



**FASTER WAY**

**HORMONE HEALER**

**FAT LOSS GUIDE**

**+ 3-DAY SAMPLE MEAL PLAN**

## YOU CAN DO THIS!

We are thrilled that you've taken our FASTER Way to Fat Loss quiz to determine your unique fat loss profile. Based on your results and personal goals, we've created a custom guide to help you on your journey to better health.

We know how confusing it can be to navigate the complicated world of fitness and nutrition. That's why we've developed a 3-day sample meal plan to empower you to balance your hormones, increase energy, and thrive through your day once and for all.

We know that balancing your hormones is a goal that's important to you, and we're THRILLED that you've decided to say goodbye to the cookie-cutter plans and restrictive diets that simply don't work!

In this guide, you'll find hormone balancing tips and tricks, a checklist with simple daily strategies to help you start balancing your hormones TODAY, and three days of recipes from the FASTER Way meal guide to get you started.



Studies suggest that hormone imbalance may be a contributing cause of obesity, which can lead to diabetes, heart disease, cancer, and more. By choosing to balance your hormones, you're taking a huge step towards living your best, healthiest life!





## CHECKLIST: TIPS AND TRICKS

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**Get Moving!** Exercise helps balance your hormones by reducing the body's level of insulin (which tells the body to hang on to fat) and increases dopamine levels in the brain, which lowers cortisol and decreases stress.

- Aim for at least 20 minutes of exercise daily
- Incorporate high-intensity interval workouts in addition to strength training (versus long-form cardio)
- Change up your workout routine (keep your body guessing!)



**Catch Some Zzz's:** Getting at least 8 hours of sleep per night is critical to balancing your hormones, boosting your metabolism, and feeling your absolute best.

- Keep your bedroom cool
- Go screen-free at least an hour before bed (blue light blocks the production of melatonin, the hormone that makes you sleepy!)
- Avoid caffeine within 8-10 hours of bedtime



**Optimize Your Meals:** The right balance of whole foods will fuel your body, help balance your hormones, and give you plenty of natural energy.

- Try intermittent fasting (IF promotes human growth hormone production to help burn fat and promote anti-aging in the body!)
- Focus on consuming whole foods that “come from the ground or have a mother”
- Watch your macros (more on the next page!)
- Limit your alcohol intake
- Cut out sugar, processed foods, trans fats

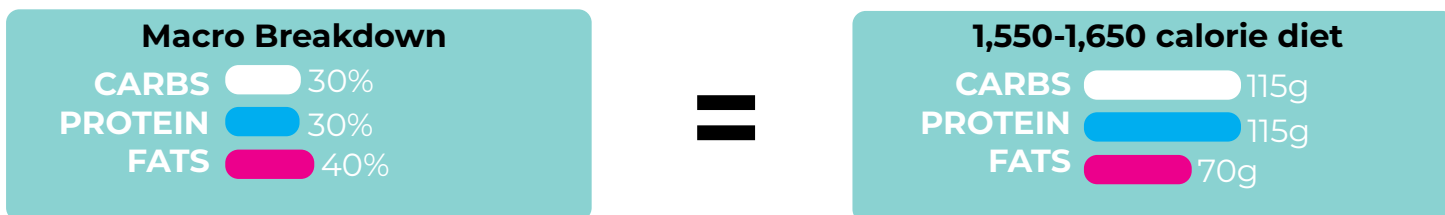


**Relax!** Change your mindset and your habits to optimize your hormones by reducing cortisol, the primary stress hormone.

- Take deep breaths to keep emotions in check when dealing with stress
- Get some sun (you need that Vitamin D!)
- Express gratitude morning and night
- Surround yourself with a community that champions your goals and supports you!

## PUTTING IT ALL TOGETHER

One of the core strategies of the FASTER Way to Fat Loss is tracking macros. Macros are broken down into three basic categories: carbohydrates, proteins, and fats. Here, we've included a 3-day sample meal plan based on your goal of balancing your hormones. Your ideal macro breakdown for a regular day is:



\*Remember: 1g protein or carbs = 4 calories, 1g fat = 9 calories

If you're intimidated by counting macros or unsure how to incorporate them into your overall wellness strategy, that's O.K.! We're here for you. Here at the FASTER Way, we make it simple to track your macros, and by pairing macro tracking with intermittent fasting, carb cycling, whole food nutrition, strategic workouts, and positive reinforcement, we have helped over 210,000 people burn fat, gain confidence, and live their best, healthiest lives.

Want to experience this for yourself? Learn how to implement these strategies with a certified professional in the cutting-edge FASTER Way to Fat Loss® program. You'll also get incredible support and accountability through our online community. You won't be alone on this journey!

[Click here](#) to join us for our next round today!



## MON



### MEAL ONE

Chia Oats with Berries, Almond Butter

### MEAL TWO

Juicy Baked Chicken Breast, Cucumber & Avocado Salad

### SNACK TWO

Strawberry Vanilla Smoothie

### MEAL THREE

One Pan Steak Fajitas, Sliced Avocado

## TUE



### MEAL ONE

Lemony Cod & Herbed Rice, Sliced Avocado

### SNACK ONE

Mixed Berries with Almond Butter

### MEAL TWO

Chicken Kabobs, Grilled Vegetables

### SNACK TWO

Roasted Broccoli & Pecans

### MEAL THREE

Creamy Dill Salmon, Butternut Squash Risotto with Crispy Prosciutto

## WED



### MEAL ONE

Scrambled Eggs with Blueberries & Almond Butter, Turkey Breakfast...

### SNACK ONE

Banana Vanilla Smoothie

### MEAL TWO

Tahini Honey Chicken Salad, Roasted Sweet Potato Rounds

### SNACK TWO

Edamame

### MEAL THREE

Ground Turkey, Green Beans & Rice



## FRUITS

- 1 1/8 Avocado
- 1 1/3 ozs Banana
- 1 1/4 Banana
- 2 3/4 ozs Blackberries
- 1/2 cup Blueberries
- 2 1/2 tbsps Lemon Juice
- 1/4 tsp Lime Juice
- 3 1/2 ozs Raspberries
- 1/4 cup Strawberries

## BREAKFAST

- 2 tbsps Almond Butter
- 1 oz Almond Butter

## SEEDS, NUTS & SPICES

- 1 tbsp Almond Butter
- 1/8 tsp Black Pepper
- 1 tbsp Chia Seeds
- 3/4 tsp Chili Powder
- 1 pinch Cinnamon
- 1/8 tsp Cumin
- 1/8 tsp Dried Dill
- 1/4 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 1/4 tsp Ground Sage
- 1/16 tsp Paprika
- 1 1/3 tbsps Pecans
- 3/4 tsp Sea Salt
- 4 pinches Sea Salt
- 1 pinch Sea Salt & Black Pepper

## FROZEN

- 1/2 cup Frozen Edamame
- 1 cup Frozen Green Beans
- 3 1/2 ozs Frozen Strawberries

## VEGETABLES

- 1 cup Broccoli
- 1 1/2 cups Butternut Squash
- 1/4 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1/2 Cucumber
- 1/4 Eggplant
- 1 tbsp Fresh Dill
- 1 tbsp Fresh Sage
- 1/4 Garlic
- 1 cup Green Cabbage
- 1/4 head Iceberg Lettuce
- 1/4 Orange Bell Pepper
- 1 1/2 tbsps Parsley
- 1 Red Bell Pepper
- 1 tbsp Red Onion
- 1/4 Sweet Onion
- 1/2 Sweet Potato
- 1/8 Yellow Onion
- 1 Zucchini

## BOXED & CANNED

- 1/4 cup Brown Rice
- 1/4 cup Chicken Broth
- 1/4 cup Jasmine Rice

## BAKING

- 1/2 tsp Honey
- 1 tbsp Nutritional Yeast
- 1/2 cup Oats
- 3/4 tsp Raw Honey
- 1 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 8 2/3 ozs Chicken Breast
- 4 ozs Chicken Thighs
- 1 Cod Fillet
- 6 ozs Extra Lean Ground Turkey
- 4 ozs Flank Steak
- 1 1/16 ozs Prosciutto
- 5 ozs Salmon Fillet

## CONDIMENTS & OILS

- 1/4 tsp Avocado Oil
- 1 Avocado Oil
- 1 1/2 tps Coconut Aminos
- 1 1/16 tps Coconut Oil
- 1 1/2 tps Dijon Mustard
- 1 3/4 tpsps Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1 1/2 tpsps Sesame Oil
- 1 1/2 tpsps Tahini
- 1 tsp Whole Grain Mustard

## COLD

- 2 Eggs
- 1 cup Unsweetened Almond Milk
- 1 cup Unsweetened Cashew Milk

## OTHER

- 1 Barbecue Skewers
- 10 Ice Cubes
- 2 3/4 servings Protein Powder
- 3/4 cup Water



# Chia Oats with Berries

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Water  
1/2 cup Oats (dry, rolled)  
1 tbsp Chia Seeds  
1 tbsp Blueberries  
1/4 cup Strawberries (chopped)  
1/4 Banana (sliced)  
1 serving Protein Powder (25 grams of protein)

## DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add in the oats and chia seeds. Cook for 10 to 15 minutes or until oats are cooked through. Add protein powder and mix well.
- 02 Place oatmeal into a bowl, top with fruit & enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	369	Protein	33g
Fat	7g	Cholesterol	0mg
Carbs	45g	Sodium	4mg
Fiber	10g	Calcium	102mg
Sugar	7g	Iron	3mg



# Almond Butter

1 SERVING 1 MINUTE



## INGREDIENTS

1 tbsp Almond Butter (Natural)

## DIRECTIONS

01 Add to your favorite recipe!

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Protein	3g
Fat	9g	Cholesterol	0mg
Carbs	3g	Sodium	1mg
Fiber	2g	Calcium	56mg
Sugar	1g	Iron	1mg





# Lemony Cod & Herbed Rice

1 SERVING 35 MINUTES



## INGREDIENTS

1 1/2 tsps Dijon Mustard  
1 tbsp Lemon Juice  
1/8 tsp Dried Dill  
1/8 tsp Sea Salt (divided)  
1/8 tsp Garlic Powder (divided)  
1 Cod Fillet  
1/4 cup Brown Rice  
1/2 cup Water  
1 1/2 tsps Parsley (finely chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Protein	45g
Fat	3g	Cholesterol	99mg
Carbs	37g	Sodium	509mg
Fiber	2g	Calcium	59mg
Sugar	1g	Iron	2mg

## DIRECTIONS

- 01 To a shallow bowl or zipper-lock bag, add the dijon mustard, lemon juice, dill, half of the salt, and half of the garlic powder. Mix to combine. Add the cod fillets to the marinade and ensure the fish is well coated in the sauce and marinate for at least 15 minutes.
- 02 Meanwhile, add the rice, water, and the remaining salt and garlic powder to a pot. Bring to a boil then reduce the heat, cover, and simmer for about 30 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley.
- 03 While the rice cooks, preheat the oven to 375°F (190°C).
- 04 Transfer the fillets and any excess marinade to a baking dish and cover with a lid or foil. Bake for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.) To serve, plate the fish and rice. Enjoy!



# Sliced Avocado

1 SERVING 5 MINUTES



## INGREDIENTS

1/3 Avocado (50 grams)

## DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	107	Protein	1g
Fat	10g	Cholesterol	0mg
Carbs	6g	Sodium	5mg
Fiber	4g	Calcium	8mg
Sugar	0g	Iron	0mg



# Scrambled Eggs with Blueberries & Almond Butter

1 SERVING 10 MINUTES



## INGREDIENTS

2 Eggs  
1/2 cup Blueberries  
2 tbsps Almond Butter  
1 pinch Sea Salt (pink Himalayan)  
1 Avocado Oil (mists)

## NUTRITION

### AMOUNT PER SERVING

Calories	382	Protein	20g
Fat	28g	Cholesterol	372mg
Carbs	17g	Sodium	145mg
Fiber	5g	Calcium	171mg
Sugar	9g	Iron	3mg

## DIRECTIONS

- 01 Heat a medium fry pan over medium heat. Spray with avocado oil spray. In a small bowl, whisk together the eggs. Pour eggs into the prepared pan and scramble until fluffy and desired consistency. [Less cook time= wetter eggs, More cook time= drier eggs.]
- 02 While eggs are cooking, wash blueberries. Plate the scrambled eggs with the blueberries and drizzle berries with almond butter. Sprinkle with Himalayan sea salt. Enjoy!





# Turkey Breakfast Sausage

1 SERVING 15 MINUTES



## INGREDIENTS

2 ozs Extra Lean Ground Turkey  
1/4 tsp Ground Sage  
1/4 tsp Dried Thyme  
1/16 tsp Garlic Powder  
1/16 tsp Paprika  
1/16 tsp Sea Salt  
1/3 tsp Coconut Oil

## DIRECTIONS

- 01 In a small bowl, combine all ingredients with a spatula. Form the mixture into a small patty.
- 02 Melt the coconut oil in a large skillet over medium-high heat. Cook the patty about 1 to 2 minutes per side, or until cooked through (165 degrees F). Let cool before serving. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	68	Protein	7g
Fat	4g	Cholesterol	28mg
Carbs	0g	Sodium	125mg
Fiber	0g	Calcium	13mg
Sugar	0g	Iron	1mg





# Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 3/4 ozs Blackberries  
3 1/2 ozs Raspberries  
1/2 oz Almond Butter  
1 pinch Sea Salt  
1 pinch Cinnamon

## DIRECTIONS

- 01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Protein	6g
Fat	10g	Cholesterol	0mg
Carbs	23g	Sodium	3mg
Fiber	12g	Calcium	104mg
Sugar	9g	Iron	2mg



# Banana Vanilla Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana  
5 Ice Cubes  
3/4 serving Protein Powder (18 grams of protein)  
1 cup Unsweetened Cashew Milk  
1 tsp Vanilla Extract  
1 pinch Sea Salt

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	237	Protein	20g
Fat	5g	Cholesterol	0mg
Carbs	30g	Sodium	86mg
Fiber	4g	Calcium	107mg
Sugar	15g	Iron	0mg



# Juicy Baked Chicken Breast

1 SERVING 35 MINUTES



## INGREDIENTS

6 ozs Chicken Breast (boneless, skinless)

## NUTRITION

### AMOUNT PER SERVING

Calories	203	Protein	38g
Fat	4g	Cholesterol	124mg
Carbs	0g	Sodium	76mg
Fiber	0g	Calcium	8mg
Sugar	0g	Iron	1mg

## DIRECTIONS

- 01 Preheat an oven to 400 degrees. Lightly spray a cast iron skillet over medium high heat with avocado oil spray. Season chicken as desired with salt and pepper on both sides.
- 02 Place chicken in the cast iron skillet and cook for 3-4 minutes on the first side. Flip. Cook for another 3-4 minutes, then place the entire cast iron skillet in the oven at 400 degrees. Cook for an additional 10 minutes or until the internal temperature of the chicken breast is 165 degrees F (insert a thermometer in the thickest part of the breast). Tip: pound breasts with a meat mallet prior to searing for even cooking.
- 03 Let chicken rest off the heat for 10 minutes before slicing and serving. Once cooled completely, chicken may be stored in the refrigerator for 4 days or frozen up to 2 weeks in a air tight bag or container.



# Cucumber & Avocado Salad

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Cucumber (sliced)  
1/2 Avocado  
1 1/2 tsps Lemon Juice  
1 tbsp Parsley (chopped)  
1/8 tsp Sea Salt  
1/4 cup Cherry Tomatoes (chopped or diced)  
1 tbsp Red Onion (optional)

## DIRECTIONS

01 In a bowl, add the cucumber, avocado, tomatoes, lemon juice, parsley and sea salt and toss to combine. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	197	Protein	4g
Fat	15g	Cholesterol	0mg
Carbs	17g	Sodium	310mg
Fiber	8g	Calcium	48mg
Sugar	5g	Iron	1mg





# Chicken Kabobs

1 SERVING 30 MINUTES



## INGREDIENTS

2 2/3 ozs Chicken Breast (boneless, skinless, diced into cubes)  
2 tsps Lemon Juice  
1/2 tsp Extra Virgin Olive Oil  
1/2 tsp Honey  
1 tsp Whole Grain Mustard  
1/8 tsp Black Pepper  
1/8 tsp Sea Salt  
1 Barbecue Skewers (soaked in water to keep from burning)

## DIRECTIONS

- 01 Combine the lemon juice and olive oil in a large plastic bag. Season the cubed chicken with salt and pepper. Add to the bag. Place in the fridge and let marinate overnight or 1-2 hours.
- 02 Preheat the grill to medium heat. Skewer chicken.
- 03 Grill the kabob for 8 to 10 minutes per side or until chicken is cooked through, 165 degrees F. While the kabob is grilling, combine the mustard and honey in a small bowl.
- 04 Remove the kabob from the grill, serve with honey mustard and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Protein	23g
Fat	5g	Cholesterol	79mg
Carbs	4g	Sodium	457mg
Fiber	0g	Calcium	7mg
Sugar	3g	Iron	0mg



# Grilled Vegetables

1 SERVING 10 MINUTES



## INGREDIENTS

1 Zucchini (sliced)  
1/2 Red Bell Pepper  
1/4 Eggplant  
2 tsps Extra Virgin Olive Oil  
1 pinch Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	163	Protein	4g
Fat	10g	Cholesterol	0mg
Carbs	18g	Sodium	21mg
Fiber	7g	Calcium	48mg
Sugar	12g	Iron	1mg

## DIRECTIONS

- 01 Slice zucchini and eggplant about 1/4-1/2" thick in rounds.
- 02 Cut pepper in half and remove stem and seeds. Reserve half for another use. Slice half into 2 pieces.
- 03 Gently rub vegetables with olive oil. Sprinkle with salt and pepper.
- 04 Grill over medium heat or saute in a pan over medium heat until tender.
- 05 Serve as a side. Enjoy!



# Tahini Honey Chicken Salad

1 SERVING 25 MINUTES



## INGREDIENTS

1 1/2 tsps Tahini  
3/4 tsp Raw Honey (divided)  
4 ozs Chicken Thighs (boneless, skinless)  
3/4 tsp Extra Virgin Olive Oil  
1/16 tsp Sea Salt  
1 1/2 tsps Sesame Oil  
1 1/2 tsps Coconut Aminos  
1/4 tsp Lime Juice  
1 cup Green Cabbage (chopped)  
1/4 Red Bell Pepper (thinly sliced)  
1 tbsp Cilantro (optional, chopped)

## DIRECTIONS

- 01 Mix the tahini with half of the honey in a small bowl.
- 02 Rub the chicken thighs with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through (165 degrees F). Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
- 03 Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
- 04 Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken and cilantro, if using. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Protein	25g
Fat	19g	Cholesterol	107mg
Carbs	14g	Sodium	343mg
Fiber	4g	Calcium	78mg
Sugar	10g	Iron	2mg





# Roasted Sweet Potato Rounds

1 SERVING 35 MINUTES



## INGREDIENTS

1/2 Sweet Potato (3 oz raw, washed and scrubbed)

1/3 tsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Protein	1g
Fat	2g	Cholesterol	0mg
Carbs	13g	Sodium	36mg
Fiber	2g	Calcium	20mg
Sugar	3g	Iron	0mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 03 Brush the slices with melted coconut oil, then flip them over and repeat.
- 04 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 05 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!





# Strawberry Vanilla Smoothie

1 SERVING 15 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1 1/3 ozs Banana  
1 serving Protein Powder (25 grams of protein)  
5 Ice Cubes  
1/2 oz Almond Butter (12 grams weighed)  
3 1/2 ozs Frozen Strawberries

## DIRECTIONS

01 Combine all ingredients in a high speed blender until smooth. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	286	Protein	29g
Fat	10g	Cholesterol	0mg
Carbs	24g	Sodium	164mg
Fiber	6g	Calcium	509mg
Sugar	10g	Iron	2mg



# Roasted Broccoli & Pecans

1 SERVING 30 MINUTES



## INGREDIENTS

1 cup Broccoli (cut into florets)  
1 1/2 tsps Extra Virgin Olive Oil  
1 tbsp Nutritional Yeast  
1 pinch Sea Salt  
1 1/3 tsps Pecans (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Protein	8g
Fat	13g	Cholesterol	0mg
Carbs	10g	Sodium	55mg
Fiber	5g	Calcium	54mg
Sugar	2g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
- 03 Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
- 04 Remove from the oven and enjoy!



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Frozen Edamame (shelled, thawed)

## DIRECTIONS

01 Enjoy with salt, crushed red pepper or even lemon pepper!

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Protein	9g
Fat	4g	Cholesterol	0mg
Carbs	7g	Sodium	5mg
Fiber	4g	Calcium	49mg
Sugar	2g	Iron	2mg





# One Pan Steak Fajitas

1 SERVING 20 MINUTES



## INGREDIENTS

3/4 tsp Chili Powder  
1/8 tsp Cumin  
1/8 tsp Sea Salt  
1/4 Red Bell Pepper (medium, sliced)  
1/4 Orange Bell Pepper (medium, sliced)  
1/4 Sweet Onion (medium, sliced)  
4 ozs Flank Steak (sliced)  
3/4 tsp Extra Virgin Olive Oil  
1/4 head Iceberg Lettuce (small, leaves pulled apart)

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 02 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 03 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 04 Scoop the steak and peppers into lettuce wraps and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	289	Protein	27g
Fat	14g	Cholesterol	77mg
Carbs	16g	Sodium	436mg
Fiber	4g	Calcium	88mg
Sugar	8g	Iron	3mg



# Creamy Dill Salmon

1 SERVING 20 MINUTES



## INGREDIENTS

1 tbsp Mayonnaise  
1 tbsp Fresh Dill  
1/16 tsp Sea Salt  
5 ozs Salmon Fillet  
1 tsp Lemon Juice (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	296	Protein	28g
Fat	19g	Cholesterol	84mg
Carbs	0g	Sodium	298mg
Fiber	0g	Calcium	20mg
Sugar	0g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, combine the mayonnaise, dill and salt.
- 03 Arrange the salmon fillet on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
- 04 Plate and top with lemon juice if desired. Enjoy!



# Butternut Squash Risotto with Crispy Prosciutto

1 SERVING 40 MINUTES



## INGREDIENTS

1 1/2 cups Butternut Squash (cubed)  
1 1/16 ozs Prosciutto (About 2 slices, cut into small pieces)  
1/4 tsp Avocado Oil  
1/8 Yellow Onion (chopped)  
1 tbsp Fresh Sage (chopped)  
1/4 Garlic (clove, minced)  
1/4 cup Chicken Broth  
1/16 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	186	Protein	10g
Fat	5g	Cholesterol	23mg
Carbs	28g	Sodium	947mg
Fiber	5g	Calcium	143mg
Sugar	6g	Iron	3mg

## DIRECTIONS

- 01 Working in batches, place the cubed butternut squash in a food processor or blender and pulse until it resembles rice, but don't over-process. Set aside.
- 02 In a large pot or dutch oven, over medium heat, add the prosciutto. Cook for 5 to 7 minutes, until cooked through and slightly crispy. Remove and set aside.
- 03 Add the avocado oil and then the onion. Cook for 5 to 7 minutes over medium heat, until cooked through. Lower the heat to medium-low and add the sage and garlic. Cook for 1 minute more. Deglaze the pot with a splash of the chicken broth and stir to scrape up any browned bits from the pan.
- 04 Add the riced butternut squash and stir. Add the chicken broth and sea salt and cook for 14 to 16 minutes, until cooked through. Plate and top with the crispy prosciutto. Enjoy!





# Ground Turkey, Green Beans & Rice

1 SERVING 20 MINUTES



## INGREDIENTS

1/3 tsp Coconut Oil  
4 ozs Extra Lean Ground Turkey  
1/16 tsp Sea Salt  
1/4 cup Jasmine Rice (dry/uncooked)  
1 cup Frozen Green Beans

## NUTRITION

### AMOUNT PER SERVING

Calories	383	Protein	26g
Fat	11g	Cholesterol	84mg
Carbs	47g	Sodium	227mg
Fiber	5g	Calcium	81mg
Sugar	3g	Iron	2mg

## DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Add turkey, rice and green beans to a plate. Add your desired seasonings and serve.
- 05 Neutral Spice Profile: salt, pepper, garlic & onion.
- 06 Tex Mex Flavor Profile: cumin, cayenne & chili powder.
- 07 Italian Flavor Profile: basil, oregano, garlic, onion, & pepper.

