

The background of the entire image is a photograph of fresh ingredients. It includes several green leaves, possibly mint, and several apricots. Some apricots are whole, while others are sliced in half, revealing their pits. The ingredients are arranged on a light-colored wooden cutting board. The overall aesthetic is clean, fresh, and health-oriented.

Simple

28 DAY MEAL PLAN



re:vitalize
weight loss & wellness

revitalizeweightloss.com

Do you need new ideas on what food to make?

Getting tired of buying different food from the store and not knowing what to make with it?

Ever feel guilty because, despite your best intentions when shopping, you end up throwing out more unused produce than you'd like to admit?

Tempted to go out to eat too often?

Ever want to drop kick your phone when all the smug little influencers you follow on social media always seem to be preparing the most delicious and photo-worthy meals for their family?

We've been there too.

THE SOLUTION

MONTHLY MEAL PLANNING

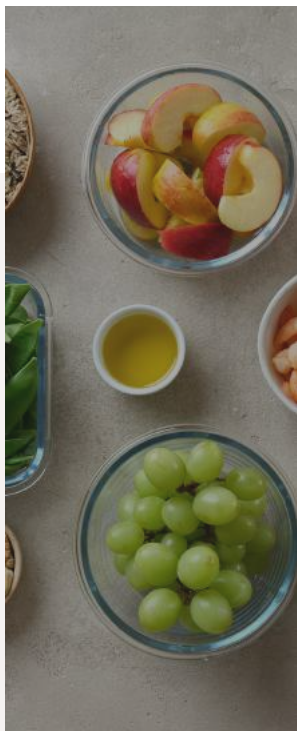
Monthly meal planning is a great way to take the long and energy-draining planning out of cooking delicious and healthy meals to ensure you are choosing healthy options.

But meal planning takes time and energy too.

That's why we thought we'd help take some of the planning and guesswork out of the equation for you so you can finally show Little Miss Instagram who's boss. (Can you tell we're a little bitter)

A little planning goes a long way — it will save you time, it will save you money, and it will save you from throwing out wasted food! Having a plan will force you to eat more nutritious and healthful meals at home instead of eating out.

We hope this resource is valuable — you'll get great inspiration and ideas for breakfast, lunch, and dinner. *Bon appetit!*



DAY 1



Breakfast

APPLES DIPPED IN COOKIE DOUGH

STAGE 4

INGREDIENTS

- 1 1/2 cups chickpeas or white beans (1 can, drained) (250g after draining)
- Heaping 1/8 tsp pink salt
- Tiny bit over 1/8 tsp baking soda
- 1 tbsp plus 1 tsp pure vanilla extract
- 1/4 cup nut butter of choice
- 1 and 1/4 cups pitted dates
- 2 tbsp oats or flax meal or almond meal
- 2 TBS coconut milk
- 1 apple sliced, for dipping



DIRECTIONS

Add all ingredients to a food processor and process until very smooth, serve chilled with apple slices.



Lunch

GREEN SALAD

STAGE 2

INGREDIENTS

- 8-10 oz Greens/Lettuce
- 1-2 c cherry tomatoes
- 5-6 stalks of chopped celery
- 1 diced cucumber
- 1 orange bell pepper
- ½ c garbanzo beans (stage 4)



DIRECTIONS

Mix salad ingredients and toss with Simple Girl Balsamic dressing.



Dinner

CHICKEN ZOODLE SALAD

STAGE 2

SALAD INGREDIENTS

- 4 cups cherry tomatoes, halved
- 4 zucchini, spiralized
- $\frac{3}{4}$ cup fresh basil leaves, thinly sliced
- Red pepper flakes to taste
- 8oz grilled chicken, cubed

DRESSING

1. $\frac{1}{3}$ cup balsamic vinegar
2. 4 TBSP Bragg's liquid aminos
3. 2 TBSP Coconut Aminos
4. 4 medium cloves garlic, minced or grated 4-6 drops of Maple Stevia
5. 2 tsp lemon zest
6. 1 tsp dried basil
7. 1 tsp dried oregano
8. $\frac{1}{2}$ tsp dried thyme
9. Pink Salt & Pepper to taste



DIRECTIONS

Prepare dressing. Spiralize zucchini. Separate batch into two and freeze half for next week. Mix all ingredients (except basil) with dressing, allow salad to chill for at least 30 minutes before serving. Remove from the fridge, mix in basil, and serve.

A glass jar filled with overnight oats, topped with fresh fruit including strawberries, raspberries, and blueberries. The oats are mixed with chia seeds and small pieces of fruit. The background is softly blurred, showing more strawberries and a white container.

DAY 2

Breakfast

OVERNIGHT OATS

STAGE 4

INGREDIENTS

- $\frac{1}{3}$ cup steel-cut oats plus $\frac{1}{4}$ teaspoon ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon almond butter or nut butter of choice
- $\frac{1}{2}$ cup coconut or almond/cashew milk for a very thick consistency
- $\frac{1}{2}$ cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)
- Drizzle of maple syrup or honey, if desired



DIRECTIONS

In a jar or bowl combine the oats and cinnamon, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine. Top with your fruit of choice. (If you used more milk than $\frac{1}{2}$ cup and you want your fruit to stay on top, wait to top the oats until you're ready to serve. If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.) Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.



Lunch

STRACHY & GREEN SMOOTHIE

STAGE 2

INGREDIENTS

- 1 c coconut milk
- 1 c frozen blueberries
- 1 c frozen veg (sweet potato-S4 or squash) 1/2c blanched and frozen cauli or zucchini 1c greens (spinach, kale)
- Pinch pink salt
- 1 tsp cinnamon
- 1/2 tbsp chia
- 1/2 tbsp ground flax
- 1 tbsp raw cacao stirred in after blending

Optional: Protein powder



DIRECTIONS

Blend all ingredients and pour into a bowl. Top with coconut chips, hemp seeds and nut butter.



Dinner

COCONUT CORN CHOWDER

STAGE 4

INGREDIENTS

- 3 medium russet potatoes, peeled and cut into 1 inch cubes
- 5-6 garlic cloves
- 1c diced white onion
- 1 TBSP minced garlic
- 2 TBSP minced ginger
- 1 tsp ground black pepper
- 1 tsp red pepper flakes
- 1 bay leaf
- 2lbs fresh or frozen corn off the cob
- 1 can coconut milk
- Juice of 2 limes
- ¼ c fresh torn mint leaves
- 1tsp pink salt

DIRECTIONS

1. Cover potatoes and garlic cloves in a pot of water. Bring to boil and cook until tender. Drain, rinse and save cooking water aside (approx. 6c).
2. Warm a large pot and dry saute onion, stirring frequently (1-2 min). Add minced garlic, ginger, black and red peppers and stir for another minute. Add potato broth, bay leaf and 1lb of corn, bring to boil and then reduce heat to simmer.
3. Separately, add a second pound of corn, 1c cooked potato, and coconut milk into a blender until a creamy consistency.
4. Slowly mix this into pot mixture along with the rest of the cooked potatoes and return to simmer.
5. Serve with lime juice, mint and salt.

A close-up photograph of a white bowl filled with a healthy meal. The dish consists of white rice, large cubes of browned tofu, bright green broccoli florets, yellow corn kernels, and orange sweet potato cubes. Small green herbs are scattered throughout. The bowl is set against a background of a red and white striped cloth. Overlaid on the center of the image is the text "DAY 3" in a bold, sans-serif font, with "DAY" in orange and "3" in white.

DAY 3

Breakfast

APPLES DIPPED IN COOKIE DOUGH

STAGE 4 / DAY 1

INGREDIENTS

- 1 1/2 cups chickpeas or white beans (1 can, drained) (250g after draining)
- Heaping 1/8 tsp pink salt
- Tiny bit over 1/8 tsp baking soda
- 1 tbsp plus 1 tsp pure vanilla extract
- 1/4 cup nut butter of choice
- 1 and 1/4 cups pitted dates
- 2 tbsp oats or flax meal or almond meal
- 2 TBS coconut milk
- 1 apple sliced, for dipping



DIRECTIONS

Add all ingredients to a food processor and process until very smooth, serve chilled with apple slices.



Lunch

ROMANTIC RICE BOWL

STAGE 2

INGREDIENTS

- $\frac{3}{4}$ c low sodium mushroom broth
- $\frac{2}{3}$ c uncooked brown rice (Cauliflower rice for stage 2) $\frac{2}{3}$ c water
- 2c broccoli florets
- 4oz tofu cubed (OR Chicken)
- 2c carrots or 2c of cabbage (stage 2), thinly sliced
- $\frac{1}{2}$ avocado, (Stage 3), thinly sliced
- $\frac{1}{2}$ red pepper, thinly sliced
- 1c orange juice (stage 4 only)
- $\frac{1}{2}$ tsp miso (stage 4)



DIRECTIONS

Bring water, broth and rice to a boil, cover, then reduce to simmer for about 35 minutes or until rice is tender. Add broccoli and carrots on top of the rice mixture and cook for another 6-8 minutes, or until veggies are tender. Remove veggies and mix tofu into rice mixture. Remove rice from heat and serve into a bowl, topped with veggies, avocado and red pepper. Drizzle with orange juice and barley miso mixture (whisk two together in sep. bowl).



Dinner

LENTIL TOMATO SOUP

STAGE 4

INGREDIENTS

- 1c Lentils
- 8 large ripe tomatoes
- 2 red bell pepper
- 12 cloves garlic
- 1 small onion
- 1 cup vegetable broth
- 1 tsp dried thyme
- Pink salt
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook the lentils in boiling water.
2. Cut the large ripe tomatoes, deseeded bell peppers and onion in half. Then add the cut veggies to a baking tray lined with foil paper *cut side up* along with garlic, drizzle everything lightly with broth and season with pink salt and pepper.
3. Add the baking tray to a preheated oven, bake and broil option 410 F, after 15 minutes take the garlics out and set aside, after a total cooking time of 45 minutes take the baking tray out of the oven and let the veggies cool off for about 10 minutes.
4. Add all the veggies into a blender, also add dried thyme and puree everything until well mixed.
5. Transfer the mixture into a sauce pan and add ground bison and heat on LOW heat, then add broth and lightly season with salt, mix everything together until well combined, simmer for 10 minutes
6. Transfer the soup into 2 bowls, garnish with, black pepper and fresh parsley.



DAY 4

Breakfast

OVERNIGHT OATS

STAGE 4 / DAY 1

INGREDIENTS

- ½ cup steel-cut oats plus ¼ teaspoon ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon almond butter or nut butter of choice
- ½ cup coconut or almond/cashew milk for a very thick consistency
- ½ cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)
- Drizzle of maple syrup or honey, if desired



DIRECTIONS

In a jar or bowl combine the oats and cinnamon, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine. Top with your fruit of choice. (If you used more milk than ½ cup and you want your fruit to stay on top, wait to top the oats until you're ready to serve. If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.) Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.

Lunch

PUMPKIN PIE SMOOTHIE

STAGE 3

INGREDIENTS

- 1 c pumpkin puree
- 1 large ripe banana
- 1 cup almond milk
- 2 pitted dates (stage 4 only, try stevia for stage 3)
- ½ tsp vanilla
- 1 ¼ tsp pumpkin pie spice
- 5 ice cubes
- Optional pinch of nutmeg

DIRECTIONS

Combine all ingredients in a blender until smooth.





Dinner

COCONUT CORN CHOWDER

STAGE 4 / DAY 2

INGREDIENTS

- 3 medium russet potatoes, peeled and cut into 1 inch cubes
- 5-6 garlic cloves
- 1c diced white onion
- 1 TBSP minced garlic
- 2 TBSP minced ginger
- 1 tsp ground black pepper
- 1 tsp red pepper flakes
- 1 bay leaf
- 2lbs fresh or frozen corn off the cob
- 1 can coconut milk
- Juice of 2 limes
- ¼ c fresh torn mint leaves
- 1tsp pink salt

DIRECTIONS

1. Cover potatoes and garlic cloves in a pot of water. Bring to boil and cook until tender. Drain, rinse and save cooking water aside (approx. 6c).
2. Warm a large pot and dry saute onion, stirring frequently (1-2 min). Add minced garlic, ginger, black and red peppers and stir for another minute. Add potato broth, bay leaf and 1lb of corn, bring to boil and then reduce heat to simmer.
3. Separately, add a second pound of corn, 1c cooked potato, and coconut milk into a blender until a creamy consistency.
4. Slowly mix this into pot mixture along with the rest of the cooked potatoes and return to simmer.
5. Serve with lime juice, mint and salt.

A top-down view of several slices of avocado toast on a white marble surface. The toasts are arranged in a scattered pattern. Some are topped with neat, overlapping slices of avocado, while others have a chunkier, mashed avocado spread. The bread is golden-brown and appears to be a rustic, crusty variety. The overall lighting is soft and even.

DAY 5

Breakfast

DATE BALLS

STAGE 4

INGREDIENTS

- Dried apricots or dates
- Seeds (pumpkin seeds, flax, hemp, sunflower, or chia are some faves) Nuts (pecans, almonds, walnuts, etc.)
- Nut butter (cashew butter, almond butter, sunflower butter)
- Coconut oil
- Cinnamon, Cacao Powder



DIRECTIONS

This is a fun recipe to play with, as it's constantly evolving. Play with the amount and type of ingredients you throw in. Add ingredients and blend in a food processor until the mix is pliable. Form small balls and stick in the freezer to enjoy as snacks.



Lunch

COCONUT CORN CHOWDER

STAGE 4 / DAY 2

INGREDIENTS

- 3 medium russet potatoes, peeled and cut into 1 inch cubes
- 5-6 garlic cloves
- 1c diced white onion
- 1 TBSP minced garlic
- 2 TBSP minced ginger
- 1 tsp ground black pepper
- 1 tsp red pepper flakes
- 1 bay leaf
- 2lbs fresh or frozen corn off the cob
- 1 can coconut milk
- Juice of 2 limes
- ¼ c fresh torn mint leaves
- 1tsp pink salt

DIRECTIONS

1. Cover potatoes and garlic cloves in a pot of water. Bring to boil and cook until tender. Drain, rinse and save cooking water aside (approx. 6c).
2. Warm a large pot and dry saute onion, stirring frequently (1-2 min). Add minced garlic, ginger, black and red peppers and stir for another minute. Add potato broth, bay leaf and 1lb of corn, bring to boil and then reduce heat to simmer.
3. Separately, add a second pound of corn, 1c cooked potato, and coconut milk into a blender until a creamy consistency.
4. Slowly mix this into pot mixture along with the rest of the cooked potatoes and return to simmer.
5. Serve with lime juice, mint and salt.



Dinner

OPEN- FACED AVOCADO SANDWICH

STAGE 4

INGREDIENTS

- 4 Pieces of whole grain bread (Ezequiel)
- 1 avocado mashed
- 2 tsp of sunflower seeds
- ¼ Red onion, thinly sliced
- ½ bell pepper, thinly sliced Handful of greens
- Dijon Mustard
- Crumbled goat cheese



DIRECTIONS

Toast bread and spread with Dijon and mashed avocado, layer greens and remaining veggies. Sprinkle with seeds and goat cheese. Toast under the broiler (optional).

A top-down view of a large, shallow, light-brown ceramic bowl filled with a vibrant, chunky salad. The salad is a mix of diced cucumbers, halved cherry tomatoes, yellow corn kernels, and dark red kidney beans. Finely chopped red onions and green herbs are scattered throughout. In the upper left corner, a small portion of another bowl containing a yellowish-orange liquid is visible. The background is a light-colored, textured surface, possibly a table or countertop.

DAY 6

Breakfast

DATE BALLS STAGE 4 / DAY 5

INGREDIENTS

- Dried apricots or dates
- Seeds (pumpkin seeds, flax, hemp, sunflower, or chia are some faves) Nuts (pecans, almonds, walnuts, etc.)
- Nut butter (cashew butter, almond butter, sunflower butter)
- Coconut oil
- Cinnamon, Cacao Powder



DIRECTIONS

This is a fun recipe to play with, as it's constantly evolving. Play with the amount and type of ingredients you throw in. Add ingredients and blend in a food processor until the mix is pliable. Form small balls and stick in the freezer to enjoy as snacks.



Lunch

SALAD WITH BLACK BEAN, CORN, & SALSA

STAGE 4

INGREDIENTS

- 2 cups freshly shucked corn, about 4 cobs or 2 cups frozen
- 1 (15-ounce) can black beans, drained or 1 1/2 cups cooked black beans, drained
- 1/4 small red onion, diced (about 1/4 cup)
- 2 cloves garlic, minced
- 1/2 small red bell pepper, seeded and diced
- 1/4 cup chopped cilantro
- 2 tablespoons freshly squeezed lime juice
- Pink salt



DIRECTIONS

Mix together the ingredients and stir in lime juice. Add pink salt for taste. Allow to chill for at least 30 minutes before serving.



Dinner

SPINACH & BROCCOLI ENCHILADAS W TOFU

STAGE 2

INGREDIENTS

- 10 oz chopped frozen spinach
- 1 onion, diced
- 12 oz broccoli, chopped
- ½ c water
- 3 c salsa (divided)
- 1 tsp garlic powder
- 1 tsp of Simple Girl Southwest Seasoning
- 8 oz of extra-firm tofu, drained and crumbled
- 2 TBSP nutritional yeast flakes
- 8-10 Cabbage Leaves

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Thaw and drain the frozen spinach.
3. Over medium heat, saute the onion, spinach, broccoli in water under tender.
Add 1 cup of salsa, garlic, powder and seasoning blend.
4. Remove from heat; stir tofu and nutritional yeast.
5. Coat baking dish with ½ c of salsa to prevent sticking
6. Divide spinach and broccoli mix among cabbage leaves and spoon it down the center of each. Roll up the leaves and place seam-side down in the baking dish.
7. Spoon remaining salsa over top of the wraps.
8. Cover with foil and bake for 25 minutes, or until heated through.

A top-down view of a teal-colored bowl filled with a thick, light-brown oatmeal porridge. The porridge is garnished with several fresh green cilantro leaves. To the left and bottom right of the bowl, there are slices of red fruit, likely strawberries, showing their white interiors. The background is a dark, textured surface.

DAY 7



Breakfast

BLACK BEAN SPREAD

STAGE 4

INGREDIENTS

- 4 cups black beans *cooked*
- 1/2 cup water
- 1 teaspoon pink salt
- 1 tablespoon nutritional yeast



DIRECTIONS

1. Combine all ingredients in bowl of food processor.
2. Blend until well mixed, but leave a little chunky.
3. Refrigerate.



Lunch

HUMMUS & TABBouleH OVER SALAD

STAGE 4

INGREDIENTS

- 1 C bulger wheat
- 1 ½ C Water
- ¼ C lemon juice
- ¼ C olive oil
- 1 C minced scallions
- 1 C chopped mint
- 1 C chopped parsley
- 1 cucumber, peeled and diced 2 C cherry tomatoes

DIRECTIONS

1. Place bulger in medium bowl and add boiling water, lemon juice, olive oil, and salt.
2. Stir then allow to stand in room temperature for 1 hour.
3. Mix everything together and season to taste, let sit in refrigerator for a few hours.



Dinner

SPINACH & BROCCOLI ENCHILADAS W TOFU

STAGE 2 / DAY 6

INGREDIENTS

- 10 oz chopped frozen spinach
- 1 onion, diced
- 12 oz broccoli, chopped
- ½ c water
- 3 c salsa (divided)
- 1 tsp garlic powder
- 1 tsp of Simple Girl Southwest Seasoning
- 8 oz of extra-firm tofu, drained and crumbled
- 2 TBSP nutritional yeast flakes
- 8-10 Cabbage Leaves

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Thaw and drain the frozen spinach.
3. Over medium heat, saute the onion, spinach, broccoli in water under tender.
Add 1 cup of salsa, garlic, powder and seasoning blend.
4. Remove from heat; stir tofu and nutritional yeast.
5. Coat baking dish with ½ c of salsa to prevent sticking
6. Divide spinach and broccoli mix among cabbage leaves and spoon it down the center of each. Roll up the leaves and place seam-side down in the baking dish.
7. Spoon remaining salsa over top of the wraps.
8. Cover with foil and bake for 25 minutes, or until heated through.

A close-up photograph of a stack of five golden-brown pancakes on a white plate. The pancakes are topped with three slices of banana. In the background, another stack of pancakes is visible on a similar plate, slightly out of focus. The text "DAY 8" is overlaid on the image, with "DAY" in orange and "8" in white.

DAY 8



Breakfast

BANANA PANCAKES

STAGE 3

INGREDIENTS

- 1 Banana
- 1 Egg
- 2-4 Tbsp coconut flour
- Cinnamon
- 1/2 tsp vanilla

DIRECTIONS

1. Heat skillet to medium high heat
2. Mix all ingredients
3. Lightly grease skillet with coconut oil and pour pancake mixture in
4. Allow to cook on one side until fluffy and bubbly in the center
5. Flip and cook other side
6. Top with melted coconut manna or monk fruit maple syrup
7. Top with dried fruit and additional cinnamon if you'd like
8. Heat in the microwave for about 30 seconds to warm





Lunch

ROMANTIC RICE BOWL

STAGE 2 / DAY 3

INGREDIENTS

- $\frac{3}{4}$ c low sodium mushroom broth
- $\frac{2}{3}$ c uncooked brown rice (Cauliflower rice for stage 2) $\frac{2}{3}$ c water
- 2c broccoli florets
- 4oz tofu cubed (OR Chicken)
- 2c carrots or 2c of cabbage (stage 2), thinly sliced
- $\frac{1}{2}$ avocado, (Stage 3), thinly sliced
- $\frac{1}{2}$ red pepper, thinly sliced
- 1c orange juice (stage 4 only)
- $\frac{1}{2}$ tsp miso (stage 4)



DIRECTIONS

Bring water, broth and rice to a boil, cover, then reduce to simmer for about 35 minutes or until rice is tender. Add broccoli and carrots on top of the rice mixture and cook for another 6-8 minutes, or until veggies are tender. Remove veggies and mix tofu into rice mixture. Remove rice from heat and serve into a bowl, topped with veggies, avocado and red pepper. Drizzle with orange juice and barley miso mixture (whisk two together in sep. bowl).



Dinner

HUMMUS & TABBOULEH OVER SALAD

STAGE 4 / DAY 7

INGREDIENTS

- 1 C bulgur wheat
- 1 ½ C Water
- ¼ C lemon juice
- ¼ C olive oil
- 1 C minced scallions
- 1 C chopped mint
- 1 C chopped parsley
- 1 cucumber, peeled and diced 2 C cherry tomatoes

DIRECTIONS

1. Place bulgur in medium bowl and add boiling water, lemon juice, olive oil, and salt
2. Stir then allow to stand in room temperature for 1 hour
3. Mix everything together and season to taste, let sit in refrigerator for a few hours

DAY 9

A glass jar filled with chia pudding, topped with fresh raspberries and blueberries, sits on a white plate. A silver spoon rests on the plate to the right. In the background, another similar jar is visible, and a small bowl of fruit is on the left. The text "DAY 9" is overlaid in the center.

Breakfast

CHIA SEED PUDDING STAGE 3

INGREDIENTS

- 2 tablespoons of chia seeds
- ½ cup unsweetened almond or coconut milk
- stevia to taste
- optional: unsweetened coconut flakes, lily's chocolate chips, sliced almonds, and/or berries

DIRECTIONS

1. Mix together chia seeds and milk together until chia seeds are fully coated with no clumps
2. Add choice of sweetener if preferred
3. Refrigerate for at least 2 hours or up to 7 days
4. When ready to eat top with chocolate chips, fruit, coconut flakes, or nuts/seeds





Lunch

OPEN- FACED AVOCADO SANDWICH

STAGE 4 / DAY 5

INGREDIENTS

- 4 Pieces of whole grain bread (Ezequiel)
- 1 avocado mashed
- 2 tsp of sunflower seeds
- ¼ Red onion, thinly sliced
- ½ bell pepper, thinly sliced Handful of greens
- Dijon Mustard
- Crumbled goat cheese



DIRECTIONS

Toast bread and spread with Dijon and mashed avocado, layer greens and remaining veggies. Sprinkle with seeds and goat cheese. Toast under the broiler (optional).



Dinner

CHICKEN ZOODLE SALAD

STAGE 2 / DAY 1

SALAD INGREDIENTS

- 4 cups cherry tomatoes, halved
- 4 zucchini, spiralized
- $\frac{3}{4}$ cup fresh basil leaves, thinly sliced
- Red pepper flakes to taste
- 8oz grilled chicken, cubed

DRESSING

1. $\frac{2}{3}$ cup balsamic vinegar
2. 4 TBSP Bragg's liquid aminos
3. 2 TBSP Coconut Aminos
4. 4 medium cloves garlic, minced or grated 4-6 drops of Maple Stevia
5. 2 tsp lemon zest
6. 1 tsp dried basil
7. 1 tsp dried oregano
8. $\frac{1}{2}$ tsp dried thyme
9. Pink Salt & Pepper to taste



DIRECTIONS

Prepare dressing. Spiralize zucchini. Separate batch and freeze half for next week. Mix all ingredients (except basil) with dressing, allow salad to chill for at least 30 minutes before serving. Remove from the fridge, mix in basil, and serve.



DAY 10

A large, shallow bowl filled with a yellow tofu scramble, mixed with green leafy vegetables and red bell peppers. A silver fork is visible on the right side of the bowl.

Breakfast

TOFU SCRAMBLE

STAGE 2

INGREDIENTS

- 1 tbsp of olive oil to coat the pan
- 8oz Extra Firm Tofu
- ¼ Red Onion
- ½ Red Pepper
- 2 Cups Kale
- 1 tbsp Lemon Juice Spices of choice

DIRECTIONS

1. Drain Tofu from container, wrap in paper towel and place in microwave for 5-10 minutes.
2. Unwrap Tofu, cut into cubes, and mash
3. Cut veggies, heat oil in pan, add veggies and cook until soft
4. Add tofu and cook on medium heat until moisture is gone
5. Add spices of choice with lemon juice until evenly combined
6. Remove scramble from heat and serve with salsa or avocado





Lunch

LENTIL CUCUMBER SALAD

STAGE 4

INGREDIENTS

- 1 C Brown or green lentils
- 1 C Tomato, diced
- 1 C Cucumber, peeled and diced 1 C Orange or red pepper, cubed 1 Clove garlic, finely chopped
- 1 Tbsp olives, chopped
- 1 Tbsp fresh basil, chopped
- $\frac{1}{4}$ C balsamic vinegar



DIRECTIONS

Clean the lentils to make sure they have no stones and pour into a large pot of water. Boil gently for 20 minutes or until tender. Strain and let cool on a tray in the refrigerator. In a large bowl, mix the lentils with the remaining ingredients. Season with salt and pepper. Serve the salad cold.



Dinner

LENTIL TOMATO SOUP

STAGE 4 / DAY 3

INGREDIENTS

- 1c Lentils
- 8 large ripe tomatoes
- 2 red bell pepper
- 12 cloves garlic
- 1 small onion
- 1 cup vegetable broth
- 1 tsp dried thyme
- Pink salt
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook the lentils in boiling water.
2. Cut the large ripe tomatoes, deseeded bell peppers and onion in half. Then add the cut veggies to a baking tray lined with foil paper *cut side up* along with garlic, drizzle everything lightly with broth and season with pink salt and pepper.
3. Add the baking tray to a preheated oven, bake and broil option 410 F, after 15 minutes take the garlies out and set aside, after a total cooking time of 45 minutes take the baking tray out of the oven and let the veggies cool off for about 10 minutes.
4. Add all the veggies into a blender, also add dried thyme and puree everything until well mixed.
5. Transfer the mixture into a sauce pan and add ground bison and heat on LOW heat, then add broth and lightly season with salt, mix everything together until well combined, simmer for 10 minutes
6. Transfer the soup into 2 bowls, garnish with, black pepper and fresh parsley.



DAY 11

Breakfast

BANANA PANCAKES

STAGE 3 | DAY 8

INGREDIENTS

- 1 Banana
- 1 Egg
- 2-4 Tbsp coconut flour
- Cinnamon
- 1/2 tsp vanilla

DIRECTIONS

1. Heat skillet to medium high heat
2. Mix all ingredients
3. Lightly grease skillet with coconut oil and pour pancake mixture in
4. Allow to cook on one side until fluffy and bubbly in the center
5. Flip and cook other side
6. Top with melted coconut manna or monk fruit maple syrup
7. Top with dried fruit and additional cinnamon if you'd like
8. Heat in the microwave for about 30 seconds to warm





Lunch

LENTIL CUCUMBER SALAD

STAGE 4 / DAY 3

INGREDIENTS

- 1c Lentils
- 8 large ripe tomatoes
- 2 red bell pepper
- 12 cloves garlic
- 1 small onion
- 1 cup vegetable broth
- 1 tsp dried thyme
- Pink salt
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook the lentils in boiling water.
2. Cut the large ripe tomatoes, deseeded bell peppers and onion in half. Then add the cut veggies to a baking tray lined with foil paper *cut side up* along with garlic, drizzle everything lightly with broth I and season with pink salt and pepper.
3. Add the baking tray to a preheated oven, bake and broil option 410 F, after 15 minutes take the garlincs out and set aside, after a total cooking time of 45 minutes take the baking tray out of the oven and let the veggies cool off for about 10 minutes.
4. Add all the veggies into a blender, also add dried thyme and puree everything until well mixed.
5. Transfer the mixture into a sauce pan and add ground bison and heat on LOW heat, then add broth and lightly season with salt, mix everything together until well combined, simmer for 10 minutes
6. Transfer the soup into 2 bowls, garnish with, black pepper and fresh parsley.



Dinner

VEGGIE STIR FRY

STAGE 2, 3, 4

INGREDIENTS

- 1 C Diced bell peppers or carrots
- 1 C Corn kernels or green peas, or a combination of both
- ½ C Sliced green onions or chives; if using chives, add at the end of cooking
- ½ C Diced celery
- ¼ - ⅓ C Tamari
- Freshly ground black pepper (to taste)
- 5 C Precooked brown rice or quinoa (Stage 3); or substitute cauliflower rice for Stage 2
- ½ C Diced pre cooked potatoes (stage 4); or 1 C quinoa for stage 3 → leave out if in stage 2
- 1-2 Tbsp Water
- Pink Salt (to taste)

DIRECTIONS

In a large nonstick skillet over high or medium-high heat, combine the bell peppers or carrots, corn or green peas, green onions and celery, stirring occasionally. Cook for 3 to 4 minutes, then add the rice, potatoes (if using), and ¼ cup of the tamari. Cook for another 3 to 4 minutes, stirring a couple of times. Add the water if the mixture is sticking. Heat the rice through, and toast it a little on spot, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.

A close-up photograph of a burrito, cut in half, revealing its filling of dark beans, melted cheese, and guacamole. The burrito is wrapped in a white tortilla and sits on a wooden surface. The background is blurred, showing a wooden table and a dark wall. The text "DAY 12" is overlaid on the image.

DAY 12

Breakfast

CHIA SEED PUDDING

STAGE 3 / DAY 9

INGREDIENTS

- 2 tablespoons of chia seeds
- ½ cup unsweetened almond or coconut milk
- stevia to taste
- optional: unsweetened coconut flakes, lily's chocolate chips, sliced almonds, and/or berries

DIRECTIONS

1. Mix together chia seeds and milk together until chia seeds are fully coated with no clumps
2. Add choice of sweetener if preferred
3. Refrigerate for at least 2 hours or up to 7 days
4. When ready to eat top with chocolate chips, fruit, coconut flakes, or nuts/seeds





Lunch

VEGGIE STIR FRY

STAGE 2, 3, 4 / DAY 13

INGREDIENTS

- 1 C Diced bell peppers or carrots
- 1 C Corn kernels or green peas, or a combination of both
- ½ C Sliced green onions or chives; if using chives, add at the end of cooking
- ½ C Diced celery
- ¼ - ½ C Tamari
- Freshly ground black pepper (to taste)
- 5 C Precooked brown rice or quinoa (Stage 3); or substitute cauliflower rice for Stage 2
- ½ C Diced pre cooked potatoes (stage 4); or 1 C quinoa for stage 3 → leave out if in stage 2
- 1-2 Tbsp Water
- Pink Salt (to taste)

DIRECTIONS

In a large nonstick skillet over high or medium-high heat, combine the bell peppers or carrots, corn or green peas, green onions and celery, stirring occasionally. Cook for 3 to 4 minutes, then add the rice, potatoes (if using), and ¼ cup of the tamari. Cook for another 3 to 4 minutes, stirring a couple of times. Add the water if the mixture is sticking. Heat the rice through, and toast it a little on spot, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.



Dinner

SWEET POTATO BURRITO

STAGE 4

INGREDIENTS

- 2C Sweet potatoes, peeled and diced
- 1C Frozen corn kernels
- 1 can low-sodium black beans, drained and rinsed (1 15-ounce can)
- 1 tsp Very thinly sliced green onion
- 1 TBSP Fresh lime juice
- 1 tsp Chili powder
- 1/4 tsp Cumin
- Pink salt (to taste)
- Freshly ground black pepper (to taste)
- 4 8-inch whole-wheat tortillas, warmed
- 1C Salsa
- 2C Shredded lettuce

DIRECTIONS

1. Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
2. Add the corn and cook for 1 more minute.
3. Drain and transfer to a large bowl.
4. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste.
5. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.

A top-down view of a white ceramic plate with a brown rim, filled with a yellow scrambled tofu dish. The dish is mixed with green leafy vegetables, red bell peppers, and yellow onions. A silver fork is visible on the right side of the plate. The text "DAY 13" is overlaid in the center.

DAY 13



Breakfast

TOFU SCRAMBLE

STAGE 2

INGREDIENTS

- 1 tbsp of olive oil to coat the pan
- 8oz Extra Firm Tofu
- ¼ Red Onion
- ½ Red Pepper
- 2 Cups Kale
- 1 tbsp Lemon Juice Spices of choice

DIRECTIONS

1. Drain Tofu from container, wrap in paper towel and place in microwave for 5-10 minutes.
2. Unwrap Tofu, cut into cubes, and mash
3. Cut veggies, heat oil in pan, add veggies and cook until soft
4. Add tofu and cook on medium heat until moisture is gone
5. Add spices of choice with lemon juice until evenly combined
6. Remove scramble from heat and serve with salsa or avocado





Lunch

OPEN- FACED AVOCADO SANDWICH

STAGE 4 / DAY 5

INGREDIENTS

- 4 Pieces of whole grain bread (Ezequiel)
- 1 avocado mashed
- 2 tsp of sunflower seeds
- ¼ Red onion, thinly sliced
- ½ bell pepper, thinly sliced Handful of greens
- Dijon Mustard
- Crumbled goat cheese



DIRECTIONS

Toast bread and spread with Dijon and mashed avocado, layer greens and remaining veggies. Sprinkle with seeds and goat cheese. Toast under the broiler (optional).



Dinner

ROMANTIC RICE BOWL

STAGE 2

INGREDIENTS

- $\frac{3}{4}$ c low sodium mushroom broth
- $\frac{2}{3}$ c uncooked brown rice (Cauliflower rice for stage 2) $\frac{2}{3}$ c water
- 2c broccoli florets
- 4oz tofu cubed (OR Chicken)
- 2c carrots or 2c of cabbage (stage 2), thinly sliced
- $\frac{1}{2}$ avocado, (Stage 3), thinly sliced
- $\frac{1}{2}$ red pepper, thinly sliced
- 1c orange juice (stage 4 only)
- $\frac{1}{2}$ tsp miso (stage 4)



DIRECTIONS

Bring water, broth and rice to a boil, cover, then reduce to simmer for about 35 minutes or until rice is tender. Add broccoli and carrots on top of the rice mixture and cook for another 6-8 minutes, or until veggies are tender. Remove veggies and mix tofu into rice mixture. Remove rice from heat and serve into a bowl, topped with veggies, avocado and red pepper. Drizzle with orange juice and barley miso mixture (whisk two together in sep. bowl).

A glass jar filled with a vibrant green smoothie, likely made from leafy greens and fruit. A silver straw is inserted into the smoothie. In the foreground, there are fresh blueberries and a slice of lemon, suggesting a healthy and refreshing beverage. The background is a soft, out-of-focus grey.

DAY 14

Breakfast

STRACHY & GREEN SMOOTHIE

STAGE 2 / DAY 2

INGREDIENTS

- 1 c coconut milk
- 1 c frozen blueberries
- 1 c frozen veg (sweet potato-S4 or squash) 1/2c blanched and frozen cauli or zucchini 1c greens (spinach, kale)
- Pinch pink salt
- 1 tsp cinnamon
- 1/2 tbsp chia
- 1/2 tbsp ground flax
- 1 tbsp raw cacao stirred in after blending

Optional: Protein powder



DIRECTIONS

Blend all ingredients and pour into a bowl. Top with coconut chips, hemp seeds and nut butter.



Lunch

SWEET POTATO BURRITO

STAGE 4 / DAY 12

INGREDIENTS

- 2C Sweet potatoes, peeled and diced
- 1C Frozen corn kernels
- 1 can low-sodium black beans, drained and rinsed (1 15-ounce can)
- 1 tsp Very thinly sliced green onion
- 1 TBSP Fresh lime juice
- 1 tsp Chili powder
- 1/4 tsp Cumin
- Pink salt (to taste)
- Freshly ground black pepper (to taste)
- 4 8-inch whole-wheat tortillas, warmed
- 1C Salsa
- 2C Shredded lettuce

DIRECTIONS

1. Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
2. Add the corn and cook for 1 more minute.
3. Drain and transfer to a large bowl.
4. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste.
5. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.



DAY 15

Breakfast

DATE BALLS STAGE 4 / DAY 5

INGREDIENTS

- Dried apricots or dates
- Seeds (pumpkin seeds, flax, hemp, sunflower, or chia are some faves) Nuts (pecans, almonds, walnuts, etc.)
- Nut butter (cashew butter, almond butter, sunflower butter)
- Coconut oil
- Cinnamon, Cacao Powder



DIRECTIONS

This is a fun recipe to play with, as it's constantly evolving. Play with the amount and type of ingredients you throw in. Add ingredients and blend in a food processor until the mix is pliable. Form small balls and stick in the freezer to enjoy as snacks.



Lunch

VEGGIE STIR FRY

STAGE 2, 3, 4 / DAY 13

INGREDIENTS

- 1 C Diced bell peppers or carrots
- 1 C Corn kernels or green peas, or a combination of both
- ½ C Sliced green onions or chives; if using chives, add at the end of cooking
- ½ C Diced celery
- ¼ - ⅓ C Tamari
- Freshly ground black pepper (to taste)
- 5 C Precooked brown rice or quinoa (Stage 3); or substitute cauliflower rice for Stage 2
- ½ C Diced pre cooked potatoes (stage 4); or 1 C quinoa for stage 3 → leave out if in stage 2
- 1-2 Tbsp Water
- Pink Salt (to taste)

DIRECTIONS

In a large nonstick skillet over high or medium-high heat, combine the bell peppers or carrots, corn or green peas, green onions and celery, stirring occasionally. Cook for 3 to 4 minutes, then add the rice, potatoes (if using), and ¼ cup of the tamari. Cook for another 3 to 4 minutes, stirring a couple of times. Add the water if the mixture is sticking. Heat the rice through, and toast it a little on spot, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.



Dinner

SPAGHETTI SQUASH WITH PESTO

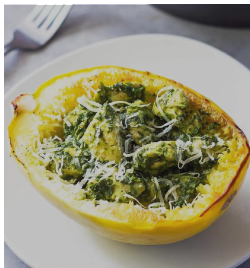
STAGE 3

INGREDIENTS

- 1 (2-3lb) medium spaghetti squash
- 2Tbsp Olive oil
- Parmesan Cheese
- Pesto

DIRECTIONS

1. Set oven to 425.
2. Pierce squash and microwave for 5 minutes.
3. Cut squash in half lengthwise and coat with olive oil and garlic salt.
4. Put on baking sheet and bake until tender and golden brown (30-45m).
5. Remove from oven and shred.
6. Top with pesto and parmesan cheese and serve.



A glass jar filled with oatmeal, topped with fresh strawberries and blueberries. A yellow spoon is placed next to the jar. The background is a light-colored surface with some blurred fruit.

DAY 16

Breakfast

OVERNIGHT OATS

STAGE 4

INGREDIENTS

- $\frac{1}{3}$ cup steel-cut oats plus $\frac{1}{4}$ teaspoon ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon almond butter or nut butter of choice
- $\frac{1}{2}$ cup coconut or almond/cashew milk for a very thick consistency
- $\frac{1}{2}$ cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)
- Drizzle of maple syrup or honey, if desired



DIRECTIONS

In a jar or bowl combine the oats and cinnamon, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine. Top with your fruit of choice. (If you used more milk than $\frac{1}{2}$ cup and you want your fruit to stay on top, wait to top the oats until you're ready to serve. If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.) Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.



Lunch

SPAGHETTI SQUASH WITH PESTO

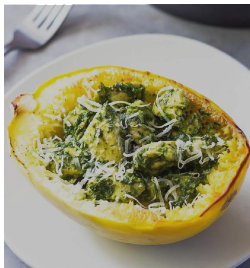
STAGE 3 / DAY 15

INGREDIENTS

- 1 (2-3lb) medium spaghetti squash
- 2Tbsp Olive oil
- Parmesan Cheese
- Pesto

DIRECTIONS

1. Set oven to 425
2. Pierce squash and microwave for 5 minutes
3. Cut squash in half lengthwise and coat with olive oil and garlic salt
4. Put on baking sheet and bake until tender and golden brown (30-45m)
5. Remove from oven and shred
6. Top with pesto and parmesan cheese and serve





Dinner

LENTIL TOMATO SOUP

STAGE 4 / DAY 3

INGREDIENTS

- 1c Lentils
- 8 large ripe tomatoes
- 2 red bell pepper
- 12 cloves garlic
- 1 small onion
- 1 cup vegetable broth
- 1 tsp dried thyme
- Pink salt
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook the lentils in boiling water.
2. Cut the large ripe tomatoes, deseeded bell peppers and onion in half. Then add the cut veggies to a baking tray lined with foil paper *cut side up* along with garlic, drizzle everything lightly with broth and season with pink salt and pepper.
3. Add the baking tray to a preheated oven, bake and broil option 410 F, after 15 minutes take the garlics out and set aside, after a total cooking time of 45 minutes take the baking tray out of the oven and let the veggies cool off for about 10 minutes.
4. Add all the veggies into a blender, also add dried thyme and puree everything until well mixed.
5. Transfer the mixture into a sauce pan and add ground bison and heat on LOW heat, then add broth and lightly season with salt, mix everything together until well combined, simmer for 10 minutes
6. Transfer the soup into 2 bowls, garnish with, black pepper and fresh parsley.

A close-up photograph of a white bowl filled with a light-colored soup. The soup is garnished with several pieces of yellow corn kernels and a small, fresh green parsley sprig in the center. The text "DAY 17" is overlaid on the image, with "DAY" in orange and "17" in white.

DAY 17

Breakfast

DATE BALLS STAGE 4 / DAY 5

INGREDIENTS

- Dried apricots or dates
- Seeds (pumpkin seeds, flax, hemp, sunflower, or chia are some faves) Nuts (pecans, almonds, walnuts, etc.)
- Nut butter (cashew butter, almond butter, sunflower butter)
- Coconut oil
- Cinnamon, Cacao Powder



DIRECTIONS

This is a fun recipe to play with, as it's constantly evolving. Play with the amount and type of ingredients you throw in. Add ingredients and blend in a food processor until the mix is pliable. Form small balls and stick in the freezer to enjoy as snacks.



Lunch

VEGGIE STIR FRY

STAGE 2, 3, 4 / DAY 13

INGREDIENTS

- 1 C Diced bell peppers or carrots
- 1 C Corn kernels or green peas, or a combination of both
- ½ C Sliced green onions or chives; if using chives, add at the end of cooking
- ½ C Diced celery
- ¼ - ⅓ C Tamari
- Freshly ground black pepper (to taste)
- 5 C Precooked brown rice or quinoa (Stage 3); or substitute cauliflower rice for Stage 2
- ½ C Diced pre cooked potatoes (stage 4); or 1 C quinoa for stage 3 → leave out if in stage 2
- 1-2 Tbsp Water
- Pink Salt (to taste)

DIRECTIONS

In a large nonstick skillet over high or medium-high heat, combine the bell peppers or carrots, corn or green peas, green onions and celery, stirring occasionally. Cook for 3 to 4 minutes, then add the rice, potatoes (if using), and ¼ cup of the tamari. Cook for another 3 to 4 minutes, stirring a couple of times. Add the water if the mixture is sticking. Heat the rice through, and toast it a little on spot, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.



Dinner

COCONUT CORN CHOWDER

STAGE 4 / DAY 2

INGREDIENTS

- 3 medium russet potatoes, peeled and cut into 1 inch cubes
- 5-6 garlic cloves
- 1c diced white onion
- 1 TBSP minced garlic
- 2 TBSP minced ginger
- 1 tsp ground black pepper
- 1 tsp red pepper flakes
- 1 bay leaf
- 2lbs fresh or frozen corn off the cob
- 1 can coconut milk
- Juice of 2 limes
- ¼ c fresh torn mint leaves
- 1tsp pink salt

DIRECTIONS

1. Cover potatoes and garlic cloves in a pot of water. Bring to boil and cook until tender. Drain, rinse and save cooking water aside (approx. 6c).
2. Warm a large pot and dry saute onion, stirring frequently (1-2 min). Add minced garlic, ginger, black and red peppers and stir for another minute. Add potato broth, bay leaf and 1lb of corn, bring to boil and then reduce heat to simmer.
3. Separately, add a second pound of corn, 1c cooked potato, and coconut milk into a blender until a creamy consistency.
4. Slowly mix this into pot mixture along with the rest of the cooked potatoes and return to simmer.
5. Serve with lime juice, mint and salt.

A top-down view of a large, shallow, light-brown ceramic bowl filled with a vibrant bean salad. The salad is a mix of dark kidney beans, bright yellow corn kernels, diced green cucumbers, and halved cherry tomatoes. Finely chopped red onions and fresh green herbs are scattered throughout. In the upper left corner, a small portion of another bowl containing a yellowish-orange liquid is visible. The background is a light-colored, textured surface, possibly a table or countertop, with a piece of light-colored fabric or paper in the upper right. The text "DAY 18" is overlaid in the center of the image.

DAY 18

Breakfast

OVERNIGHT OATS

STAGE 4

INGREDIENTS

- $\frac{1}{3}$ cup steel-cut oats plus $\frac{1}{4}$ teaspoon ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon almond butter or nut butter of choice
- $\frac{1}{2}$ cup coconut or almond/cashew milk for a very thick consistency
- $\frac{1}{2}$ cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)
- Drizzle of maple syrup or honey, if desired



DIRECTIONS

In a jar or bowl combine the oats and cinnamon, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine. Top with your fruit of choice. (If you used more milk than $\frac{1}{2}$ cup and you want your fruit to stay on top, wait to top the oats until you're ready to serve. If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.) Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.



Lunch

SALAD WITH BLACK BEAN, CORN, & SALSA

STAGE 4

INGREDIENTS

- 2 cups freshly shucked corn, about 4 cobs or 2 cups frozen
- 1 (15-ounce) can black beans, drained or 1 1/2 cups cooked black beans, drained
- 1/4 small red onion, diced (about 1/4 cup)
- 2 cloves garlic, minced
- 1/2 small red bell pepper, seeded and diced
- 1/4 cup chopped cilantro
- 2 tablespoons freshly squeezed lime juice
- Pink salt



DIRECTIONS

Mix together the ingredients and stir in lime juice. Add pink salt for taste. Allow to chill for at least 30 minutes before serving.



Dinner

ROMANTIC RICE BOWL

STAGE 2 / DAY 3

INGREDIENTS

- $\frac{3}{4}$ c low sodium mushroom broth
- $\frac{2}{3}$ c uncooked brown rice (Cauliflower rice for stage 2) $\frac{2}{3}$ c water
- 2c broccoli florets
- 4oz tofu cubed (OR Chicken)
- 2c carrots or 2c of cabbage (stage 2), thinly sliced
- $\frac{1}{2}$ avocado, (Stage 3), thinly sliced
- $\frac{1}{2}$ red pepper, thinly sliced
- 1c orange juice (stage 4 only)
- $\frac{1}{2}$ tsp miso (stage 4)



DIRECTIONS

Bring water, broth and rice to a boil, cover, then reduce to simmer for about 35 minutes or until rice is tender. Add broccoli and carrots on top of the rice mixture and cook for another 6-8 minutes, or until veggies are tender. Remove veggies and mix tofu into rice mixture. Remove rice from heat and serve into a bowl, topped with veggies, avocado and red pepper. Drizzle with orange juice and barley miso mixture (whisk two together in sep. bowl).



DAY 19

A large, shallow bowl filled with a yellow tofu scramble. The scramble is mixed with green leafy vegetables, red bell peppers, and yellow potatoes. A silver fork is visible on the right side of the bowl.

Breakfast

TOFU SCRAMBLE

STAGE 2

INGREDIENTS

- 1 tbsp of olive oil to coat the pan
- 8oz Extra Firm Tofu
- ¼ Red Onion
- ½ Red Pepper
- 2 Cups Kale
- 1 tbsp Lemon Juice Spices of choice

DIRECTIONS

1. Drain Tofu from container, wrap in paper towel and place in microwave for 5-10 minutes.
2. Unwrap Tofu, cut into cubes, and mash
3. Cut veggies, heat oil in pan, add veggies and cook until soft
4. Add tofu and cook on medium heat until moisture is gone
5. Add spices of choice with lemon juice until evenly combined
6. Remove scramble from heat and serve with salsa or avocado





Lunch

LENTIL CUCUMBER SALAD

STAGE 4

INGREDIENTS

- 1 C Brown or green lentils
- 1 C Tomato, diced
- 1 C Cucumber, peeled and diced 1 C Orange or red pepper, cubed 1 Clove garlic, finely chopped
- 1 Tbsp olives, chopped
- 1 Tbsp fresh basil, chopped
- $\frac{1}{4}$ C balsamic vinegar



DIRECTIONS

Clean the lentils to make sure they have no stones and pour into a large pot of water. Boil gently for 20 minutes or until tender. Strain and let cool on a tray in the refrigerator. In a large bowl, mix the lentils with the remaining ingredients. Season with salt and pepper. Serve the salad cold.



Dinner

COCONUT CORN CHOWDER

STAGE 4 / DAY 2

INGREDIENTS

- 3 medium russet potatoes, peeled and cut into 1 inch cubes
- 5-6 garlic cloves
- 1c diced white onion
- 1 TBSP minced garlic
- 2 TBSP minced ginger
- 1 tsp ground black pepper
- 1 tsp red pepper flakes
- 1 bay leaf
- 2lbs fresh or frozen corn off the cob
- 1 can coconut milk
- Juice of 2 limes
- ¼ c fresh torn mint leaves
- 1tsp pink salt

DIRECTIONS

1. Cover potatoes and garlic cloves in a pot of water. Bring to boil and cook until tender. Drain, rinse and save cooking water aside (approx. 6c).
2. Warm a large pot and dry saute onion, stirring frequently (1-2 min). Add minced garlic, ginger, black and red peppers and stir for another minute. Add potato broth, bay leaf and 1lb of corn, bring to boil and then reduce heat to simmer.
3. Separately, add a second pound of corn, 1c cooked potato, and coconut milk into a blender until a creamy consistency.
4. Slowly mix this into pot mixture along with the rest of the cooked potatoes and return to simmer.
5. Serve with lime juice, mint and salt.

A close-up, top-down view of a glass filled with a vibrant green smoothie. The smoothie has a slightly textured appearance with small white bubbles and dark green flecks. The glass is positioned in the upper left corner, and the rest of the frame is a soft, out-of-focus light gray background with hints of green leaves.

DAY 20

Breakfast

STRACHY & GREEN SMOOTHIE

STAGE 2 / DAY 2

INGREDIENTS

- 1 c coconut milk
- 1 c frozen blueberries
- 1 c frozen veg (sweet potato-S4 or squash) 1/2c blanched and frozen cauli or zucchini 1c greens (spinach, kale)
- Pinch pink salt
- 1 tsp cinnamon
- 1/2 tbsp chia
- 1/2 tbsp ground flax
- 1 tbsp raw cacao stirred in after blending

Optional: Protein powder



DIRECTIONS

Blend all ingredients and pour into a bowl. Top with coconut chips, hemp seeds and nut butter.



Lunch

LENTIL CUCUMBER SALAD

STAGE 4

INGREDIENTS

- 1 C Brown or green lentils
- 1 C Tomato, diced
- 1 C Cucumber, peeled and diced 1 C Orange or red pepper, cubed 1 Clove garlic, finely chopped
- 1 Tbsp olives, chopped
- 1 Tbsp fresh basil, chopped
- $\frac{1}{4}$ C balsamic vinegar



DIRECTIONS

Clean the lentils to make sure they have no stones and pour into a large pot of water. Boil gently for 20 minutes or until tender. Strain and let cool on a tray in the refrigerator. In a large bowl, mix the lentils with the remaining ingredients. Season with salt and pepper. Serve the salad cold.



Dinner

SWEET POTATO BURRITO

STAGE 4

INGREDIENTS

- 2C Sweet potatoes, peeled and diced
- 1C Frozen corn kernels
- 1 can low-sodium black beans, drained and rinsed (1 15-ounce can)
- 1 tsp Very thinly sliced green onion
- 1 TBSP Fresh lime juice
- 1 tsp Chili powder
- 1/4 tsp Cumin
- Pink salt (to taste)
- Freshly ground black pepper (to taste)
- 4 8-inch whole-wheat tortillas, warmed
- 1C Salsa
- 2C Shredded lettuce

DIRECTIONS

1. Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
2. Add the corn and cook for 1 more minute.
3. Drain and transfer to a large bowl.
4. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste.
5. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.



DAY 21

Breakfast

OVERNIGHT OATS

STAGE 4

INGREDIENTS

- $\frac{1}{3}$ cup steel-cut oats plus $\frac{1}{4}$ teaspoon ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon almond butter or nut butter of choice
- $\frac{1}{2}$ cup coconut or almond/cashew milk for a very thick consistency
- $\frac{1}{2}$ cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)
- Drizzle of maple syrup or honey, if desired



DIRECTIONS

In a jar or bowl combine the oats and cinnamon, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine. Top with your fruit of choice. (If you used more milk than $\frac{1}{2}$ cup and you want your fruit to stay on top, wait to top the oats until you're ready to serve. If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.) Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.



Lunch

SPAGHETTI SQUASH WITH PESTO

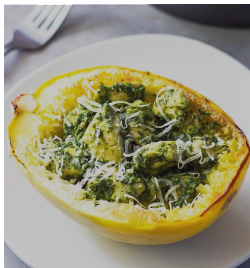
STAGE 3 / DAY 15

INGREDIENTS

- 1 (2-3lb) medium spaghetti squash
- 2Tbsp Olive oil
- Parmesan Cheese
- Pesto

DIRECTIONS

1. Set oven to 425
2. Pierce squash and microwave for 5 minutes
3. Cut squash in half lengthwise and coat with olive oil and garlic salt
4. Put on baking sheet and bake until tender and golden brown (30-45m)
5. Remove from oven and shred
6. Top with pesto and parmesan cheese and serve





Dinner

OPEN- FACED AVOCADO SANDWICH

STAGE 4

INGREDIENTS

- 4 Pieces of whole grain bread (Ezequiel)
- 1 avocado mashed
- 2 tsp of sunflower seeds
- ¼ Red onion, thinly sliced
- ½ bell pepper, thinly sliced Handful of greens
- Dijon Mustard
- Crumbled goat cheese



DIRECTIONS

Toast bread and spread with Dijon and mashed avocado, layer greens and remaining veggies. Sprinkle with seeds and goat cheese. Toast under the broiler (optional).

A top-down view of a bowl filled with a variety of fresh fruits and granola. The bowl is lined with a white, textured material, possibly a tortilla or parchment paper. The fruits include slices of orange, green kiwi, red raspberries, and blackberries. A sprig of fresh green mint is placed in the center. The granola consists of golden-brown clusters of oats and nuts. The text "DAY 22" is overlaid on the image, with "DAY" in orange and "22" in white.

DAY 22



Breakfast

RICE CAKES WITH MASHED FRUIT

STAGE 4

INGREDIENTS

- 2-3 rice cakes
- 1/2 cup of desired fruit



DIRECTIONS

Chop desired fruit (1/2 cup) and sprinkle over your rice cakes. Enjoy!



Lunch

BLACK BEAN SPREAD

STAGE 4

INGREDIENTS

- 4 cups black beans *cooked*
- 1/2 cup water
- 1 teaspoon pink salt
- 1 tablespoon nutritional yeast



DIRECTIONS

1. Combine all ingredients in bowl of food processor.
2. Blend until well mixed, but leave a little chunky.
3. Refrigerate.



Dinner

LENTIL TOMATO SOUP

STAGE 4 / DAY 3

INGREDIENTS

- 1c Lentils
- 8 large ripe tomatoes
- 2 red bell pepper
- 12 cloves garlic
- 1 small onion
- 1 cup vegetable broth
- 1 tsp dried thyme
- Pink salt
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook the lentils in boiling water.
2. Cut the large ripe tomatoes, deseeded bell peppers and onion in half. Then add the cut veggies to a baking tray lined with foil paper *cut side up* along with garlic, drizzle everything lightly with broth and season with pink salt and pepper.
3. Add the baking tray to a preheated oven, bake and broil option 410 F, after 15 minutes take the garlies out and set aside, after a total cooking time of 45 minutes take the baking tray out of the oven and let the veggies cool off for about 10 minutes.
4. Add all the veggies into a blender, also add dried thyme and puree everything until well mixed.
5. Transfer the mixture into a sauce pan and add ground bison and heat on LOW heat, then add broth and lightly season with salt, mix everything together until well combined, simmer for 10 minutes
6. Transfer the soup into 2 bowls, garnish with, black pepper and fresh parsley.

A close-up photograph of a white bowl filled with a healthy meal. The dish consists of white rice, cubed pieces of browned tofu, bright green broccoli florets, yellow corn kernels, and orange carrot slices. Small green herbs are scattered throughout. The bowl is set against a background of a red and white striped cloth. Overlaid on the center of the image is the text "DAY 23" in a bold, sans-serif font. "DAY" is orange, and "23" is white.

DAY 23



Breakfast

RICE CAKES WITH MASHED FRUIT

STAGE 4

INGREDIENTS

- 2-3 rice cakes
- 1/2 cup of desired fruit



DIRECTIONS

Chop desired fruit (1/2 cup) and sprinkle over your rice cakes. Enjoy!



Lunch

SPAGHETTI SQUASH WITH PESTO

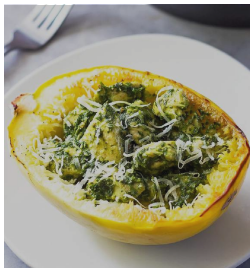
STAGE 3 / DAY 15

INGREDIENTS

- 1 (2-3lb) medium spaghetti squash
- 2Tbsp Olive oil
- Parmesan Cheese
- Pesto

DIRECTIONS

1. Set oven to 425
2. Pierce squash and microwave for 5 minutes
3. Cut squash in half lengthwise and coat with olive oil and garlic salt
4. Put on baking sheet and bake until tender and golden brown (30-45m)
5. Remove from oven and shred
6. Top with pesto and parmesan cheese and serve





Dinner

ROMANTIC RICE BOWL

STAGE 2

INGREDIENTS

- $\frac{3}{4}$ c low sodium mushroom broth
- $\frac{2}{3}$ c uncooked brown rice (Cauliflower rice for stage 2) $\frac{2}{3}$ c water
- 2c broccoli florets
- 4oz tofu cubed (OR Chicken)
- 2c carrots or 2c of cabbage (stage 2), thinly sliced
- $\frac{1}{2}$ avocado, (Stage 3), thinly sliced
- $\frac{1}{2}$ red pepper, thinly sliced
- 1c orange juice (stage 4 only)
- $\frac{1}{2}$ tsp miso (stage 4)



DIRECTIONS

Bring water, broth and rice to a boil, cover, then reduce to simmer for about 35 minutes or until rice is tender. Add broccoli and carrots on top of the rice mixture and cook for another 6-8 minutes, or until veggies are tender. Remove veggies and mix tofu into rice mixture. Remove rice from heat and serve into a bowl, topped with veggies, avocado and red pepper. Drizzle with orange juice and barley miso mixture (whisk two together in sep. bowl).



DAY 24



Breakfast

BANANA PANCAKES

STAGE 3

INGREDIENTS

- 1 Banana
- 1 Egg
- 2-4 Tbsp coconut flour
- Cinnamon
- 1/2 tsp vanilla

DIRECTIONS

1. Heat skillet to medium high heat
2. Mix all ingredients
3. Lightly grease skillet with coconut oil and pour pancake mixture in
4. Allow to cook on one side until fluffy and bubbly in the center
5. Flip and cook other side
6. Top with melted coconut manna or monk fruit maple syrup
7. Top with dried fruit and additional cinnamon if you'd like
8. Heat in the microwave for about 30 seconds to warm





Lunch

SWEET POTATO BURRITO

STAGE 4 / DAY 12

INGREDIENTS

- 2C Sweet potatoes, peeled and diced
- 1C Frozen corn kernels
- 1 can low-sodium black beans, drained and rinsed (1 15-ounce can)
- 1 tsp Very thinly sliced green onion
- 1 TBSP Fresh lime juice
- 1 tsp Chili powder
- 1/4 tsp Cumin
- Pink salt (to taste)
- Freshly ground black pepper (to taste)
- 4 8-inch whole-wheat tortillas, warmed
- 1C Salsa
- 2C Shredded lettuce

DIRECTIONS

1. Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
2. Add the corn and cook for 1 more minute.
3. Drain and transfer to a large bowl.
4. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste.
5. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.



Dinner

HUMMUS & TABBOULEH OVER SALAD

STAGE 4 / DAY 7

INGREDIENTS

- 1 C bulger wheat
- 1 ½ C Water
- ¼ C lemon juice
- ¼ C olive oil
- 1 C minced scallions
- 1 C chopped mint
- 1 C chopped parsley
- 1 cucumber, peeled and diced 2 C cherry tomatoes

DIRECTIONS

1. Place bulger in medium bowl and add boiling water, lemon juice, olive oil, and salt
2. Stir then allow to stand in room temperature for 1 hour
3. Mix everything together and season to taste, let sit in refrigerator for a few hours

A close-up photograph of a stack of golden-brown pancakes on a white plate. Two slices of banana are placed on top of the pancakes. In the background, another stack of pancakes is visible on a separate plate, and a white cloth is partially seen. The text 'DAY 25' is overlaid on the image.

DAY 25



Breakfast

BANANA PANCAKES

STAGE 3 / DAY 8

INGREDIENTS

- 1 Banana
- 1 Egg
- 2-4 Tbsp coconut flour
- Cinnamon
- 1/2 tsp vanilla

DIRECTIONS

1. Heat skillet to medium high heat
2. Mix all ingredients
3. Lightly grease skillet with coconut oil and pour pancake mixture in
4. Allow to cook on one side until fluffy and bubbly in the center
5. Flip and cook other side
6. Top with melted coconut manna or monk fruit maple syrup
7. Top with dried fruit and additional cinnamon if you'd like
8. Heat in the microwave for about 30 seconds to warm



Lunch

OPEN- FACED AVOCADO SANDWICH

STAGE 4 / DAY 5

INGREDIENTS

- 4 Pieces of whole grain bread (Ezequiel)
- 1 avocado mashed
- 2 tsp of sunflower seeds
- ¼ Red onion, thinly sliced
- ½ bell pepper, thinly sliced Handful of greens
- Dijon Mustard
- Crumbled goat cheese



DIRECTIONS

Toast bread and spread with Dijon and mashed avocado, layer greens and remaining veggies. Sprinkle with seeds and goat cheese. Toast under the broiler (optional).



Dinner

SALAD WITH BLACK BEAN, CORN, & SALSA

STAGE 4

INGREDIENTS

- 2 cups freshly shucked corn, about 4 cobs or 2 cups frozen
- 1 (15-ounce) can black beans, drained or 1 1/2 cups cooked black beans, drained
- 1/4 small red onion, diced (about 1/4 cup)
- 2 cloves garlic, minced
- 1/2 small red bell pepper, seeded and diced
- 1/4 cup chopped cilantro
- 2 tablespoons freshly squeezed lime juice
- Pink salt



DIRECTIONS

Mix together the ingredients and stir in lime juice. Add pink salt for taste. Allow to chill for at least 30 minutes before serving.



DAY 26

Breakfast

STRACHY & GREEN SMOOTHIE

STAGE 2 / DAY 2

INGREDIENTS

- 1 c coconut milk
- 1 c frozen blueberries
- 1 c frozen veg (sweet potato-S4 or squash) 1/2c blanched and frozen cauli or zucchini 1c greens (spinach, kale)
- Pinch pink salt
- 1 tsp cinnamon
- 1/2 tbsp chia
- 1/2 tbsp ground flax
- 1 tbsp raw cacao stirred in after blending

Optional: Protein powder



DIRECTIONS

Blend all ingredients and pour into a bowl. Top with coconut chips, hemp seeds and nut butter.



Lunch

ROMANTIC RICE BOWL

STAGE 2 / DAY 3

INGREDIENTS

- $\frac{3}{4}$ c low sodium mushroom broth
- $\frac{2}{3}$ c uncooked brown rice (Cauliflower rice for stage 2) $\frac{2}{3}$ c water
- 2c broccoli florets
- 4oz tofu cubed (OR Chicken)
- 2c carrots or 2c of cabbage (stage 2), thinly sliced
- $\frac{1}{2}$ avocado, (Stage 3), thinly sliced
- $\frac{1}{2}$ red pepper, thinly sliced
- 1c orange juice (stage 4 only)
- $\frac{1}{2}$ tsp miso (stage 4)



DIRECTIONS

Bring water, broth and rice to a boil, cover, then reduce to simmer for about 35 minutes or until rice is tender. Add broccoli and carrots on top of the rice mixture and cook for another 6-8 minutes, or until veggies are tender. Remove veggies and mix tofu into rice mixture. Remove rice from heat and serve into a bowl, topped with veggies, avocado and red pepper. Drizzle with orange juice and barley miso mixture (whisk two together in sep. bowl).



Dinner

HUMMUS & TABBOULEH OVER SALAD

STAGE 4 / DAY 7

INGREDIENTS

- 1 C bulger wheat
- 1 ½ C Water
- ¼ C lemon juice
- ¼ C olive oil
- 1 C minced scallions
- 1 C chopped mint
- 1 C chopped parsley
- 1 cucumber, peeled and diced 2 C cherry tomatoes

DIRECTIONS

1. Place bulger in medium bowl and add boiling water, lemon juice, olive oil, and salt
2. Stir then allow to stand in room temperature for 1 hour
3. Mix everything together and season to taste, let sit in refrigerator for a few hours

A close-up photograph of a blue ceramic bowl filled with a meal of roasted chicken and broccoli. The chicken is cut into bite-sized pieces and has a golden-brown, slightly charred skin. The broccoli is cooked and vibrant green. The bowl has a white rim and a blue patterned interior. A silver fork is visible on the right side of the bowl. The background is a blurred grey surface.

DAY 27

Breakfast

STRACHY & GREEN SMOOTHIE

STAGE 2 / DAY 2

INGREDIENTS

- 1 c coconut milk
- 1 c frozen blueberries
- 1 c frozen veg (sweet potato-S4 or squash) 1/2c blanched and frozen cauli or zucchini 1c greens (spinach, kale)
- Pinch pink salt
- 1 tsp cinnamon
- 1/2 tbsp chia
- 1/2 tbsp ground flax
- 1 tbsp raw cacao stirred in after blending

Optional: Protein powder



DIRECTIONS

Blend all ingredients and pour into a bowl. Top with coconut chips, hemp seeds and nut butter.



Lunch

BLACK BEAN SPREAD

STAGE 4

INGREDIENTS

- 4 cups black beans *cooked*
- 1/2 cup water
- 1 teaspoon pink salt
- 1 tablespoon nutritional yeast



DIRECTIONS

1. Combine all ingredients in bowl of food processor.
2. Blend until well mixed, but leave a little chunky.
3. Refrigerate.



Dinner

COCONUT AMINO SOAKED TOFU & BROCCOLI

STAGE 2

INGREDIENTS

- 8oz extra firm tofu
- 1 Tbsp coconut aminos ½ Tbsp sesame oil
- 1 garlic clove

DIRECTIONS

1. Press and drain tofu for around 15 minutes.
2. Cut tofu into cubes, add to a bowl with all other ingredients. Let marinate for another 15 minutes.
3. Add spices of choice.
4. Preheat air-fryer to 375 and cook for 10-15 minutes turning to cook evenly.



A top-down view of a white ceramic plate with a brown rim, filled with a meal of scrambled eggs, diced red bell peppers, green leafy vegetables, and onions. The text "DAY 28" is overlaid in the center.

DAY 28



Breakfast

TOFU SCRAMBLE

STAGE 2

INGREDIENTS

- 1 tbsp of olive oil to coat the pan
- 8oz Extra Firm Tofu
- ¼ Red Onion
- ½ Red Pepper
- 2 Cups Kale
- 1 tbsp Lemon Juice Spices of choice

DIRECTIONS

1. Drain Tofu from container, wrap in paper towel and place in microwave for 5-10 minutes.
2. Unwrap Tofu, cut into cubes, and mash
3. Cut veggies, heat oil in pan, add veggies and cook until soft
4. Add tofu and cook on medium heat until moisture is gone
5. Add spices of choice with lemon juice until evenly combined
6. Remove scramble from heat and serve with salsa or avocado





Lunch

LENTIL TOMATO SOUP

STAGE 4 / DAY 3

INGREDIENTS

- 1c Lentils
- 8 large ripe tomatoes
- 2 red bell pepper
- 12 cloves garlic
- 1 small onion
- 1 cup vegetable broth
- 1 tsp dried thyme
- Pink salt
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook the lentils in boiling water.
2. Cut the large ripe tomatoes, deseeded bell peppers and onion in half. Then add the cut veggies to a baking tray lined with foil paper *cut side up* along with garlic, drizzle everything lightly with broth and season with pink salt and pepper.
3. Add the baking tray to a preheated oven, bake and broil option 410 F, after 15 minutes take the garlies out and set aside, after a total cooking time of 45 minutes take the baking tray out of the oven and let the veggies cool off for about 10 minutes.
4. Add all the veggies into a blender, also add dried thyme and puree everything until well mixed.
5. Transfer the mixture into a sauce pan and add ground bison and heat on LOW heat, then add broth and lightly season with salt, mix everything together until well combined, simmer for 10 minutes
6. Transfer the soup into 2 bowls, garnish with, black pepper and fresh parsley.



Dinner

COCONUT AMINO SOAKED TOFU & BROCCOLI

STAGE 2

INGREDIENTS

- 8oz extra firm tofu
- 1 Tbsp coconut aminos ½ Tbsp sesame oil
- 1 garlic clove

DIRECTIONS

1. Press and drain tofu for around 15 minutes.
2. Cut tofu into cubes, add to a bowl with all other ingredients. Let marinate for another 15 minutes.
3. Add spices of choice.
4. Preheat air-fryer to 375 and cook for 10-15 minutes turning to cook evenly.





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