



This program was created with five key nutrients in mind:

Calcium & Magnesium

During menopause, women are at an increased risk of osteoporosis due to the loss of estrogen. This plan includes foods high in bone-building minerals like calcium and magnesium. These nutrients will help to maintain healthy bones and prevent bone loss.

Phytoestrogens

The level of estrogen in the body decreases in menopause, causing the unpleasant side effect of hot flashes. Some research has found that phytoestrogens may help reduce hot flashes, which is why this plan incorporates many phytoestrogen-containing foods, including tempeh, broccoli, carrots, and sesame seeds.

Low Glycemic Foods






































As you transition into menopause, you may experience sudden weight gain and have difficulty controlling your blood sugar. This can be due to insulin resistance. Eating the proper amount and type of carbohydrate can help balance insulin levels. This meal plan uses low glycemic foods and excludes added sugars to optimize blood sugars and help with weight management.






















Protein

During menopause, the natural decline in estrogen levels causes a loss of muscle mass and strength. Getting enough daily protein will help prevent muscle loss, balance your blood sugar, and maintain a healthy weight. This meal plan will help you reach your protein goals by providing 20% of your calories from protein.

Healthy Fats

Good-quality fats are associated with a lower risk of both heart disease and breast cancer. This plan includes many sources of omega-6 and omega-3 fatty acids, including avocado, extra virgin olive oil, trout, and chia seeds.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Salmon Stuffed Avocado Boats	 Salmon Stuffed Avocado Boats	 Egg & Beef Breakfast Bowl	 Egg & Beef Breakfast Bowl	 Egg & Beef Breakfast Bowl	
Snack 1	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Dark Chocolate Almond Mousse	 Dark Chocolate Almond Mousse	 Dark Chocolate Almond Mousse	
Lunch	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Brocolini	 One Pan Roasted Edamame & Broccoli Salad	 Ground Chicken	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles
Snack 2	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	
Dinner	 Chicken, Carrots & Brocolini	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Brocolini	 One Pan Roasted Edamame & Broccoli Salad	 Ground Chicken	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles	 Chicken, Carrots & Brocolini

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 50%	 52%	 49%	 63%	 60%	 55%	 48%
Carbs	 26%	 25%	 29%	 15%	 17%	 15%	 24%
Protein	 24%	 23%	 22%	 22%	 23%	 30%	 28%
Calories	1739	1694	1915	1997	2036	1771	1854
Fat	101g	101g	109g	147g	142g	113g	105g
Carbs	116g	112g	146g	81g	92g	71g	116g
Fiber	59g	46g	58g	47g	40g	26g	43g
Sugar	16g	17g	12g	11g	9g	15g	17g
Protein	107g	103g	110g	114g	124g	140g	135g
Vitamin A	19175IU	7467IU	3364IU	3421IU	8164IU	29998IU	35969IU
Vitamin C	123mg	155mg	175mg	184mg	198mg	160mg	143mg
Calcium	1689mg	1635mg	1351mg	1236mg	943mg	880mg	840mg
Iron	16mg	19mg	15mg	13mg	16mg	17mg	17mg
Vitamin D	227IU	226IU	1009IU	1009IU	73IU	91IU	92IU
Vitamin E	12mg	11mg	12mg	12mg	9mg	12mg	15mg
Vitamin K	764µg	721µg	270µg	282µg	258µg	122µg	194µg
Folate	758µg	695µg	563µg	553µg	518µg	318µg	425µg
Magnesium	372mg	481mg	460mg	411mg	482mg	498mg	485mg
Zinc	12mg	13mg	8mg	8mg	17mg	19mg	19mg

Fruits

- 6 Avocado
- 1/2 Lemon
- 1 cup Strawberries

Breakfast

- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 3/4 cup Brazil Nuts
- 1 1/3 cups Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 tsp Dried Thyme
- 2/3 tsp Italian Seasoning
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 1/2 cup Walnuts

Frozen

- 1/2 cup Frozen Edamame

Vegetables

- 4 cups Bok Choy
- 4 1/2 cups Broccoli
- 16 ozs Broccolini
- 3 cups Butternut Squash
- 2 Carrot
- 1 head Endive
- 1 1/3 Garlic
- 1 cup Kale Leaves
- 1/2 cup Mushrooms
- 3 1/3 Zucchini

Boxed & Canned

- 8 ozs Canned Wild Salmon
- 1/2 cup Quinoa
- 2/3 cup Salsa
- 6 ozs Sardines
- 7 1/16 ozs Seed Crackers
- 2 2/3 tbsps Vegetable Broth

Baking

- 1/3 cup Cocoa Powder
- 1 3/4 tbsps Monk Fruit Sweetener
- 2 tbsps Nutritional Yeast
- 2/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 10 1/2 ozs Extra Lean Ground Turkey
- 2 Haddock Fillet
- 1 lb Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 6 ozs Tempeh

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1 1/3 tbsps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Sauerkraut

Cold

- 4 Egg
- 1 1/4 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt



Zucchini Turkey Breakfast Skillet

2 servings
20 minutes

Ingredients

- 1 tsp Coconut Oil
- 10 2/3 ozs Extra Lean Ground Turkey
- 1 1/3 Zucchini (large, finely diced)
- 2/3 cup Salsa
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	37g
Vitamin A	1041IU
Vitamin C	25mg
Calcium	107mg
Iron	4mg
Vitamin D	62IU
Vitamin E	2mg
Vitamin K	10µg
Folate	69µg
Magnesium	74mg
Zinc	5mg

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Salmon Stuffed Avocado Boats

1 serving
10 minutes

Ingredients

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	503
Fat	36g
Carbs	18g
Fiber	14g
Sugar	2g
Protein	34g
Vitamin A	506IU
Vitamin C	25mg
Calcium	67mg
Iron	2mg
Vitamin D	974IU
Vitamin E	7mg
Vitamin K	42µg
Folate	170µg
Magnesium	86mg
Zinc	2mg

Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.



Egg & Beef Breakfast Bowl

3 servings
25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	490
Fat	33g
Carbs	9g
Fiber	6g
Sugar	1g
Protein	40g
Vitamin A	636IU
Vitamin C	14mg
Calcium	67mg
Iron	5mg
Vitamin D	33IU
Vitamin E	2mg
Vitamin K	43µg
Folate	86µg
Magnesium	57mg
Zinc	8mg

Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

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

Serving Size: One serving is roughly 2 cups of the beef mixture.

More Flavor: Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings: Top with sliced cherry tomatoes.



Coconut Chia Seed Yogurt

4 servings
30 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	355
Fat	22g
Carbs	37g
Fiber	21g
Sugar	3g
Protein	9g
Vitamin A	12IU
Vitamin C	21mg
Calcium	838mg
Iron	4mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	2µg
Folate	9µg
Magnesium	6mg
Zinc	0mg

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.



Dark Chocolate Almond Mousse

3 servings
3 hours 5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1/3 cup Cocoa Powder
- 2 1/3 tbsps Almond Butter
- 1 3/4 tbsps Monk Fruit Sweetener
- 2/3 tsp Vanilla Extract
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	201
Fat	15g
Carbs	23g
Fiber	11g
Sugar	1g
Protein	8g
Vitamin A	200IU
Vitamin C	0mg
Calcium	358mg
Iron	3mg
Vitamin D	40IU
Vitamin E	3mg
Vitamin K	0µg
Folate	9µg
Magnesium	85mg
Zinc	1mg

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 6 ozs Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g
Vitamin A	5797IU
Vitamin C	27mg
Calcium	470mg
Iron	5mg
Vitamin D	164IU
Vitamin E	5mg
Vitamin K	616µg
Folate	454µg
Magnesium	101mg
Zinc	4mg

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Sauerkraut Avocado Mash with Crackers

1 serving
5 minutes

Ingredients

- 1/2 Avocado (peeled, pit removed)
- 2 tbsps Sauerkraut (roughly chopped)
- 1 3/4 ozs Seed Crackers

Nutrition

Amount per serving	
Calories	387
Fat	23g
Carbs	41g
Fiber	15g
Sugar	1g
Protein	8g
Vitamin A	150IU
Vitamin C	13mg
Calcium	129mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	23µg
Folate	86µg
Magnesium	130mg
Zinc	2mg

Directions

- 1 Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

Notes

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

No Crackers: Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



Brazil Nuts

1 serving
5 minutes

Ingredients

1/4 cup Brazil Nuts

Nutrition

Amount per serving	
Calories	219
Fat	22g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	5g
Vitamin A	0IU
Vitamin C	0mg
Calcium	53mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	0µg
Folate	7µg
Magnesium	125mg
Zinc	1mg

Directions

- 1 Divide into bowls and enjoy!



Chicken, Carrots & Broccolini

1 serving
30 minutes

Ingredients

- 4 ozs Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 4 ozs Chicken Breast (boneless, skinless)

Nutrition

Amount per serving	
Calories	250
Fat	11g
Carbs	11g
Fiber	5g
Sugar	4g
Protein	27g
Vitamin A	12175IU
Vitamin C	37mg
Calcium	145mg
Iron	1mg
Vitamin D	1IU
Vitamin E	3mg
Vitamin K	113µg
Folate	140µg
Magnesium	61mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini: Use regular broccoli or cauliflower instead.



Tempeh, Quinoa & Broccoli

2 servings
55 minutes

Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 6 ozs Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g
Vitamin A	617IU
Vitamin C	82mg
Calcium	167mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	93µg
Folate	156µg
Magnesium	175mg
Zinc	3mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

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

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Crispy Broiled Haddock & Broccolini

2 servings
15 minutes

Ingredients

- 2 Haddock Fillet (5 ounces each)
- 8 ozs Broccolini (trimmed)
- 2 tbsps Avocado Oil
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	297
Fat	16g
Carbs	6g
Fiber	3g
Sugar	1g
Protein	33g
Vitamin A	2079IU
Vitamin C	34mg
Calcium	150mg
Iron	2mg
Vitamin D	35IU
Vitamin E	1mg
Vitamin K	110µg
Folate	142µg
Magnesium	63mg
Zinc	1mg

Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

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

More Flavor: Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock: Use cod or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



One Pan Roasted Edamame & Broccoli Salad

2 servings

30 minutes

Ingredients

- 2 1/2 cups Broccoli (chopped into florets)
- 1/2 cup Frozen Edamame (shelled)
- 1/2 cup Walnuts
- 2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1 1/2 tpsps Almond Butter
- 1 1/2 tpsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	430
Fat	38g
Carbs	16g
Fiber	7g
Sugar	4g
Protein	13g
Vitamin A	824IU
Vitamin C	104mg
Calcium	121mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	127µg
Folate	224µg
Magnesium	107mg
Zinc	2mg

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

No Walnuts: Use cashews, almonds or pecans instead.

Nut-Free: Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

No Avocado Oil: Use extra virgin olive oil or melted coconut oil instead.



Ground Chicken

2 servings
20 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 8 ozs Extra Lean Ground Chicken
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	193
Fat	13g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	20g
Vitamin A	0IU
Vitamin C	0mg
Calcium	7mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Folate	1µg
Magnesium	24mg
Zinc	2mg

Directions

- 1 Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
- 2 Once cooked through, season to taste with sea salt and enjoy!

Notes

Storage: Keeps well in fridge for up to 3 days. Freeze for longer.

Serve it With: Tacos, salads, stir fries and any time you need to add protein.

Spice it Up: Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.



One Pan Sesame Trout & Bok Choy

2 servings
15 minutes

Ingredients

- 2 Rainbow Trout Fillet
- 4 cups Bok Choy (baby, halved)
- 2 tbsps Avocado Oil
- 1/4 tsp Sea Salt
- 1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	335
Fat	20g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	35g
Vitamin A	6354IU
Vitamin C	67mg
Calcium	261mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	64µg
Folate	112µg
Magnesium	79mg
Zinc	2mg

Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 3 Divide onto plates and enjoy!

Notes

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout: Use salmon instead.

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.



Steak, Butternut Squash & Zoodles

2 servings
40 minutes

Ingredients

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 2 Zucchini (spiralized)

Nutrition




Amount per serving	
Calories	526
Fat	23g
Carbs	32g
Fiber	6g
Sugar	10g
Protein	52g
Vitamin A	22808IU
Vitamin C	79mg
Calcium	141mg
Iron	6mg
Vitamin D	18IU
Vitamin E	5mg
Vitamin K	15µg
Folate	104µg
Magnesium	152mg
Zinc	7mg






Directions





- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 5 Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!





Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- More Flavor:** Add garlic and your favorite herbs to the steak.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the haddock, ground chicken, trout, steak, and ½ of the chicken breast.	This guide will remind you to thaw them later in the week.
		Coconut Chia Seed Yogurt snacks.	Divide between containers and store in the fridge.
		Portion our Brazil Nuts and Crackers for the week.	Divide between containers for easy grab-and-go snacks.
		Make the Sardine & Avocado Endive Wraps.	Divide between containers and store in the fridge for lunches.
1 Mon		Make the Zucchini Turkey Breakfast Skillet.	Enjoy one serving and store leftovers in the fridge for breakfast tomorrow.
		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Coconut Chia Seed Yogurt, Sardine & Avocado Endive Wraps, and Sauerkraut Avocado Mash with Crackers.

		Make Chicken, Carrots & Broccolini for dinner.	
2 Tue		Pack your meals if you are on-the-go.	Zucchini Turkey Breakfast Skillet, Coconut Chia Seed Yogurt, Sardine & Avocado Endive Wraps, and Brazil Nuts.
		Make Tempeh, Quinoa & Broccoli for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the haddock out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Salmon Stuffed Avocado Boats for breakfast.	
		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Coconut Chia Seed Yogurt, Tempeh, Quinoa & Broccoli, and Sauerkraut Avocado Mash with Crackers.
		Make Crispy Broiled Haddock & Broccolini for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground chicken out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

4 Thu		Make Salmon Stuffed Avocado Boats for breakfast.	
		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Coconut Chia Seed Yogurt, Crispy Broiled Haddock & Broccoli, and Brazil Nuts.
		Make the One Pan Roasted Edamame & Broccoli Salad with Ground Chicken for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Dark Chocolate Almond Mousse.	Divide between containers and store in the fridge.
		Take the trout out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Egg & Beef Breakfast Bowl.	Store leftovers in the fridge for breakfasts this weekend.
		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Egg & Beef Breakfast Bowl, Dark Chocolate Almond Mousse, One Pan Roasted Edamame with Ground Chicken, and Sauerkraut Avocado Mash with Crackers.
		Make One Pan Sesame Trout & Bok Choy for dinner.	Enjoy and store leftovers in the fridge.

		Take the steak out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Pack your meals if you are on-the-go.	Egg & Beef Breakfast Bowl, Dark Chocolate Almond Mousse, One Pan Sesame trout & Bok Choy, and Brazil Nuts.
		Make Steak, Butternut Squash & Zoodles for dinner.	Store leftovers in the fridge for dinner tomorrow.
7 Sun		Make Sauerkraut Avocado Mash.	Store in a small air-tight container separate from the crackers.
		Pack your meals if you are on-the-go.	Egg & Beef Breakfast Bowl, Dark Chocolate Almond Mousse, Steak, Butternut Squash & Zoodles, and Sauerkraut Avocado Mash with Crackers.
		Shop and prep for next week.	
		Make Chicken, Carrots & Broccolini for dinner.	Enjoy!