



Overnight Oats (Prep-Ahead)



Servings: 1



5 min



380 kcal | Protein: 17 g. | Fiber 11g

INGREDIENTS

- ½ cup old-fashioned oats
- 1 tbsp chia seeds
- ¾ cup unsweetened soy milk
- ½ tsp cinnamon
- ½ cup berries (added in the morning)



INSTRUCTION

1. In a jar or bowl, mix oats, chia seeds, soy milk, and cinnamon.
2. Cover and refrigerate overnight (or at least 4 hours).
3. In the morning, top with berries and enjoy.

♥ Why it works: steady energy + blood sugar support with zero morning effort.



Green Smoothie (Spinach & Berries)



Servings: 1



5 min



300 kcal | Protein: ~12–15 g | Fiber: ~8–10 g

INGREDIENTS

- 1 cup spinach
- ½–1 cup frozen berries
- 1 tbsp ground flaxseed
- 1 cup unsweetened almond or soy milk



INSTRUCTION

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Drink immediately.

♥ Optional: add plant protein powder for higher protein needs.



Tofu Scramble with Spinach & Turmeric



Servings: 1



10 min



450 kcal | Protein: 22-25 g | Fiber 9g

INGREDIENTS

- 150 g firm tofu, crumbled
- 1 cup spinach
- ¼ tsp turmeric
- Olive oil, salt, pepper
- 1 slice whole-grain or GF bread
- ½ avocado

INSTRUCTION

1. Heat olive oil in a pan over medium heat.
2. Add tofu, turmeric, salt, and pepper.
3. Cook 4-5 minutes, stirring gently.
4. Add spinach until wilted.
5. Serve with toast and avocado.



Chia Seed Pudding (Gut Health Day)



Servings: 1



5 minutes (+chilling)



340 kcal | Protein: 15 g | Fiber: 12 g

INGREDIENTS

- 3 tbsp chia seeds
- ¾ cup unsweetened soy milk
- ½ kiwi, sliced

INSTRUCTION

1. Stir chia seeds and soy milk in a jar.
2. Refrigerate at least 4 hours or overnight.
3. Top with kiwi before eating.

♥ Excellent for digestion + satiety.

Eggs, Spinach & Avocado Plate



Servings: 1



10 min



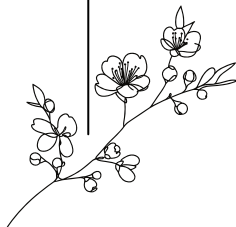
480 kcal | Protein: 22 g | Fiber 8g

INGREDIENTS

- 2 eggs
- 1 cup spinach
- Olive oil spray
- 1 slice whole-grain or GF bread
- ½ avocado

INSTRUCTION

1. Scramble eggs in olive oil spray over medium heat.
2. Add spinach until wilted.
3. Serve with toast and avocado.



Stewed Apple Oats (Comfort Without the Crash)



Servings: 1



10 minutes



360 kcal | Protein: 11 g | Fiber: 9 g

INGREDIENTS

- ½ cup old-fashioned oats
- ¾ cup water or unsweetened milk
- ½ apple, diced
- Cinnamon

INSTRUCTION

1. Cook oats and apple together in a pot.
2. Simmer until soft and creamy.
3. Sprinkle with cinnamon and serve.

Healthy Pancakes (Weekend)



Servings: 1



15 min



390 kcal | Protein: 18 g. | Fiber 7 g

INGREDIENTS

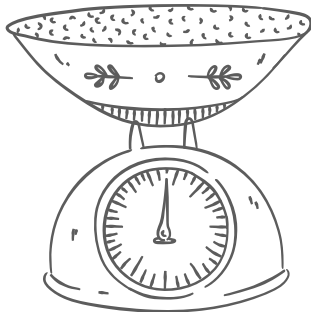
- ½ cup oats (blended into flour)
- 1 egg (or flax egg)
- ½ banana
- Cinnamon

INSTRUCTION

1. Blend all ingredients until smooth.
2. Cook small pancakes in a nonstick pan over medium heat.
3. Serve plain or with berries.

Breakfasts are designed to be repeated.

Eating the same breakfast 2–3 times per week is a strategy for consistency - not a lack of variety.





Quinoa & Black Bean Salad



Servings: 2-3



10 min



-420 kcal

| Protein: ~15-17 g

INGREDIENTS

1½ cups cooked quinoa
1½ cups cooked black beans (or 1 can, rinsed)
1 cup cherry tomatoes, chopped
½ avocado, diced
Handful of arugula or parsley
Dressing
1 tbsp olive oil
3 tbsp lemon or lime juice
½ tsp salt



INSTRUCTION

1. Add quinoa, black beans, tomatoes, greens, and avocado to a large bowl.
2. In a small bowl, whisk together olive oil, lemon juice, and salt.
3. Pour dressing over salad and toss gently to combine.
4. Serve immediately or store in the fridge for up to 3 days.

♥ Optional add-ins

Boiled egg / Baked salmon / Roasted sweet potato



Reset Salad (Chickpeas + Edamame)



Servings: 1-2



5-7 min



-350 kcal

| Protein: ~18-20g

INGREDIENTS

3-4 cups arugula or mixed greens
½ cup cooked chickpeas
½ cup shelled edamame
1 tbsp pumpkin seeds
Dressing
Olive oil
Lemon juice
Pinch of salt

INSTRUCTION

1. Place greens in a large bowl.
2. Add chickpeas, edamame, and pumpkin seeds.
3. Drizzle lightly with olive oil and lemon juice.
4. Toss gently and serve.

♥ Optional add-ins:

Avocado

Leftover tofu, fish, or egg





Red Lentil Dahl



Servings: 3-4 ⌚ 25 min 🔥 -380 kcal | Protein: -18-20 g

INGREDIENTS

1 cup red lentils, rinsed
1 can full-fat coconut milk
1½ cups water
1 tsp turmeric
1 tsp cumin
Salt to taste



INSTRUCTION

1. Add lentils, coconut milk, water, and spices to a pot.
2. Bring to a boil, then reduce to a gentle simmer.
3. Cook uncovered for 20–25 minutes, stirring occasionally, until lentils are soft.
4. Season with salt and serve warm.



Serving ideas

Over greens or quinoa or with a side of roasted veggies.



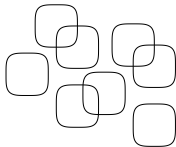
Tofu Sheet-Pan Dinner



Servings: 2 ⌚ 30 min 🔥 -400 kcal | Protein: -25-28 g

INGREDIENTS

1 block firm tofu, cubed
3–4 cups broccoli and/or Brussels sprouts (fresh or frozen)
1–2 tbsp olive oil
Salt and black pepper



INSTRUCTION

1. Preheat oven to 400°F (200°C).
2. Place tofu and vegetables on a baking sheet.
3. Drizzle with olive oil, season with salt and pepper, and toss gently.
4. Roast for 25 minutes, flipping once halfway through.
5. Serve warm.
6. ♥ Optional add-ins
7. Tahini drizzle
8. Lemon juice after roasting



Chickpea Pasta with Spinach



Servings: 2



15 min



~450 kcal | Protein: ~22-24

g

INGREDIENTS

Chickpea pasta (Banza, Trader Joe's)

1-1½ cups sugar-free marinara sauce

2 cups fresh spinach

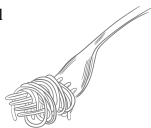
INSTRUCTION

1. Cook pasta according to package instructions.
2. Warm the marinara sauce in a pan over low heat.
3. Add spinach and cook until just wilted.
4. Drain pasta and toss with sauce and spinach.
5. Serve warm.



Optional add-ins

- Olive oil drizzle
- Fresh basil



Veggie & Bean Minestrone Soup



Servings: 3-4



25 min



~300 kcal | Protein: ~12-14 g

INGREDIENTS

1 tbsp olive oil

1 onion, diced

2 cloves garlic, minced

2-3 cups mixed vegetables (carrot, celery, zucchini)

1 can beans (white or kidney), rinsed

4 cups vegetable broth

INSTRUCTION

1. Heat olive oil in a pot over medium heat.
2. Sauté onion and garlic until soft.
3. Add vegetables, beans, and broth.
4. Bring to a boil, then simmer for 20 minutes.
5. Serve warm.



Storage:

Keeps well in the fridge for 3-4 days

Freezer-friendly



Stuffed Sweet Potato



Servings: 1-2



45 min



~430 kcal | Protein: ~17-19

g

INGREDIENTS

2 medium sweet potatoes
1 cup cooked lentils
Tahini
Salt

INSTRUCTION

1. Roast sweet potatoes at 400°F (200°C) until soft (about 40 minutes).
2. Slice open and fluff inside with a fork.
3. Top with lentils and drizzle with tahini.
4. Season lightly with salt and serve.



Zucchini Noodles with Tofu & Tahini-Ginger Sauce



Servings: 2



15 min



~420 kcal | Protein: ~24-26

g

INGREDIENTS

2 medium zucchinis, spiralized or thinly sliced
200 g firm tofu, cubed
2 cups leafy greens (kale or bok choy work well)
1 tbsp olive oil
Tahini-Ginger Sauce
2 tbsp tahini
1 tbsp tamari or soy sauce
1 tsp fresh grated ginger
1 tsp apple cider vinegar or lemon juice
2-3 tbsp warm water (to thin)

INSTRUCTION

1. Heat olive oil in a pan over medium heat.
2. Add tofu cubes and sauté until lightly golden on all sides.
3. Add leafy greens and cook until just wilted.
4. Add zucchini noodles and cook for 1-2 minutes only (they should stay slightly crisp).
5. In a small bowl, whisk together all sauce ingredients until smooth.
6. Pour sauce over the pan, toss gently, and remove from heat.
7. Serve immediately.
8. 🍷 Optional add-ins
9. Sesame seeds
10. Chili flakes
11. Extra tofu or edamame for more protein

Zucchini noodles cook quickly - avoid overcooking to keep them light and easy to digest.

This dish is best eaten fresh, but leftovers can be enjoyed cold as a salad-style bowl.



White Fish En Papillote



Servings: 1-2



25 min



~300 kcal | Protein: ~30-34 g

INGREDIENTS

White fish fillets (cod, halibut, or haddock)
Zucchini slices
Cherry tomatoes
Olives
Olive oil
Lemon juice
Salt and pepper



INSTRUCTION

1. Preheat oven to 400°F (200°C).
 2. Place fish and vegetables on parchment paper.
 3. Drizzle with olive oil and lemon, season lightly.
 4. Fold parchment into a sealed packet.
- Bake for 12–15 minutes until the fish is cooked through.



Baked Salmon Plate



Servings: 3-4



45 min



~560 kcal | Protein: ~38-40 g

INGREDIENTS

1 salmon fillet, cut into cubes
2 zucchinis, cut into large chunks
1 head broccoli, cut into florets
½ bag green beans (fresh or frozen)
1½ cups shelled edamame
For roasting
Olive oil
Salt
Black pepper
Marinade
¼ cup soy sauce
3 tbsp maple syrup or honey
2 garlic cloves, minced
2 tsp sesame oil
2 tbsp boiling water



INSTRUCTION

1. Preheat the oven to 400°F (200°C).
 2. In a small bowl, mix all the marinade ingredients until well combined.
 3. Add the salmon cubes to the marinade and set aside for 10–15 minutes.
 4. Place the zucchini, broccoli, and green beans on a large baking tray.
 5. Drizzle with olive oil, season with salt and pepper, and toss gently.
 6. Bake the vegetables for 15 minutes.
 7. Remove the tray from the oven. Add the marinated salmon along with the marinade and the edamame.
- Return to the oven and bake for another 15 minutes, until the salmon is cooked through and the vegetables are tender.

This is a complete, protein-rich meal - no extra sides needed.

Leftovers reheat well and make a great next-day lunch.

You can swap soy sauce for tamari if needed.

Shrimp Tacos (or Bowls)



Servings: 1-2



20 min



~420 kcal

| Protein: ~35-38 g

INGREDIENTS

12-14 oz raw shrimp, peeled and deveined
2 cups shredded cabbage slaw (red, green, or mix)
1-2 tbsp olive oil
Juice of 1 lime
Salt and black pepper
For serving (choose one):
Corn tortillas
OR lettuce wraps (butter lettuce or romaine)

INSTRUCTION

1. Pat the shrimp dry and season lightly with salt and pepper.
 2. Heat olive oil in a skillet over medium-high heat.
 3. Add shrimp in a single layer and cook for 2-3 minutes per side, until pink and just cooked through.
 4. Remove from heat and squeeze fresh lime juice over the shrimp.
 5. Toss the cabbage slaw with a drizzle of olive oil, a pinch of salt, and a squeeze of lime.
- Assemble shrimp in corn tortillas or over lettuce wraps, top with slaw, and serve immediately.
- ♥ Optional add-ins (if desired):
Avocado slices, Fresh cilantro, Extra lime wedges

This meal is naturally light and blood-sugar supportive when paired with fiber-rich slaw.
For a bowl version, serve shrimp and slaw over greens or quinoa.
Leftover shrimp makes an easy next-day lunch.

Buddha Bowl (Tofu or Beans)



Servings: 2



15 min



~450-480 kcal

| Protein: ~20-25 g

INGREDIENTS

1 cup cooked quinoa or other grain
1 cup cooked chickpeas or beans (or baked tofu)
1 cup roasted or steamed vegetables (broccoli, sweet potato, zucchini, or mixed veggies)
½ avocado, sliced
1-2 tbsp hemp seeds or pumpkin seeds

Simple Dressing

- 1 tbsp olive oil
- 1 tbsp lemon juice
- Pinch of salt



Optional pescatarian swap:
Add salmon, shrimp, or a boiled egg in place of tofu or beans.

INSTRUCTION

1. Divide cooked quinoa between two bowls.
2. Top with beans or tofu and vegetables.
3. Add avocado slices and sprinkle with seeds.
4. Drizzle with olive oil and lemon juice.
5. Season lightly with salt and serve.
6. ♥ Optional add-ins
7. Tahini drizzle
8. Fresh herbs (cilantro or parsley)
9. Extra greens for volume

Notes

This is a flexible, build-your-own meal - use what you already have.
Leftovers work well for lunch the next day.
For higher protein needs, increase beans or tofu.

