



No-Fuss Summer Program
July/August 2026

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This program was created with four key considerations:

Fiber

Fiber has several health benefits including improving digestive health and blood pressure. This meal plan provides up to 35 grams of fiber daily from foods such as fruits, vegetables, lentils, and whole grains. Soluble fiber has been shown to improve glycemic control and lower cholesterol. It is incorporated into the program from oats, asparagus, and banana.

Healthy Fats

Omega-3 and omega-9 fatty acids provide cardiovascular benefits, reduce inflammation, and improve immune function. This program incorporates omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) from fatty fish which are associated with improved cognitive function. Omega-9 fats from foods such as nut butter and olive oil are combined with carbohydrates to reduce glycemic response.

Bone Building Nutrients

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance, influences bone-building cells, and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like fortified milk beverages and almonds. Magnesium is incorporated from food sources like chia seeds, peanut butter, and spinach.

Immune Support

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system and reduce oxidative stress in cells. This meal plan contains vitamin A sources like mango and tuna and incorporates vitamin E through healthy oils, nuts, and seeds. A lack of vitamin C can make you more prone to getting sick. This plan provides vitamin C from whole food sources like strawberries, pineapple, and kiwi.

Welcome to your meal plan! On the next pages, you will find the plan I have created for you to explore and experience, along with an itemized grocery list and delicious recipes.

Prep Guide

Along with the other included tools, using this prep guide (in a pdf document) will help to save time, energy and brain power when using the meal plan! The prep guide gives you guidance on when to prepare and what to make when throughout the meal plan. Give yourself the gift of simplicity!

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

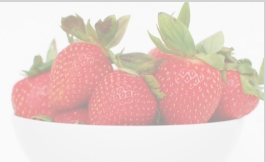
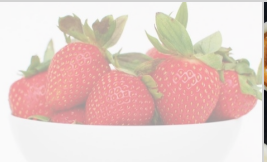
The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Strawberry Banana Smoothie	 Strawberry Banana Smoothie	 Blueberry Overnight Oats	 Blueberry Overnight Oats
Snack 1	 Blueberry Agua Fresca	 Blueberry Agua Fresca	 Blueberry Agua Fresca	 Pineapple	 Pineapple	 Pineapple	 Pineapple
Lunch	 Simple Tuna Salad	 Simple Tuna Salad	 Spiced Salmon Kabobs	 Pineapple Coconut Shrimp	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Grilled Shrimp Salad	 Grilled Pineapple & Chicken Salad
Snack 2	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Banana with Peanut Butter	 Banana with Peanut Butter	 Key Lime Mousse	 Key Lime Mousse
Dinner	 Spiced Salmon Kabobs	 Spiced Salmon Kabobs	 Pineapple Coconut Shrimp	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Grilled Shrimp Salad	 Grilled Pineapple & Chicken Salad	 Grilled Shrimp Salad
Snack 3	 Coconut Banana Ice Cream	 Coconut Banana Ice Cream	 Coconut Banana Ice Cream	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	38%	Fat	38%	Fat	33%	Fat	30%	Fat	37%	Fat	47%	Fat	47%
Carbs	39%	Carbs	39%	Carbs	42%	Carbs	46%	Carbs	40%	Carbs	32%	Carbs	32%
Protein	23%	Protein	23%	Protein	25%	Protein	24%	Protein	23%	Protein	21%	Protein	21%
Calories	1495	Calories	1495	Calories	1655	Calories	1644	Calories	1635	Calories	1840	Calories	1840
Fat	65g	Fat	65g	Fat	64g	Fat	58g	Fat	69g	Fat	100g	Fat	100g
Saturated	19g	Saturated	19g	Saturated	20g	Saturated	19g	Saturated	19g	Saturated	25g	Saturated	25g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	18g	Polyunsaturated	18g	Polyunsaturated	12g	Polyunsaturated	13g	Polyunsaturated	15g	Polyunsaturated	10g	Polyunsaturated	10g
Monounsaturated	22g	Monounsaturated	22g	Monounsaturated	24g	Monounsaturated	18g	Monounsaturated	28g	Monounsaturated	42g	Monounsaturated	42g
Carbs	153g	Carbs	153g	Carbs	183g	Carbs	197g	Carbs	170g	Carbs	154g	Carbs	154g
Fiber	28g	Fiber	28g	Fiber	29g	Fiber	25g	Fiber	28g	Fiber	36g	Fiber	36g
Sugar	83g	Sugar	83g	Sugar	95g	Sugar	103g	Sugar	87g	Sugar	80g	Sugar	80g
Protein	91g	Protein	91g	Protein	108g	Protein	101g	Protein	99g	Protein	98g	Protein	98g
Cholesterol	137mg	Cholesterol	137mg	Cholesterol	437mg	Cholesterol	423mg	Cholesterol	423mg	Cholesterol	464mg	Cholesterol	464mg
Sodium	1051mg	Sodium	1051mg	Sodium	1123mg	Sodium	1325mg	Sodium	1094mg	Sodium	740mg	Sodium	740mg
Potassium	2876mg	Potassium	2876mg	Potassium	3260mg	Potassium	3694mg	Potassium	3924mg	Potassium	3369mg	Potassium	3369mg
Vitamin A	3127IU	Vitamin A	3127IU	Vitamin A	2716IU	Vitamin A	2506IU	Vitamin A	6587IU	Vitamin A	10239IU	Vitamin A	10239IU
Vitamin C	214mg	Vitamin C	214mg	Vitamin C	298mg	Vitamin C	369mg	Vitamin C	349mg	Vitamin C	317mg	Vitamin C	317mg
Calcium	624mg	Calcium	624mg	Calcium	758mg	Calcium	790mg	Calcium	829mg	Calcium	794mg	Calcium	794mg
Iron	13mg	Iron	13mg	Iron	12mg	Iron	9mg	Iron	10mg	Iron	12mg	Iron	12mg
Vitamin D	940IU	Vitamin D	940IU	Vitamin D	861IU	Vitamin D	739IU	Vitamin D	739IU	Vitamin D	42IU	Vitamin D	42IU
Vitamin E	10mg	Vitamin E	10mg	Vitamin E	10mg	Vitamin E	8mg	Vitamin E	11mg	Vitamin E	12mg	Vitamin E	12mg
Vitamin K	185µg	Vitamin K	185µg	Vitamin K	177µg	Vitamin K	56µg	Vitamin K	168µg	Vitamin K	426µg	Vitamin K	426µg
Thiamine	0.9mg	Thiamine	0.9mg	Thiamine	0.9mg	Thiamine	1.0mg	Thiamine	1.0mg	Thiamine	0.9mg	Thiamine	0.9mg
Riboflavin	1.8mg	Riboflavin	1.8mg	Riboflavin	1.7mg	Riboflavin	1.2mg	Riboflavin	1.2mg	Riboflavin	1.3mg	Riboflavin	1.3mg
Niacin	39mg	Niacin	39mg	Niacin	23mg	Niacin	21mg	Niacin	21mg	Niacin	19mg	Niacin	19mg
Vitamin B6	2.6mg	Vitamin B6	2.6mg	Vitamin B6	2.2mg	Vitamin B6	3.0mg	Vitamin B6	3.0mg	Vitamin B6	2.4mg	Vitamin B6	2.4mg
Folate	280µg	Folate	280µg	Folate	300µg	Folate	358µg	Folate	386µg	Folate	409µg	Folate	409µg
Vitamin B12	10.9µg	Vitamin B12	10.9µg	Vitamin B12	6.7µg	Vitamin B12	5.3µg	Vitamin B12	5.3µg	Vitamin B12	0.6µg	Vitamin B12	0.6µg
Phosphorous	1136mg	Phosphorous	1136mg	Phosphorous	1395mg	Phosphorous	1484mg	Phosphorous	1512mg	Phosphorous	1123mg	Phosphorous	1123mg

Phosphorus	1700mg	Phosphorus	1700mg	Phosphorus	1870mg	Phosphorus	1404mg	Phosphorus	1812mg	Phosphorus	1120mg	Phosphorus	1120mg
Magnesium	345mg	Magnesium	345mg	Magnesium	402mg	Magnesium	513mg	Magnesium	518mg	Magnesium	337mg	Magnesium	337mg
Zinc	6mg	Zinc	6mg	Zinc	8mg	Zinc	8mg	Zinc	9mg	Zinc	8mg	Zinc	8mg
Selenium	181µg	Selenium	181µg	Selenium	64µg	Selenium	45µg	Selenium	45µg	Selenium	39µg	Selenium	39µg

Fruits

- ☐ 4 1/2 Avocado
- ☐ 11 Banana
- ☐ 5 cups Blueberries
- ☐ 2 Green Apple
- ☐ 3 Lemon
- ☐ 8 Lime
- ☐ 19 cups Pineapple
- ☐ 16 cups Strawberries

Breakfast

- ☐ 1 1/2 cups All Natural Peanut Butter
- ☐ 1 1/4 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 tsp Black Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 2 1/4 tsp Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1/4 cup Hemp Seeds
- ☐ 3/4 tsp Red Pepper Flakes
- ☐ 1 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tbsps Sesame Seeds
- ☐ 1 cup Slivered Almonds

Frozen

- ☐ 4 cups Frozen Mango
- ☐ 12 Ice Cubes

Vegetables

- ☐ 9 cups Asparagus
- ☐ 6 cups Baby Spinach
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 6 cups Coleslaw Mix
- ☐ 4 ears Corn On The Cob
- ☐ 3 Garlic
- ☐ 4 stalks Green Onion
- ☐ 1 1/16 cups Parsley
- ☐ 1/2 cup Red Onion
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 3 2/3 cups Canned Coconut Milk
- ☐ 1 cup Quinoa
- ☐ 4 cans Tuna

Baking

- ☐ 5 1/16 cups Oats
- ☐ 2 tbsps Raw Honey
- ☐ 2 tbsps Unsweetened Coconut Flakes
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Breast
- ☐ 1/2 cup Feta Cheese
- ☐ 3 lbs Salmon Fillet
- ☐ 5 lbs Shrimp

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1/4 cup Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise
- ☐ 2 tbsps Red Wine Vinegar

Cold

- ☐ 9 1/4 cups Unsweetened Almond Milk

Other

- ☐ 24 Barbecue Skewers
- ☐ 6 1/2 cups Water



Peanut Butter & Jam Overnight Oats

6 servings

8 hours

Ingredients

- 1 cup All Natural Peanut Butter (divided)
- 1/2 cup Maple Syrup (divided)
- 3 3/4 cups Unsweetened Almond Milk
- 3 cups Oats (quick)
- 3 tbsps Chia Seeds
- 6 cups Strawberries (finely chopped)

Nutrition

Amount per serving	
Calories	565
Fat	27g
Saturated	5g
Trans	0g
Polyunsaturated	8g
Monounsaturated	12g
Carbs	71g
Fiber	12g
Sugar	30g
Protein	17g
Cholesterol	0mg
Sodium	116mg
Potassium	703mg
Vitamin A	329IU
Vitamin C	85mg
Calcium	415mg
Iron	4mg
Vitamin D	63IU
Vitamin E	4mg
Vitamin K	4µg
Thiamine	0.3mg
Riboflavin	0.6mg
Niacin	6mg

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

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

No Peanut Butter: Use almond butter, cashew butter or sunflower seed butter instead.

Vitamin B6	0.3mg
Folate	83µg
Vitamin B12	0µg
Phosphorous	336mg
Magnesium	159mg
Zinc	3mg
Selenium	14µg



Strawberry Banana Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Strawberries
- 1 Banana
- 1/4 cup Oats (quick or rolled)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	221
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	7g
Cholesterol	0mg
Sodium	164mg
Potassium	624mg
Vitamin A	555IU
Vitamin C	90mg
Calcium	489mg
Iron	2mg
Vitamin D	101IU
Vitamin E	1mg
Vitamin K	4µg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	61µg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a sealed mason jar up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre: Add ground flax seeds.

Vitamin B12	0µg
Phosphorous	254mg
Magnesium	135mg
Zinc	2mg
Selenium	4µg



Blueberry Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Nutrition

Amount per serving	
Calories	413
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	43g
Fiber	11g
Sugar	12g
Protein	14g
Cholesterol	0mg
Sodium	65mg
Potassium	201mg
Vitamin A	209IU
Vitamin C	4mg
Calcium	335mg
Iron	4mg
Vitamin D	38IU
Vitamin E	0mg
Vitamin K	8µg
Thiamine	0.2mg

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

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

Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	12µg
Vitamin B12	0µg
Phosphorous	130mg
Magnesium	54mg
Zinc	1mg
Selenium	9µg



Blueberry Agua Fresca

2 servings

5 minutes

Ingredients

- 1 cup Blueberries
- 1/2 Lime (juiced)
- 1 tbsp Maple Syrup
- 2 cups Water
- 4 Ice Cubes (optional)

Nutrition

Amount per serving	
Calories	71
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	18g
Fiber	2g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	7mg
Potassium	91mg
Vitamin A	45IU
Vitamin C	10mg
Calcium	40mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	14µg
Thiamine	0mg
Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg
Folate	6µg

Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

Notes

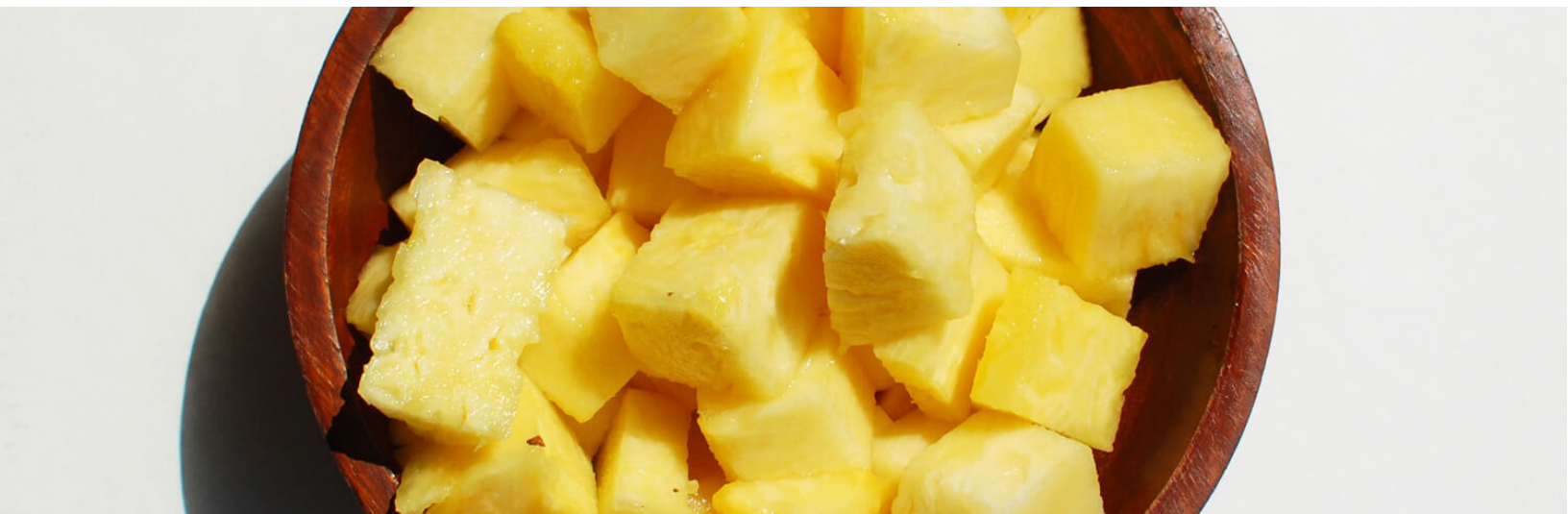
Make it Smooth: Strain after blending.

Make it Fancy: Serve it over frozen blueberries instead of ice.

Make it Fizzy: Use sparkling water instead of flat water.

No Maple Syrup: Use honey instead.

Vitamin B12	0µg
Phosphorous	11mg
Magnesium	12mg
Zinc	0mg
Selenium	0µg



Pineapple

8 servings

5 minutes

Ingredients

12 cups Pineapple

Nutrition

Amount per serving	
Calories	124
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	32g
Fiber	3g
Sugar	24g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Potassium	270mg
Vitamin A	144IU
Vitamin C	118mg
Calcium	32mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	2µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	45µg
Vitamin B12	0µg
Phosphorous	20mg
Magnesium	30mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Slice into cubes and divide into bowls. Enjoy!

Notes

Extra Sweet: Grill or broil your pineapple and sprinkle with cinnamon.



Simple Tuna Salad

4 servings

10 minutes

Ingredients

4 cans Tuna (drained)
2 Green Apple (chopped)
4 stalks Green Onion (finely sliced)
1/4 cup Mayonnaise
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	7g
Monounsaturated	3g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	33g
Cholesterol	65mg
Sodium	498mg
Potassium	417mg
Vitamin A	667IU
Vitamin C	2mg
Calcium	40mg
Iron	3mg
Vitamin D	79IU
Vitamin E	1mg
Vitamin K	44µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	17mg
Vitamin B6	0.6mg
Folate	13µg

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve: Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers: Refrigerate for two to three days.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Vitamin B12	4.2µg
Phosphorous	245mg
Magnesium	44mg
Zinc	1mg
Selenium	117µg



Fresh Strawberries

6 servings

5 minutes

Ingredients

6 cups Strawberries

Nutrition

Amount per serving	
Calories	46
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	220mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	3µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	35µg
Vitamin B12	0µg
Phosphorous	35mg
Magnesium	19mg
Zinc	0mg
Selenium	1µg

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Banana with Peanut Butter

2 servings

5 minutes

Ingredients

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	298
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	34g
Fiber	5g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Potassium	602mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	1µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	5mg
Vitamin B6	0.6mg
Folate	52µg
Vitamin B12	0µg
Phosphorous	134mg
Magnesium	86mg
Zinc	1mg

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.

Selenium**3µg**



Key Lime Mousse

4 servings

10 minutes

Ingredients

2 Avocado (peeled and pitted)
2 Lime (zested and juiced)
2 tbsps Maple Syrup
2 tbsps Canned Coconut Milk
1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	209
Fat	16g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	17g
Fiber	7g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	11mg
Potassium	547mg
Vitamin A	158IU
Vitamin C	17mg
Calcium	26mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	21µg
Thiamine	0.1mg
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	84µg

Directions

1

In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings: Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk: Use almond milk or cashew milk instead.

Vitamin B12	0µg
Phosphorous	56mg
Magnesium	33mg
Zinc	1mg
Selenium	0µg



Spiced Salmon Kabobs

6 servings

20 minutes

Ingredients

3 tbsps Parsley (chopped)
 1 1/2 tbsps Sesame Seeds
 3/4 tsp Black Pepper
 3/4 tsp Sea Salt
 3/4 tsp Red Pepper Flakes
 3 tbsps Maple Syrup
 3 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
 2 lbs Salmon Fillet (sliced into 1 inch cubes)
 3 Lemon (sliced into thin rounds)
 12 Barbecue Skewers
 9 cups Asparagus (woody ends trimmed off)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	332
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	17g
Fiber	5g
Sugar	10g
Protein	37g
Cholesterol	72mg
Sodium	413mg
Potassium	1002mg

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

Vitamin A	2006IU
Vitamin C	23mg
Calcium	99mg
Iron	5mg
Vitamin D	798IU
Vitamin E	5mg
Vitamin K	120µg
Thiamine	0.5mg
Riboflavin	0.7mg
Niacin	14mg
Vitamin B6	1.2mg
Folate	123µg
Vitamin B12	6.7µg
Phosphorous	487mg
Magnesium	84mg
Zinc	2mg
Selenium	48µg



Pineapple Coconut Shrimp

4 servings

25 minutes

Ingredients

- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 2 tbsps Parsley (chopped)
- 1/2 tsp Sea Salt
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Pineapple (diced into chunks)
- 2 tbsps Unsweetened Coconut Flakes
- 12 Barbecue Skewers

Nutrition

Amount per serving	
Calories	357
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g
Cholesterol	365mg
Sodium	570mg
Potassium	801mg
Vitamin A	256IU
Vitamin C	82mg
Calcium	174mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.

Vitamin K	36µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	33µg
Vitamin B12	0µg
Phosphorous	504mg
Magnesium	101mg
Zinc	3mg
Selenium	0µg



Steamed Corn on the Cob

4 servings

15 minutes

Ingredients

4 ears Corn on the Cob (husk removed and halved)

Nutrition

Amount per serving	
Calories	90
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	19g
Fiber	1g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	0mg
Potassium	0mg
Vitamin A	0IU
Vitamin C	4mg
Calcium	0mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Phosphorous	0mg
Magnesium	0mg
Zinc	0mg

Directions

- 1 Fill a pot with a few inches of water and bring to a boil.
- 2 Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

Notes

Cook it in the Microwave: Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

Spreads: Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

Selenium

0µg



Grilled Honey Dijon Salmon with Zucchini & Quinoa

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1/4 cup Dijon Mustard (grainy or regular)
- 2 tbsps Raw Honey
- 1 lb Salmon Fillet
- 4 Zucchini (sliced in half lengthwise)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	398
Fat	10g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	42g
Fiber	5g
Sugar	13g
Protein	34g
Cholesterol	58mg
Sodium	566mg
Potassium	1167mg
Vitamin A	582IU
Vitamin C	35mg
Calcium	62mg
Iron	3mg
Vitamin D	638IU
Vitamin E	2mg
Vitamin K	10µg
Thiamine	0.4mg
Riboflavin	0.6mg

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Niacin	11mg
Vitamin B6	1.4mg
Folate	132µg
Vitamin B12	5.3µg
Phosphorous	560mg
Magnesium	153mg
Zinc	2mg
Selenium	38µg



Grilled Shrimp Salad

6 servings

25 minutes

Ingredients

3/4 cup Parsley (chopped and packed)
4 1/2 Lime (juiced)
1/3 cup Extra Virgin Olive Oil
2 1/4 tsps Chili Powder
3 lbs Shrimp (raw, peeled and de-veined)
6 cups Coleslaw Mix
1 1/2 cups Cherry Tomatoes (halved)
1 1/2 Avocado (peeled and diced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	438
Fat	22g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	15g
Fiber	7g
Sugar	5g
Protein	48g
Cholesterol	365mg
Sodium	339mg
Potassium	1031mg
Vitamin A	4337IU
Vitamin C	66mg
Calcium	213mg
Iron	3mg
Vitamin D	0IU
Vitamin E	4mg

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill: Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian: Use portobello mushrooms instead of shrimp. Marinate and grill the same way.

Vitamin K	148µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	61µg
Vitamin B12	0µg
Phosphorous	532mg
Magnesium	106mg
Zinc	4mg
Selenium	0µg



Grilled Pineapple & Chicken Salad

4 servings

20 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)
1 lb Chicken Breast
3 cups Pineapple (sliced into rings)
6 cups Baby Spinach
1 cup Blueberries
1 Avocado (diced)
1/2 cup Feta Cheese (crumbled)
1/2 cup Red Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	500
Fat	28g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	16g
Carbs	33g
Fiber	7g
Sugar	20g
Protein	32g
Cholesterol	99mg
Sodium	307mg
Potassium	1090mg
Vitamin A	4498IU
Vitamin C	82mg
Calcium	177mg
Iron	3mg
Vitamin D	4IU

Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ: Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

Vegetarian: Skip the chicken and grill chickpeas in a grilling basket instead.

Vitamin E	5mg
Vitamin K	244µg
Thiamine	0.3mg
Riboflavin	0.6mg
Niacin	13mg
Vitamin B6	1.4mg
Folate	172µg
Vitamin B12	0.6µg
Phosphorous	373mg
Magnesium	106mg
Zinc	2mg
Selenium	30µg



Coconut Banana Ice Cream

6 servings

1 hour 30 minutes

Ingredients

1 1/2 cups Canned Coconut Milk (full fat)

5 Banana (sliced and frozen)

Nutrition

Amount per serving	
Calories	194
Fat	11g
Saturated	10g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	24g
Fiber	3g
Sugar	13g
Protein	2g
Cholesterol	0mg
Sodium	16mg
Potassium	443mg
Vitamin A	63IU
Vitamin C	9mg
Calcium	7mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	20µg
Vitamin B12	0µg
Phosphorous	22mg
Magnesium	27mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
- 2 Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover: Add cocoa powder while blending.

Topping Ideas: Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

Zinc	0mg
Selenium	1µg



Mango Coconut Popsicles

8 servings

40 minutes

Ingredients

4 cups Frozen Mango
2 cups Canned Coconut Milk (divided)

Nutrition

Amount per serving	
Calories	156
Fat	11g
Saturated	10g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	16mg
Potassium	230mg
Vitamin A	893IU
Vitamin C	30mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	3µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	35µg
Vitamin B12	0µg
Phosphorous	12mg
Magnesium	8mg
Zinc	0mg

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.

Selenium

0µg