg
Sodium	470mg	Vitamin B12	7.1µg
Potassium	1759mg	Magnesium	192mg

DIRECTIONS

- 01 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 02 Meanwhile, coat the trout fillets in the dill and half the salt.
- 03 Heat the butter in a non-stick pan over medium heat. Place the trout flesh side down and cook for three minutes, then flip and cook for three to four minutes until cooked through. Remove and set aside.
- 04 In the same pan, add the rapini and cook until just wilted. Serve alongside the trout and quinoa, and season with the remaining salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

FILLET SIZE

One fillet is equal to 159 grams or 5.6 ounces.

DAIRY-FREE

Use vegan butter or your cooking oil of choice.

ADDITIONAL TOPPINGS

Add lemon juice, fresh herbs, salad greens, olives, capers, sliced red onions, or crumbled feta cheese.

NO RAINBOW TROUT

Use salmon instead.