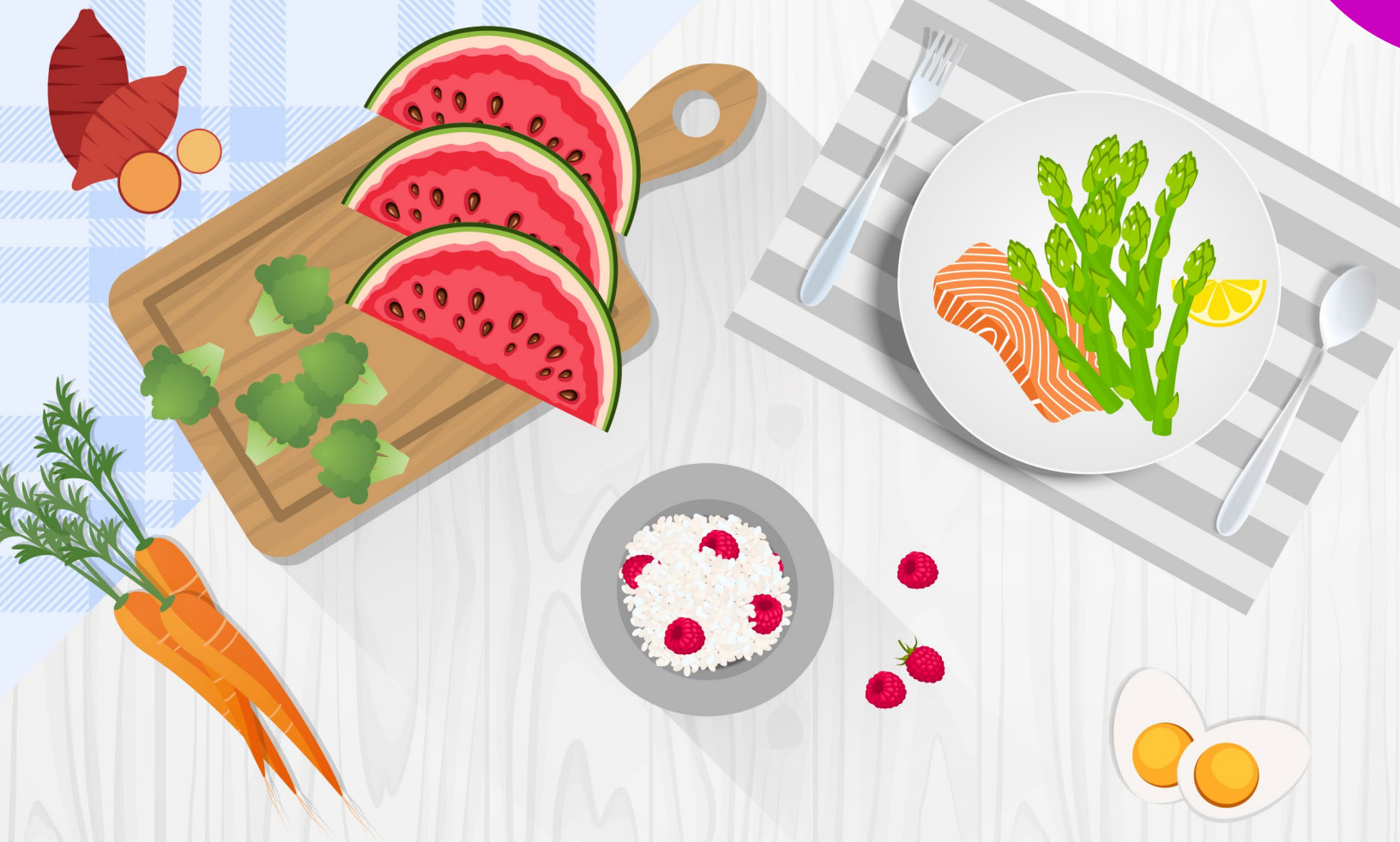


One-day meal plan



Light and healthy

Our team of experts have listed a day's worth of recipes to help you feel **energized and satisfied** – without weighing you down! Let these mouthwatering meals power you from the inside out.

Swapping out ingredients will change the nutrition information per serving.
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Breakfast

Broccoli, sweet potato, and sausage skillet

Ingredients

1 cup chopped broccoli
½ cup shredded sweet potato
1 turkey or chicken breakfast sausage link, cooked and chopped
2 tsp olive oil
Cooking spray
2 eggs
½ grapefruit

Preparation

Makes: 1 serving

In a skillet over medium heat, sauté broccoli, sweet potato, and sausage in oil for 8 minutes or until broccoli is tender. Place mixture on a plate. Mist same skillet with cooking spray and cook eggs over-medium. Place eggs on broccoli mixture and serve with grapefruit.



This is a gluten-free meal. Make it vegetarian by using 4 oz of tofu instead of poultry.



Leave out the grapefruit and save 12-15 grams of carbs.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
454	22 g	7 g	427 mg	1,282 mg	43 g	10 g	10 g	24 g	720 mg



Lunch

Asian tofu and broccoli salad

Ingredients

- 1 Tbsp low sodium soy sauce
- 1 tsp honey
- 1" piece fresh ginger, grated
- 3 oz (¼ package) extra-firm tofu
- 1 cup chopped broccoli florets
- ½ cup cooked brown rice
- 2 Tbsp chopped peanuts

Preparation

Makes: 1 serving

Cook brown rice, or heat up precooked rice. Gently press tofu with paper towel to remove excess water. Cut tofu into 1" cubes. Whisk soy sauce, honey, and ginger. Toss with remaining ingredients.



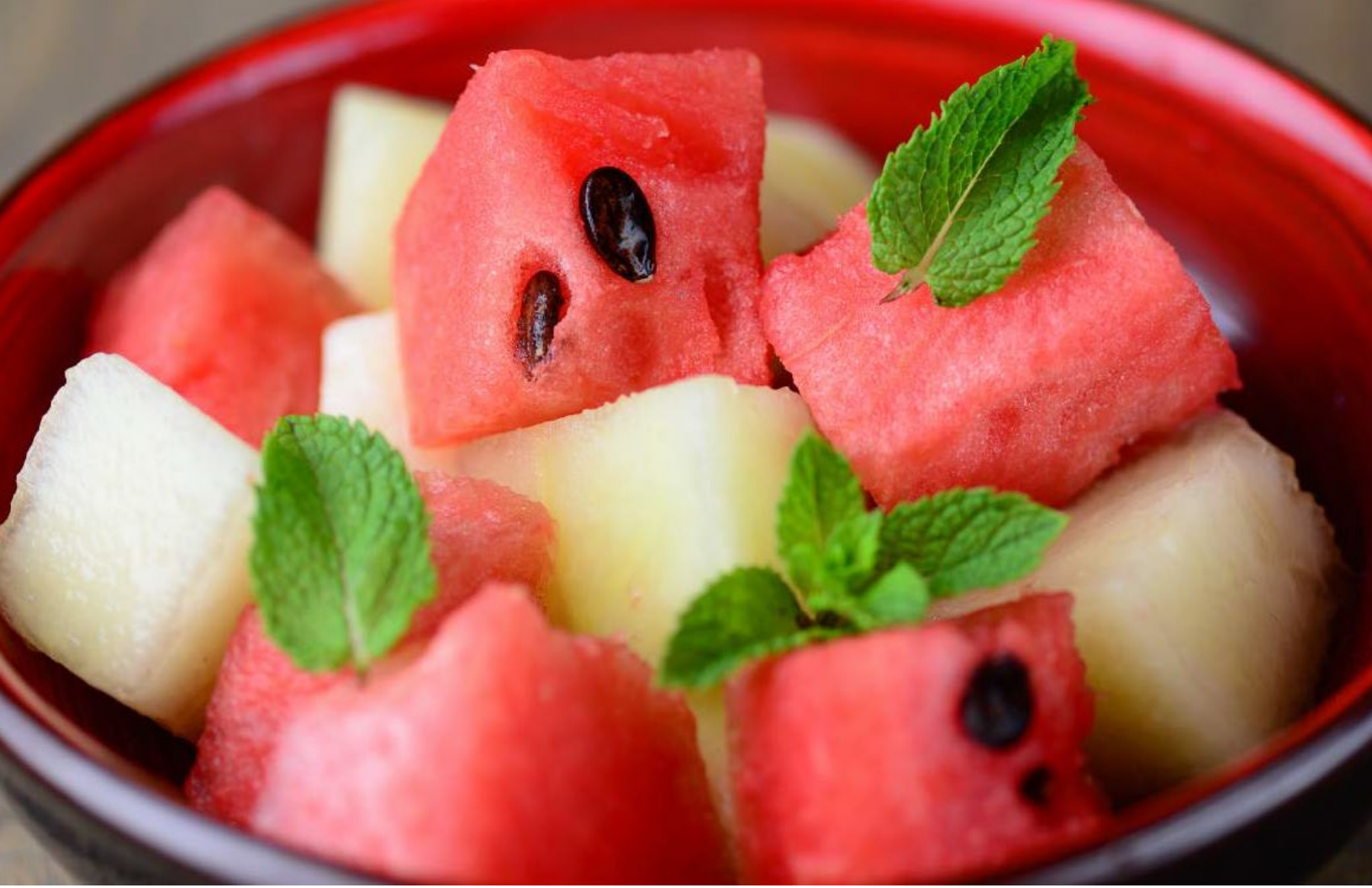
This meal is vegetarian.



In a hurry? Use frozen precooked rice to save time while keeping the nutrients.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
310	10 g	2 g	600 mg	0 mg	40 g	6 g	7 g	17 g	475 mg



Snack

Melon with mint and fresh lime

Ingredients

½ cup mixed, pre-cut melon cubes
(watermelon, cantaloupe, honeydew, etc.)

4 mint leaves chopped
1 wedge fresh lime

Preparation

Makes: 1 serving

Top melon with chopped mint and a squeeze of fresh lime juice. Enjoy!



This is a vegetarian, gluten-free snack.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
31	0 g	0 g	15 mg	0 mg	8 g	1 g	8 g	1 g	571 mg



Dinner

Easy baked salmon

Ingredients

- 4 (4 oz) salmon fillets
- ½ cup unsalted butter melted
- 4 Tbsp fresh lemon juice
- 8 garlic cloves crushed
- 2 Tbsp finely chopped fresh dill
- 24 spears of asparagus

Preparation

Makes: 4 servings

Preheat oven to 375 degrees. Line a 4-sided baking sheet with aluminum foil. Place the asparagus in the middle of the foil and top with salmon. In a glass measuring cup, combine melted butter, lemon juice, garlic, and dill. Whisk together. Pour butter mixture directly over salmon and asparagus. Pull the sides and ends of the aluminum foil up and pinch together, covering the salmon completely. Bake in the preheated oven for 15-20 minutes, or until the salmon flakes easily with a fork.



Swap the salmon for a more affordable white fish like cod or tilapia.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
400	30 g	10 g	153 mg	92 mg	6 g	1 g	1 g	25 g	697 mg



Dessert

Ricotta with lemon and raspberries

Ingredients

½ cup part skim
ricotta cheese
1 tsp lemon zest
1 tsp honey
½ cup raspberries

Preparation

Makes: 1 serving

Grate a lemon peel until you get 1 tsp of zest shavings. Stir ricotta, lemon zest, and honey together. Top with raspberries.



This recipe is naturally gluten-free and vegetarian.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
222	10 g	6 g	155 mg	38 mg	19 g	4 g	32 g	15 g	284 mg