



Breast Cancer Support Program

Created by Harmony Nutrition



Breast Cancer Support Program

Harmony Nutrition

An immune-supportive diet plan designed to minimize nutrition-related side effects during cancer treatment.

Cancer treatments often come with side effects that make cooking and eating a challenge. This approachable plan contains simple meals and snacks to help clients increase calorie and protein intake. It provides the proper nutrients and foods to mitigate nutrition-related side effects, help the body rebuild tissue, and boost energy and strength.

This program was created with the following key considerations:

Antioxidants

Antioxidants support your body's ability to fight and heal from disease and protect the body from the damaging effects of free radicals. Colorful varieties of fruits and vegetables such as apples, artichokes, berries, leafy greens, and pinto beans are particularly good sources and are included daily in this plan. Nut butter, seeds, and avocados are antioxidant-rich foods added to provide healthy fats and additional calories, which can help with low appetite from cancer treatment.

Sugar-Free & High Fiber Foods

This program limits added sugars and contains higher fiber foods such as whole grains, fruits, vegetables, nuts, and legumes to help you feel fuller and prevent constipation, a common treatment side effect. Nutrient-dense grains provide complex carbohydrates for energy and B vitamins which have been associated with the reduction of cancer symptoms.

Immune Support

Cancer and cancer treatment can weaken your immune system and make you more prone to infection. Foods containing protein, iron, zinc, and vitamins A and C can help surgery wounds heal more quickly and repair and rebuild damaged tissue. Lean protein sources such as chicken breast and salmon and plant-based options like beans and hummus are incorporated into the plan and paired with fruits and vegetables to foster a healthy immune system. Probiotic foods like kefir and sauerkraut are included to create a beneficial gut microbiome.

Managing Side Effects

Treatment side effects can get in the way of getting enough food and fluids. Moistened foods with sauces and broths are added to this plan to help with dry mouth, along with fluids like tea and smoothies to prevent dehydration. It can be easier to eat soft, mild foods, such as hummus, kefir, scrambled eggs, pasta, oats and soups, and well-cooked meats and vegetables if you have mouth sores or pain. To prevent nausea, meals and snacks are scheduled every few hours, as an empty stomach can worsen nausea. Chamomile, mint, ginger, and lemon teas are added to soothe digestion and ease nausea and vomiting.

Breast Cancer Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blackberry Kefir Chia Pudding	Blackberry Kefir Chia Pudding	Scrambled Eggs & Pinto Beans on Toast	Scrambled Eggs & Pinto Beans on Toast	Blueberry Coconut Kefir Oatmeal	Blueberry Coconut Kefir Oatmeal	Blueberry Coconut Kefir Oatmeal
Snack 1	Crackers & Hummus	Eggs & Sauerkraut	Blackberry Kefir Smoothie	Crackers, Apple & Kefir	Cucumber, Blackberries & Hummus Snack Box	Apple with Peanut Butter	Eggs, Hummus & Crackers
Lunch	Lemon Artichoke Pasta	Chicken, Kale & Pinto Bean Soup	Avocado & Hummus Cucumber Sandwich	Poached Salmon, Artichokes & Sweet Potato	Creamy Chicken & Pinto Bean Spaghetti	Chicken, Kale & Pinto Bean Soup	Salmon, Spinach & Sauerkraut with Brown Rice
Snack 2	Basic Protein Porridge	Peanut Butter Toast & Fruit Snack Box	Apple with Peanut Butter	Basic Protein Porridge	Crackers, Apple & Kefir	Eggs, Hummus & Crackers	Blackberry Kefir Smoothie
Dinner	Chicken, Kale & Pinto Bean Soup	Lemon Artichoke Pasta	Poached Salmon, Artichokes & Sweet Potato	Creamy Chicken & Pinto Bean Spaghetti	Avocado & Hummus Cucumber Sandwich	Salmon, Spinach & Sauerkraut with Brown Rice	Chicken, Kale & Pinto Bean Soup
Snack 3	Cinnamon Mint Tea	Lemon Ginger Tea	Fresh Mint Tea	Chamomile Tea	Ginger Mint Tea	Chamomile Tea	Cinnamon Mint Tea

Breast Cancer Support Program

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1817	Calories 1905	Calories 2064	Calories 1837	Calories 1968	Calories 1958	Calories 2082
Fat 80g	Fat 92g	Fat 86g	Fat 48g	Fat 71g	Fat 84g	Fat 77g
Saturated 22g	Saturated 26g	Saturated 19g	Saturated 14g	Saturated 16g	Saturated 18g	Saturated 18g
Carbs 189g	Carbs 196g	Carbs 200g	Carbs 212g	Carbs 253g	Carbs 191g	Carbs 201g
Fiber 64g	Fiber 66g	Fiber 50g	Fiber 38g	Fiber 48g	Fiber 32g	Fiber 42g
Sugar 32g	Sugar 59g	Sugar 75g	Sugar 52g	Sugar 70g	Sugar 53g	Sugar 64g
Protein 93g	Protein 87g	Protein 140g	Protein 142g	Protein 94g	Protein 119g	Protein 153g
Cholesterol 153mg	Cholesterol 521mg	Cholesterol 492mg	Cholesterol 586mg	Cholesterol 114mg	Cholesterol 547mg	Cholesterol 565mg
Sodium 1865mg	Sodium 1740mg	Sodium 2140mg	Sodium 1523mg	Sodium 1749mg	Sodium 1652mg	Sodium 1945mg
Potassium 2324mg	Potassium 3000mg	Potassium 4291mg	Potassium 3697mg	Potassium 3980mg	Potassium 3398mg	Potassium 4351mg
Vitamin C 68mg	Vitamin C 105mg	Vitamin C 82mg	Vitamin C 43mg	Vitamin C 61mg	Vitamin C 64mg	Vitamin C 91mg
Calcium 1161mg	Calcium 1097mg	Calcium 1243mg	Calcium 911mg	Calcium 1118mg	Calcium 673mg	Calcium 1442mg
Iron 15mg	Iron 16mg	Iron 16mg	Iron 13mg	Iron 15mg	Iron 15mg	Iron 16mg
Vitamin K 170µg	Vitamin K 184µg	Vitamin K 254µg	Vitamin K 198µg	Vitamin K 403µg	Vitamin K 434µg	Vitamin K 459µg
Thiamine 1.0mg	Thiamine 0.6mg	Thiamine 1.4mg	Thiamine 1.4mg	Thiamine 1.1mg	Thiamine 1.4mg	Thiamine 1.6mg
Riboflavin 1.4mg	Riboflavin 1.5mg	Riboflavin 2.8mg	Riboflavin 2.4mg	Riboflavin 1.8mg	Riboflavin 2.0mg	Riboflavin 3.2mg
Niacin 14mg	Niacin 17mg	Niacin 29mg	Niacin 30mg	Niacin 20mg	Niacin 37mg	Niacin 35mg
Vitamin B6 1.5mg	Vitamin B6 2.0mg	Vitamin B6 2.9mg	Vitamin B6 3.4mg	Vitamin B6 2.1mg	Vitamin B6 3.4mg	Vitamin B6 3.4mg
Folate 294µg	Folate 386µg	Folate 532µg	Folate 516µg	Folate 514µg	Folate 502µg	Folate 525µg
Vitamin B12 1.6µg	Vitamin B12 1.9µg	Vitamin B12 11.3µg	Vitamin B12 11.0µg	Vitamin B12 2.3µg	Vitamin B12 9.9µg	Vitamin B12 12.3µg

Vitamin B12 1.0µg	Vitamin B12 1.0µg	Vitamin B12 1.0µg	Vitamin B12 1.0µg	Vitamin B12 2.0µg	Vitamin B12 3.0µg	Vitamin B12 12.0µg
Phosphorous 1295mg	Phosphorous 1046mg	Phosphorous 2466mg	Phosphorous 2125mg	Phosphorous 1721mg	Phosphorous 1922mg	Phosphorous 2763mg
Magnesium 258mg	Magnesium 228mg	Magnesium 575mg	Magnesium 375mg	Magnesium 436mg	Magnesium 422mg	Magnesium 511mg
Zinc 5mg	Zinc 5mg	Zinc 12mg	Zinc 8mg	Zinc 8mg	Zinc 9mg	Zinc 11mg
Selenium 62µg	Selenium 77µg	Selenium 144µg	Selenium 155µg	Selenium 84µg	Selenium 148µg	Selenium 154µg

Breast Cancer Support Program

48 items

Fruits

- 5 Apple
- 1 Avocado
- 3 1/8 cups Blackberries
- 1 2/3 cups Blueberries
- 1 3/4 Lemon

Breakfast

- 1/3 cup All Natural Peanut Butter
- 2 cups Chamomile Tea

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1 tbsp Cinnamon
- 2 servings Cinnamon Stick
- 1/2 tsp Coriander
- 1/2 tsp Garlic Powder
- 2 tbsps Hemp Seeds
- 2 tpsps Oregano
- 1 tsp Paprika
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Vegetables

- 7 cups Baby Spinach
- 1 tbsp Basil Leaves
- 3/4 Cucumber
- 6 Garlic
- 3 tbsps Ginger
- 3 stalks Green Onion
- 4 cups Kale Leaves
- 1/2 cup Mint Leaves
- 3 tbsps Parsley
- 1 Sweet Potato
- 1 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Rice
- 4 ozs Brown Rice Fettuccine
- 1/2 cup Brown Rice Spaghetti
- 4 cups Pinto Beans
- 1 2/3 cups Quick Oats
- 7 cups Vegetable Broth, Low Sodium
- 7 3/4 ozs Whole Grain Crackers

Baking

- 1 1/2 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 1 1/2 lbs Salmon Fillet
- 7 slices Whole Grain Bread

Condiments & Oils

- 3 cups Artichoke Hearts
- 3 tbsps Avocado Oil
- 3/4 cup Sauerkraut

Cold

- 1/3 cup Butter
- 10 Egg
- 2 cups Hummus
- 8 1/3 cups Plain Kefir

Other

- 1 cup Vanilla Protein Powder
- 9 3/4 cups Water

Blackberry Kefir Chia Pudding

4 ingredients · 35 minutes · 2 servings



Directions

1. In a small bowl, add all of the ingredients except for the blackberries. Mix well and transfer to a small container. Refrigerate for at least 30 minutes.
2. Garnish with the blackberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

Make it Vegan

Use coconut yogurt or coconut kefir.

More Flavor

Add maple syrup.

Additional Toppings

Pumpkin seeds and/or hemp seeds.

Ingredients

- 2/3 cup** Chia Seeds
- 1 1/3 cups** Plain Kefir
- 1 tsp** Cinnamon
- 2/3 cup** Blackberries

Nutrition

Amount per serving

Calories	419	Iron	5mg
Fat	21g	Vitamin K	10µg
Saturated	3g	Thiamine	0mg
Carbs	44g	Riboflavin	0.4mg
Fiber	25g	Niacin	0mg
Sugar	14g	Vitamin B6	0mg
Protein	19g	Folate	12µg
Cholesterol	6mg	Vitamin B12	0.8µg
Sodium	123mg	Phosphorous	211mg
Potassium	731mg	Magnesium	10mg
Vitamin C	12mg	Zinc	0mg
Calcium	703mg	Selenium	0µg

Scrambled Eggs & Pinto Beans on Toast

8 ingredients · 10 minutes · 1 serving



Directions

1. Heat a nonstick pan over medium heat and melt 1/3 of the butter. Add the beans, garlic, turmeric, and coriander. Stir to combine and cook until just starting to brown and get crispy, about five minutes. Season with salt and pepper, and then remove and set aside.
2. In the same skillet, add half of the remaining butter. Add the whisked eggs into the pan and season with salt and pepper. Stir the eggs frequently until cooked through.
3. Place the toast on a plate and spread the remaining butter on top. Add the eggs and beans. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Toast the bread just before serving.

Additional Toppings

Hot sauce, fresh cilantro, and/or parsley.

Gluten-Free

Use gluten-free bread.

Dairy-Free

Use extra virgin olive oil or plant-based butter.

Ingredients

- 1 1/2 **tsps** Butter (divided)
- 1/2 **cup** Pinto Beans (cooked)
- 1/4 **tsp** Garlic Powder
- 1/4 **tsp** Turmeric
- 1/4 **tsp** Coriander
- Sea Salt & Black Pepper (to taste)
- 2 Egg (whisked)
- 1 **slice** Whole Grain Bread (toasted)

Nutrition

Amount per serving

Calories	432	Iron	5mg
Fat	18g	Vitamin K	4µg
Saturated	7g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.6mg
Fiber	11g	Niacin	2mg
Sugar	3g	Vitamin B6	0.5mg
Protein	26g	Folate	221µg
Cholesterol	387mg	Vitamin B12	0.9µg
Sodium	302mg	Phosphorous	427mg
Potassium	638mg	Magnesium	91mg
Vitamin C	1mg	Zinc	3mg
Calcium	144mg	Selenium	50µg

Blueberry Coconut Kefir Oatmeal

6 ingredients · 5 minutes · 3 servings



Directions

1. In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four to five days.

Serving Size

One serving is equal to approximately one and a half cups.

Gluten-Free

Use gluten-free oats.

Dairy-Free

Use coconut yogurt instead of kefir.

Additional Toppings

Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.

Ingredients

- 1 cup Quick Oats
- 1 1/2 tbsps Chia Seeds
- 1 1/2 tsps Cinnamon
- 2 cups Plain Kefir
- 1 1/8 cups Blueberries (fresh or frozen)
- 1 1/2 tbsps Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	275	Iron	2mg
Fat	7g	Vitamin K	12µg
Saturated	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.4mg
Fiber	7g	Niacin	1mg
Sugar	17g	Vitamin B6	0.1mg
Protein	13g	Folate	12µg
Cholesterol	6mg	Vitamin B12	0.8µg
Sodium	118mg	Phosphorous	318mg
Potassium	552mg	Magnesium	41mg
Vitamin C	7mg	Zinc	1mg
Calcium	336mg	Selenium	8µg

Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

1 3/4 ozs Whole Grain Crackers

1/4 cup Hummus

Nutrition

Amount per serving

Calories	387	Iron	3mg
Fat	21g	Vitamin K	32µg
Saturated	3g	Thiamine	0.4mg
Carbs	43g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	6g	Vitamin B6	0.1mg
Protein	8g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	703mg	Phosphorous	257mg
Potassium	277mg	Magnesium	61mg
Vitamin C	0mg	Zinc	1mg
Calcium	36mg	Selenium	16µg

Eggs & Sauerkraut

3 ingredients · 15 minutes · 1 serving



Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and slice.
2. Serve the eggs with avocado and sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serve it With

Toast, tomatoes, olives, or fresh fruit.

Ingredients

- 2 Egg
- 1/2 Avocado (small)
- 1/3 cup Sauerkraut

Nutrition

Amount per serving

Calories	313	Iron	3mg
Fat	24g	Vitamin K	28µg
Saturated	5g	Thiamine	0.1mg
Carbs	11g	Riboflavin	0.6mg
Fiber	8g	Niacin	2mg
Sugar	2g	Vitamin B6	0.5mg
Protein	15g	Folate	140µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	462mg	Phosphorous	260mg
Potassium	706mg	Magnesium	47mg
Vitamin C	17mg	Zinc	2mg
Calcium	82mg	Selenium	31µg

Blackberry Kefir Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

More Fiber

Add a handful of baby spinach or kale.

Dairy-Free

Use coconut milk kefir.

Ingredients

1 1/2 cups Plain Kefir

1 cup Blackberries (fresh or frozen)

1/4 cup Vanilla Protein Powder

1 tbsp Hemp Seeds

Nutrition

Amount per serving

Calories	411	Iron	2mg
Fat	10g	Vitamin K	29µg
Saturated	3g	Thiamine	0.3mg
Carbs	42g	Riboflavin	1.3mg
Fiber	9g	Niacin	2mg
Sugar	33g	Vitamin B6	0.2mg
Protein	42g	Folate	55µg
Cholesterol	18mg	Vitamin B12	2.4µg
Sodium	295mg	Phosphorous	967mg
Potassium	1331mg	Magnesium	146mg
Vitamin C	34mg	Zinc	3mg
Calcium	764mg	Selenium	7µg

Crackers, Apple & Kefir

3 ingredients · 5 minutes · 1 serving



Directions

1. Add the apple slices and crackers to a plate or sealable container and pour the kefir into a glass. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

More Flavor

Use flavored kefir.

Ingredients

- 1 Apple (sliced)
- 1 oz Whole Grain Crackers
- 1 cup Plain Kefir

Nutrition

Amount per serving

Calories	370	Iron	1mg
Fat	9g	Vitamin K	14µg
Saturated	2g	Thiamine	0.2mg
Carbs	61g	Riboflavin	0.6mg
Fiber	5g	Niacin	1mg
Sugar	39g	Vitamin B6	0.1mg
Protein	14g	Folate	35µg
Cholesterol	10mg	Vitamin B12	1.2µg
Sodium	423mg	Phosphorous	403mg
Potassium	814mg	Magnesium	17mg
Vitamin C	11mg	Zinc	0mg
Calcium	416mg	Selenium	7µg

Cucumber, Blackberries & Hummus Snack Box

3 ingredients · 5 minutes · 1 serving



Directions

1. Arrange the cucumber, blackberries and hummus into a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Blackberries

Use other berries like strawberries, raspberries, or blueberries.

Ingredients

1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

Nutrition

Amount per serving

Calories	188	Iron	2mg
Fat	11g	Vitamin K	41µg
Saturated	2g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	6g	Folate	53µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	264mg	Phosphorous	145mg
Potassium	419mg	Magnesium	70mg
Vitamin C	17mg	Zinc	1mg
Calcium	62mg	Selenium	3µg

Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving

Calories	287	Iron	1mg
Fat	17g	Vitamin K	4µg
Saturated	3g	Thiamine	0.1mg
Carbs	32g	Riboflavin	0.1mg
Fiber	6g	Niacin	4mg
Sugar	22g	Vitamin B6	0.2mg
Protein	8g	Folate	34µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	128mg
Potassium	375mg	Magnesium	63mg
Vitamin C	8mg	Zinc	1mg
Calcium	27mg	Selenium	1µg

Eggs, Hummus & Crackers

3 ingredients · 15 minutes · 1 serving



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
3. Arrange the eggs, hummus, and crackers into a container, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Season the eggs with salt, pepper and/or chili flakes.

Ingredients

- 2 Egg
- 1/4 cup Hummus
- 2 ozs Whole Grain Crackers

Nutrition

Amount per serving

Calories	562	Iron	5mg
Fat	32g	Vitamin K	35µg
Saturated	7g	Thiamine	0.4mg
Carbs	48g	Riboflavin	0.7mg
Fiber	5g	Niacin	3mg
Sugar	8g	Vitamin B6	0.3mg
Protein	21g	Folate	135µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	905mg	Phosphorous	475mg
Potassium	427mg	Magnesium	75mg
Vitamin C	0mg	Zinc	3mg
Calcium	93mg	Selenium	48µg

Lemon Artichoke Pasta

7 ingredients · 15 minutes · 2 servings



Directions

1. Cook the fettuccine according to package directions and set aside.
2. Meanwhile, melt half the butter in a non-stick skillet over medium-high heat. Add the artichoke, lemon zest, and lemon juice. Lower to a simmer and cook for five to eight minutes, or until the liquid has reduced by half.
3. Stir in the remaining butter, basil, parsley, salt, and pepper. Add the fettuccini and gently toss until well coated. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately two cups.

Dairy-Free

Use vegan butter or your choice of cooking oil.

More Flavor

Add garlic and white cooking wine.

Additional Toppings

Add parmesan, nutritional yeast, pine nuts, red pepper flakes, or more fresh herbs.

Ingredients

4 ozs Brown Rice Fettuccine (dry)

1/4 cup Butter (divided)

2 cups Artichoke Hearts (from the can, drained, chopped)

1/2 Lemon (juice and zested)

1 tbsp Basil Leaves (chopped)

1 tbsp Parsley (chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	463	Iron	2mg
Fat	25g	Vitamin K	39µg
Saturated	14g	Thiamine	0mg
Carbs	52g	Riboflavin	0mg
Fiber	13g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	9g	Folate	7µg
Cholesterol	61mg	Vitamin B12	0µg
Sodium	782mg	Phosphorous	10mg
Potassium	188mg	Magnesium	3mg
Vitamin C	28mg	Zinc	0mg
Calcium	93mg	Selenium	0µg

Avocado & Hummus Cucumber Sandwich

7 ingredients · 10 minutes · 1 serving



Directions

1. In a large bowl, add the hummus and avocado. Mash well until everything is combined. Add the parsley and season with salt and pepper to taste. Mix well once more.
2. Spread the hummus and avocado mixture on one slice of toast, top with spinach, cucumber, and the second slice of toast. Repeat for each sandwich.
3. Slice the sandwich in half and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one sandwich.

More Flavor

Add microgreens and/or fresh herbs. Use a wrap instead of bread.

Ingredients

- 1/2 cup Hummus
- 1/4 Avocado
- 1 tbsp Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices Whole Grain Bread (toasted)
- 1/2 cup Baby Spinach
- 1/4 Cucumber (small, sliced)

Nutrition

Amount per serving

Calories	607	Iron	6mg
Fat	33g	Vitamin K	187µg
Saturated	5g	Thiamine	0.4mg
Carbs	62g	Riboflavin	0.4mg
Fiber	17g	Niacin	6mg
Sugar	8g	Vitamin B6	0.6mg
Protein	23g	Folate	193µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	858mg	Phosphorous	464mg
Potassium	1033mg	Magnesium	195mg
Vitamin C	16mg	Zinc	4mg
Calcium	180mg	Selenium	34µg

Basic Protein Porridge

4 ingredients · 5 minutes · 1 serving



Directions

1. Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
2. Stir in the protein powder and cinnamon until well combined. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.

Ingredients

- 1 1/2 cups Water
- 1/3 cup Quick Oats
- 1/4 cup Vanilla Protein Powder
- 1/4 tsp Cinnamon (optional)

Nutrition

Amount per serving

Calories	189	Iron	1mg
Fat	2g	Vitamin K	1µg
Saturated	0g	Thiamine	0.3mg
Carbs	20g	Riboflavin	0.5mg
Fiber	4g	Niacin	1mg
Sugar	0g	Vitamin B6	0.2mg
Protein	23g	Folate	17µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	47mg	Phosphorous	431mg
Potassium	222mg	Magnesium	92mg
Vitamin C	0mg	Zinc	2mg
Calcium	170mg	Selenium	14µg

Peanut Butter Toast & Fruit Snack Box

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the peanut butter on top of the toasted bread and cut it in half.
2. Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Blueberries

Use another berry or fresh fruit instead.

Gluten-Free

Use gluten-free bread.

No Peanut Butter

Use another nut or seed butter.

Ingredients

1 tbsp All Natural Peanut Butter

1 slice Whole Grain Bread (toasted)

1/2 cup Blueberries

1 Apple (sliced)

Nutrition

Amount per serving

Calories	343	Iron	2mg
Fat	11g	Vitamin K	19µg
Saturated	2g	Thiamine	0.2mg
Carbs	57g	Riboflavin	0.2mg
Fiber	10g	Niacin	4mg
Sugar	31g	Vitamin B6	0.3mg
Protein	10g	Folate	51µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	163mg	Phosphorous	177mg
Potassium	437mg	Magnesium	73mg
Vitamin C	16mg	Zinc	1mg
Calcium	65mg	Selenium	14µg

Chicken, Kale & Pinto Bean Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. In a large pot, heat the oil over medium high heat. Add the onions and cook for three to five minutes, or until softened. Season with salt and pepper.
2. Add the chicken and garlic and cook for three to five minutes or until cooked through. Season with oregano, salt, and pepper and cook for another minute.
3. Add the beans, kale, and broth to the pot and bring to a boil. Reduce the heat and simmer for eight to ten minutes or until the kale is completely wilted and the flavors combined.
4. Add the lemon juice and season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Use homemade bone broth. Add more vegetables like celery, carrots, and squash.

Ingredients

- 2 **tbsps** Avocado Oil
- 1 Yellow Onion (large, chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **lb** Chicken Breast (boneless, chopped small)
- 4 Garlic (clove, chopped)
- 2 **tsps** Oregano (dried)
- 2 **cups** Pinto Beans (cooked)
- 4 **cups** Kale Leaves (finely chopped)
- 5 **cups** Vegetable Broth, Low Sodium
- 1/2 Lemon (juiced)

Nutrition

Amount per serving

Calories	357	Iron	4mg
Fat	11g	Vitamin K	88µg
Saturated	2g	Thiamine	0.3mg
Carbs	30g	Riboflavin	0.3mg
Fiber	10g	Niacin	11mg
Sugar	5g	Vitamin B6	1.2mg
Protein	34g	Folate	173µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	203mg	Phosphorous	384mg
Potassium	888mg	Magnesium	84mg
Vitamin C	27mg	Zinc	2mg

Calcium 122mg Selenium 32µg

Poached Salmon, Artichokes & Sweet Potato

8 ingredients · 15 minutes · 2 servings



Directions

1. In a deep pan with a lid, bring the broth to a boil. Add the potatoes and garlic. Cover and simmer for five minutes.
2. Add the salmon, artichokes, and green onions. Cover and continue cooking for three to five minutes or until the salmon is fully cooked. Remove from the heat and stir in the lemon juice. Season with salt and pepper.
3. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of vegetables and broth with salmon.

More Flavor

Add leeks and fresh tarragon. Use other root vegetables instead of sweet potatoes.

Ingredients

- 2 cups Vegetable Broth, Low Sodium
- 1 Sweet Potato (large, diced)
- 2 Garlic (clove, chopped)
- 12 ozs Salmon Fillet (skinless)
- 1 cup Artichoke Hearts (marinated, halved)
- 3 stalks Green Onion (sliced)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

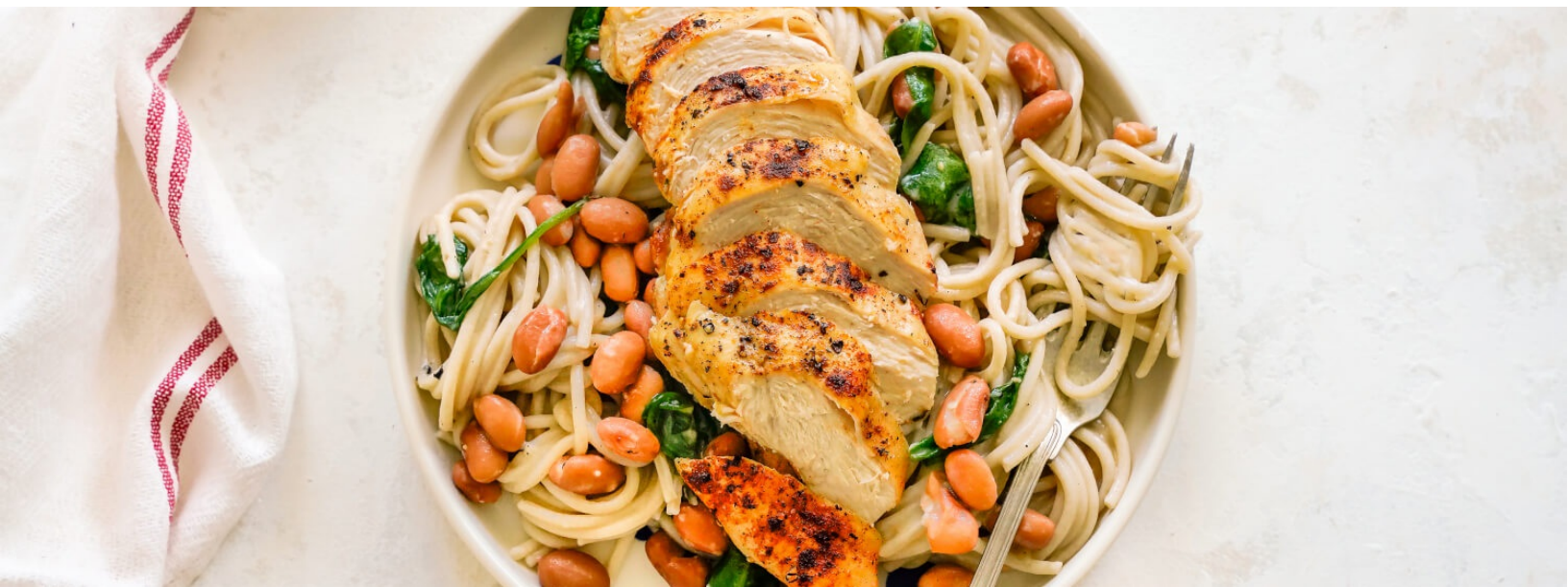
Nutrition

Amount per serving

Calories	325	Iron	2mg
Fat	8g	Vitamin K	30µg
Saturated	1g	Thiamine	0.3mg
Carbs	22g	Riboflavin	0.4mg
Fiber	7g	Niacin	15mg
Sugar	9g	Vitamin B6	1.4mg
Protein	41g	Folate	25µg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	671mg	Phosphorous	478mg
Potassium	896mg	Magnesium	72mg
Vitamin C	22mg	Zinc	1mg
Calcium	91mg	Selenium	52µg

Creamy Chicken & Pinto Bean Spaghetti

8 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the chicken breast on the baking sheet. Brush with half of the butter and season with salt, pepper, and paprika. Bake in the oven for 20 to 25 minutes or until cooked through.
3. Meanwhile, cook the pasta according to the package directions. Reserve pasta water and drain.
4. Add the remaining butter to a pan over medium-high heat. Add the spaghetti, pinto beans, and reserved pasta water. Stir and simmer for two to three minutes.
5. Add the spinach, toss, and continue to cook for another minute. Season the pasta with salt and pepper, if needed. Serve the pasta with the chicken, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of pasta and one chicken breast. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

More Flavor

Add garlic and onion powder to the pasta.

Additional Toppings

Top with chopped parsley and parmesan cheese.

Ingredients

- 8 ozs Chicken Breast
- 1 tbsp Butter (melted, divided)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1/2 cup Brown Rice Spaghetti
- 1 cup Pinto Beans (cooked)
- 1/2 cup Water (reserved from cooking pasta)
- 2 cups Baby Spinach

Nutrition

Amount per serving

Calories	519	Iron	4mg
Fat	11g	Vitamin K	149µg
Saturated	4g	Thiamine	0.3mg
Carbs	67g	Riboflavin	0.3mg
Fiber	11g	Niacin	11mg
Sugar	1g	Vitamin B6	1.2mg
Protein	38g	Folate	216µg
Cholesterol	98mg	Vitamin B12	0.3µg
Sodium	78mg	Phosphorous	386mg
Potassium	1106mg	Magnesium	101mg
Vitamin C	9mg	Zinc	2mg
Calcium	85mg	Selenium	32µg

Salmon, Spinach & Sauerkraut with Brown Rice

6 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
3. Turn the heat down to low and add the spinach. Cook until wilted, stirring often for about one to two minutes.
4. Divide the rice, salmon, spinach, and sauerkraut onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is 1/2 cup of cooked rice 1/2 cup spinach, 1/4 cup of sauerkraut with salmon.

More Flavor

Add red chilli flakes, shallots and/or garlic to the spinach. Squeeze fresh lemon on the salmon once it has cooked.

Additional Toppings

Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.

Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 1 tbsp Avocado Oil
- 12 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 1/2 cup Sauerkraut

Nutrition

Amount per serving

Calories	475	Iron	3mg
Fat	17g	Vitamin K	295µg
Saturated	3g	Thiamine	0.5mg
Carbs	39g	Riboflavin	0.5mg
Fiber	4g	Niacin	18mg
Sugar	1g	Vitamin B6	1.6mg
Protein	43g	Folate	146µg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	417mg	Phosphorous	617mg
Potassium	1135mg	Magnesium	157mg
Vitamin C	22mg	Zinc	2mg
Calcium	90mg	Selenium	59µg

Cinnamon Mint Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

Notes

Leftovers

Best enjoyed right away.

Serving Size

One serving is 1 1/4 cups.

No Mint Leaves

Use a peppermint or spearmint tea bag.

Ingredients

1 1/4 cups Water

2 tbsps Mint Leaves

1 serving Cinnamon Stick

Nutrition

Amount per serving

Calories	2	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	7g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	2mg
Potassium	18mg	Magnesium	8mg
Vitamin C	1mg	Zinc	0mg
Calcium	37mg	Selenium	0µg

Lemon Ginger Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 2 cups.

More Flavor

Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

Ingredients

1 1/4 cups Water

1 1/2 tbsps Ginger (peeled, sliced)

1/4 Lemon

Nutrition

Amount per serving

Calories	10	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	2g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	4mg
Potassium	50mg	Magnesium	11mg
Vitamin C	5mg	Zinc	0mg
Calcium	32mg	Selenium	0µg

Fresh Mint Tea

2 ingredients · 10 minutes · 1 serving



Directions

1. Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 1 3/4 cup.

More Flavor

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

No Mint Leaves

Use peppermint or spearmint leaves instead.

Enjoy it Cold

Add ice cubes.

Ingredients

1 1/4 cups Water

2 tbsps Mint Leaves (stems removed)

Nutrition

Amount per serving

Calories	2	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	2mg
Potassium	18mg	Magnesium	8mg
Vitamin C	1mg	Zinc	0mg
Calcium	37mg	Selenium	0µg

Chamomile Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Pour tea into a mug and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Like it Sweet

Add sweetener of choice to taste.

More Flavor

Add milk of choice to taste.

Ingredients

1 cup Chamomile Tea (brewed)

Nutrition

Amount per serving

Calories	2	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	2µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphorous	0mg
Potassium	21mg	Magnesium	2mg
Vitamin C	0mg	Zinc	0mg
Calcium	5mg	Selenium	0µg

Ginger Mint Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
2. Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 2 cups.

More Flavor

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

No Mint Leaves

Use spearmint leaves instead.

Ingredients

1 1/4 cups Water

1 1/2 tbsps Ginger (peeled, sliced)

2 tbsps Mint Leaves (stems removed)

Nutrition

Amount per serving

Calories	9	Iron	0mg
Fat	0g	Vitamin K	0µg
Saturated	0g	Thiamine	0mg
Carbs	2g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphorous	5mg
Potassium	56mg	Magnesium	12mg
Vitamin C	1mg	Zinc	0mg
Calcium	39mg	Selenium	0µg