



Fueling with Food

Tri 3, all foods

Nutrition Plan

CLIENT PROFILE	NAME Tristaca Curley	DIETARY PREFERENCE Eats Most Things
	AVOIDANCES none	





Easily swap and explore more meal options. visit eatlove.is



Nutrition Plan

Day 1

Day 2

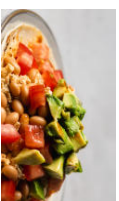
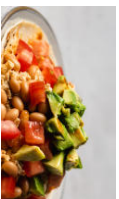
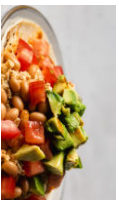
Day 3

Day 4

Day 5

Day 6

Day 7



BREAKFAST

Eggs, English Muffin, and Turkey Sausage, Raspberries

Vegan Breakfast Tortilla, Orange

Apple Cinnamon Overnight Quinoa, Tangerine

Vegan Breakfast Tortilla, Orange

Apple Cinnamon Overnight Quinoa, Tangerine

Vegan Breakfast Tortilla, Orange

Apple Cinnamon Overnight Quinoa, Tangerine



LUNCH

Curried Chicken Wrap with Baby Carrots, Snap Peas and Dip

Leftover: Curried Chicken Wrap with Baby Carrots, Snap Peas and Dip

BLAT Sandwich, Veggies & Hummus

Leftover: Salmon, Rice and Brussels Sprouts, Kale & Tomato Side Salad

Egg Salad Pita, Pineapple and Cottage Cheese

Leftover: Egg Salad Pita, Pineapple and Cottage Cheese

BLAT Sandwich, Veggies & Hummus



DINNER

Turkey and Cheese Meatball Sub, Cheesy Asparagus

Chicken & Mozzarella Flatbread, Steamed Carrots

Salmon, Rice and Brussels Sprouts, Kale & Tomato Side Salad

Spicy Chicken Sausage Pasta, Kale, Tomatoes, and Edamame Salad

Leftover: Spicy Chicken Sausage Pasta, Kale, Tomatoes, and Edamame Salad

Steak Corn Tacos, Sesame Asparagus

Leftover: Steak Corn Tacos, Sesame Asparagus



SNACK

Granola Strawberry Bowl

Maple Almond Greek Yogurt with Orange 2.0

Raspberries, Sunflower Seeds & Yogurt 2.0

Raspberries, Sunflower Seeds & Yogurt 2.0

Granola Strawberry Bowl

Maple Almond Yogurt with Orange

Cheese & Crackers 2.0

2ND SNACK



Cherry Tomatoes

Cucumber and Grapes





Grocery List

BAKERY

- | | |
|---|--|
| ☐ 1 package (6 ct) of English Muffins | ☐ 1 package (6 ct) of Whole Wheat Hotdog Buns |
| ☐ 1 bag (6 ct) of Whole Wheat Pita Bread | |

BAKING GOODS

- | | |
|--|--|
| ☐ 1/8 pounds of Chia Seeds | ☐ 1 can (5-7 fl oz) of Nonstick Cooking Spray |
| ☐ 1 bottle (2 fl oz) of Vanilla Extract | |

BEVERAGES

- | | |
|---|---|
| ☐ 1 quart of Almond Milk (Unsweetened) | ☐ 1 package (16-18 oz) of Plant-Based Protein Powder |
|---|---|

CANNED / JAR GOODS

- | | |
|---|--|
| ☐ 1 can (8 oz) of Canned Pineapple Chunks in Juice | ☐ 1 can (15 oz) of Canned Pinto Beans |
| ☐ 1 can (8 oz) of Tomato Sauce | |

CEREALS

- ☐ 1/8 pounds of Granola

DAIRY

- | | |
|--|--|
| ☐ 1 container (16 oz) of Cottage Cheese | ☐ 1 half dozen Eggs |
| ☐ 3 containers (6 fl oz) of Low-Fat Vanilla Yogurt | ☐ 5/8 ounces of Parmesan Cheese |
| ☐ 3 containers (6 oz) of Plain Low-Fat Greek Yogurt | |



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

DAIRY

- | | |
|--|---|
| ☐ 1 package (8 oz) of Shredded Mozzarella Cheese | ☐ 1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium) |
| ☐ 2 containers (5.3 oz) of Vanilla Greek Yogurt (Non-fat) | |

DELI

- | | |
|--|---|
| ☐ 1 Cooked Rotisserie Chicken | ☐ 1 container (10 oz) Hummus |
|--|---|

DESSERTS

- ☐ 1 bottle (12 oz) of Maple Syrup

FROZEN FOODS

- | | |
|---|---|
| ☐ 1 package of Ezekiel Bread | ☐ 1 package (6.4 oz) of Turkey Breakfast Sausage (Reduced-fat) |
|---|---|

INTERNATIONAL / ETHNIC

- | | |
|---|--|
| ☐ 1 bag (12 ct) of Corn Tortillas | ☐ 1 package (16 oz) of Edamame (Shelled & Cooked) |
| ☐ 1 package (16 oz) of Extra Firm Tofu | ☐ 1 jar (8 oz) of Pesto |
| ☐ 1 container (16 oz) of Salsa Pico de Gallo | ☐ 1 package (8 ct) of Whole Wheat Tortillas |

MEATS / SEAFOOD

- | | |
|---|--|
| ☐ 1 package (16 oz) of Bacon | ☐ 3/8 pounds of Chicken Sausage |
| ☐ 5/8 pounds of Flank Steak | ☐ 1/4 pounds of Ground Turkey |
| ☐ 3/4 pounds of Salmon | |



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

PASTA / RICE / BEANS

- | | |
|---|---|
| ☐ 1/4 pounds of Brown Rice | ☐ 1/2 pounds of Quinoa |
| ☐ 1 package (16 oz) of Whole Wheat Penne | |

PRODUCE

- | | |
|---|---|
| ☐ 1 1/2 pounds of Asparagus | ☐ 2 Avocados |
| ☐ 2 bags (16 oz) of Baby Carrots | ☐ 2 packages (5 oz) of Baby Kale |
| ☐ 1 pound of Brussels Sprouts | ☐ 2 Carrots |
| ☐ 1 quart of Cherry Tomatoes  | ☐ 1 Cucumber  |
| ☐ 2 Gala Apples  | ☐ 1 bulb of Garlic |
| ☐ 1 Green Bell Peppers  | ☐ 9 Oranges |
| ☐ 2 pints of Raspberries | ☐ 1 bag (9 oz) of Raw Spinach  |
| ☐ 2 Red Bell Peppers  | ☐ 3/8 pounds of Red Grapes  |
| ☐ 1 Red Onions | ☐ 1 bag (12 oz) of Romaine Lettuce |
| ☐ 1 pint of Strawberries  | ☐ 3/4 pounds of Sugarsnap Peas  |





Grocery List

PRODUCE

☐ 3 Tangerine

☐ 2 Yellow Onions

☐ 4 Tomatoes

SNACKS

☐ 1/8 pounds of Sliced Almonds

☐ 1 box (9-10 oz) of Triscuits

☐ 1/8 pounds of Sunflower Seeds

SOUPS / SAUCES / GRAVIES

☐ 1 jar (18 oz) of Marinara Sauce

SPICES / CONDIMENTS

☐ 1 jar (2-3 oz) of Chili Powder

☐ 1 jar (8 oz) of Dijon Mustard

☐ 1 jar (1-2 oz) of Dried Thyme

☐ 1 bottle (2 oz) of Hot Sauce

☐ 1 jar (15 oz) of Mayonnaise

☐ 1 bottle (12 fl oz) of Ranch Dressing

☐ 1 jar (1 oz) of Sesame Seeds

☐ 1 jar (2 oz) of Curry Powder

☐ 1 jar (0.75 oz) of Dried Oregano

☐ 1 jar (1 oz) of Ground Cinnamon

☐ 1 bottle (16 fl oz) of Italian Dressing

☐ 1 bottle (16 fl oz) of Olive Oil

☐ 1 jar (1-2 oz) of Red Pepper Flakes

☐ 1 bottle (12 fl oz) of White Wine Vinegar



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

SUPPLEMENTS

☐ 1 package (20 oz) of Collagen Peptides





Eggs, English Muffin, and Turkey Sausage

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 whole wheat english muffin toasted
2 eggs scrambled
1 spray oil spray
2 slices tomato
1/2 cup spinach
2 links reduced-fat turkey sausage

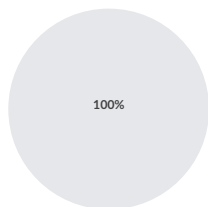
NUTRITION INFORMATION PER SERVING

Protein 28g	Iron 4.89mg
Total Fat 17g	Folate 140DFE
Carbs 34g	Fruits 0 servings
Calories 397kcal	Vegetables 0.42 servings
Fiber 3.48g	Saturated Fat 4.95g
Calcium 193mg	Sodium 639mg
	Added Sugar 0.89g

Method

1. Toast the english muffin.
2. Spray a pan with oil and heat on the stove over medium heat. Crack eggs into a bowl and whisk well.
3. Once pan is hot, pour beaten eggs into the pan. When the egg begins to set, stir with a spatula to scramble.
4. Once eggs are done, remove from heat. Place turkey sausage into the pan and cook according to package instructions.
5. Top toasted english muffin with spinach, sliced tomato, and scrambled eggs. Serve with sausage on the side.

PORTIONS



● Tristaca Curley

100%





Raspberries

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, dry and serve.

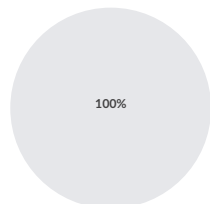
INGREDIENTS

1 cup raspberries

NUTRITION INFORMATION PER SERVING

Protein 1.48g	Iron 0.85mg
Total Fat 0.8g	Folate 26DFE
Carbs 15g	Fruits 1 servings
Calories 64kcal	Vegetables 0 servings
Fiber 8g	Saturated Fat 0.02g
Calcium 31mg	Sodium 1.23mg
	Added Sugar 0g

PORTIONS



● Tristaca Curley

100%





Curried Chicken Wrap with Baby Carrots

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

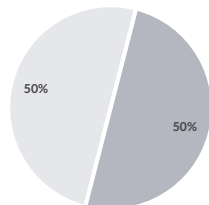
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

6 ounces rotisserie chicken chopped	1/4 cup low fat Greek yogurt
1/2 cup red grapes rinsed and halved	1 teaspoon curry powder
2 tablespoons sliced almonds	2 whole wheat tortillas
	2 cups baby carrots

NUTRITION INFORMATION PER SERVING

Protein 33g	Iron 3.24mg
Total Fat 15g	Folate 104DFE
Carbs 39g	Fruits 0.45 servings
Calories 411kcal	Vegetables 1 servings
Fiber 9.1g	Saturated Fat 4.46g
Calcium 239mg	Sodium 517mg
	Added Sugar 0g

PORTIONS



Tristaca Curley	50%
Leftovers	50%





Snap Peas and Dip

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash snap peas and serve with ranch dressing.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups snap peas

$\frac{1}{4}$ cup ranch dressing

NUTRITION INFORMATION PER SERVING

Protein 8.3g	Iron 2.22mg
Total Fat 14g	Folate 95DFE
Carbs 23g	Fruits 0 servings
Calories 244kcal	Vegetables 1 servings
Fiber 7.4g	Saturated Fat 2.19g
Calcium 45mg	Sodium 278mg
	Added Sugar 1.41g

PORTIONS





Turkey and Cheese Meatball Sub

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 20 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

3 1/2 ounces ground turkey
1 teaspoon dried oregano
1 cooking spray
1 green bell pepper diced
1/2 cup tomato sauce
1/2 tablespoon Parmesan cheese grated
1 hotdog bun
1 orange

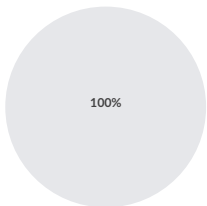
NUTRITION INFORMATION PER SERVING

Protein 31g	Iron 6.6mg
Total Fat 14g	Folate 185DFE
Carbs 75g	Fruits 1 servings
Calories 521kcal	Vegetables 1.95 servings
Fiber 12g	Saturated Fat 3.22g
Calcium 232mg	Sodium 919mg
	Added Sugar 0g

Method

1. Preheat oven to 400°F.
2. Mix ground turkey and oregano and roll into 1 1/2" balls. Place meatballs on a parchment-lined baking sheet and bake 8-10 minutes until fully cooked through.
3. Meanwhile, coat a skillet with cooking spray and heat over medium. Add bell pepper and sauté 8-10 minutes until tender. Add tomato sauce, lower heat and simmer for a few minutes.
4. Place meatballs in bun and coat with sauce. Top with cheese. Serve with orange on the side.

PORTIONS



Tristaca Curley

100%





Cheesy Asparagus

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 425°F.
2. Toss asparagus with oil and Parmesan. Spread asparagus out on a baking sheet.
3. Roast 12-15 minutes until tender.

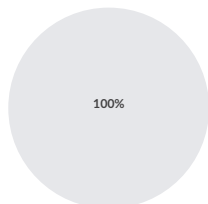
INGREDIENTS

- 1/2 tablespoon olive oil
- 1/2 pound asparagus trimmed
- 2 tablespoons Parmesan cheese grated

NUTRITION INFORMATION PER SERVING

Protein 9.5g	Iron 5mg
Total Fat 10g	Folate 119DFE
Carbs 9.2g	Fruits 0 servings
Calories 154kcal	Vegetables 1.69 servings
Fiber 4.77g	Saturated Fat 3.07g
Calcium 203mg	Sodium 177mg
	Added Sugar 0g

PORTIONS



● Tristaca Curley

100%





Granola Strawberry Bowl

BY EATLOVE

🕒 10 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 cup Low-Fat Vanilla Yogurt
1/2 cup seasonal berries
2 tablespoons granola

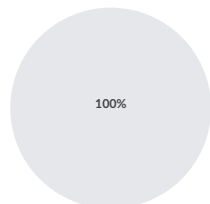
NUTRITION INFORMATION PER SERVING

Protein 15g	Iron 1.13mg
Total Fat 7g	Folate 58DFE
Carbs 48g	Fruits 0.5 servings
Calories 307kcal	Vegetables 0 servings
Fiber 2.89g	Saturated Fat 2.6g
Calcium 443mg	Sodium 166mg
	Added Sugar 20g

Method

1. Split leftover mousse across 4 glasses.
2. Build layers of berries, yogurt, granola on top of the mousse. Repeat.
3. Top with fresh berries.

PORTIONS



● Tristaca Curley

100%





Vegan Breakfast Tortilla

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 corn tortilla	1 dash black pepper
1 cooking spray	1/2 cup tomato chopped
1/4 block firm tofu	1/4 avocado diced
1/4 teaspoon chili powder	1/4 cup pinto beans drained and rinsed
	1 dash hot sauce

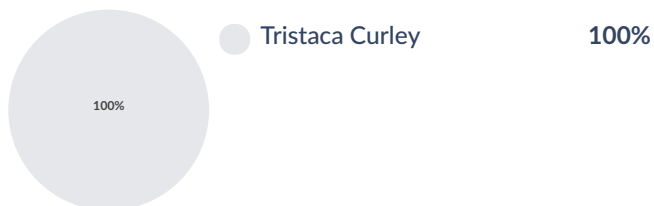
NUTRITION INFORMATION PER SERVING

Protein 17g	Iron 3.58mg
Total Fat 13g	Folate 76DFE
Carbs 29g	Fruits 0 servings
Calories 286kcal	Vegetables 0.5 servings
Fiber 8.2g	Saturated Fat 1.58g
Calcium 263mg	Sodium 170mg
	Added Sugar 0g

Method

1. Preheat oven to 350°F.
2. Wrap tortilla in aluminum foil and place in the oven to warm.
3. Meanwhile, grease a medium skillet with cooking spray and heat over medium heat. Crumble in tofu with your hands and season with chili powder and black pepper. Cook for 2 minutes, stirring frequently, until tofu is lightly browned and heated through.
4. Place tofu on warmed tortilla and top with beans, tomato, avocado, and hot sauce.

PORTIONS





Orange

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and slice orange. Serve.

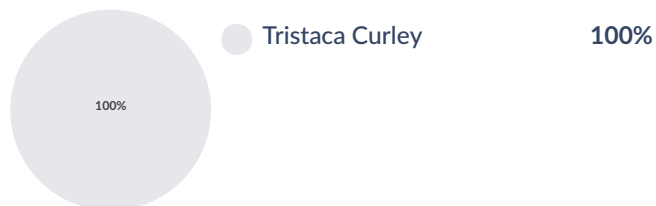
INGREDIENTS

1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein 2.07g	Iron 1.27mg
Total Fat 0.48g	Folate 48DFE
Carbs 25g	Fruits 1 servings
Calories 100kcal	Vegetables 0 servings
Fiber 7.2g	Saturated Fat 0.06g
Calcium 111mg	Sodium 3.18mg
	Added Sugar 0g

PORTIONS





Maple Almond Greek Yogurt with Orange

2.0

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup greek yogurt low fat
- 1 orange sliced
- 1 teaspoon maple syrup
- 2 tablespoons almond slices
- 2 tablespoons Collagen Peptides

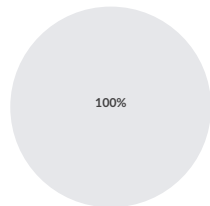
NUTRITION INFORMATION PER SERVING

Protein 37g	Iron 2.43mg
Total Fat 11g	Folate 69DFE
Carbs 44g	Fruits 1 servings
Calories 407kcal	Vegetables 0 servings
Fiber 8.6g	Saturated Fat 3.51g
Calcium 651mg	Sodium 211mg
	Added Sugar 4.03g

Method

1. Spoon greek yogurt into a bowl. Top with maple syrup, almonds, and orange slices.

PORTIONS



Tristaca Curley

100%





Chicken & Mozzarella Flatbread

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

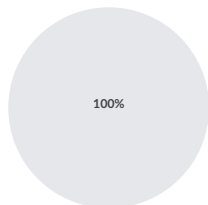
3 cups spinach	1 pita bread
1 1/2 teaspoons olive oil	4 ounces rotisserie chicken chopped, skin removed
1 clove garlic minced	1/2 ounce mozzarella cheese shredded
	1 Orange

NUTRITION INFORMATION PER SERVING

Protein 46g	Iron 6.4mg
Total Fat 21g	Folate 261DFE
Carbs 65g	Fruits 1 servings
Calories 607kcal	Vegetables 1.5 servings
Fiber 14g	Saturated Fat 5.3g
Calcium 334mg	Sodium 715mg
	Added Sugar 0.52g

1. Preheat oven to 325°F.
2. Heat oil in a pan over medium heat. Add spinach and garlic and cook until spinach wilts.
3. Bake pita in oven for 6 minutes.
4. Top pita with spinach, chicken, and cheese. Serve with an orange.

PORTIONS



Tristaca Curley

100%





Steamed Carrots

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🕒 8 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add carrots to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 8 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add carrots and cover with lid.
3. Steam for about 8 minutes or until tender.

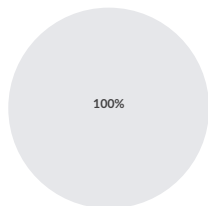
INGREDIENTS

1 cup carrots cut into chunks

NUTRITION INFORMATION PER SERVING

Protein 1.19g	Iron 0.38mg
Total Fat 0.31g	Folate 24DFE
Carbs 12g	Fruits 0 servings
Calories 52kcal	Vegetables 1 servings
Fiber 3.58g	Saturated Fat 0.05g
Calcium 42mg	Sodium 88mg
	Added Sugar 0g

PORTIONS



Tristaca Curley

100%





Apple Cinnamon Overnight Quinoa

BY EATING BIRD FOOD

🕒 10 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

$\frac{3}{4}$ cup cooked red or white quinoa 1 tablespoon vanilla protein powder
1 cup unsweetened almond milk $\frac{1}{2}$ teaspoon vanilla
1 tablespoon chia seeds $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ apple chopped

Cooked Quinoa

1 cup quinoa
2 cups water

NUTRITION INFORMATION PER SERVING

Protein 18g	Iron 5.8mg
Total Fat 10g	Folate 108DFE
Carbs 56g	Fruits 0.5 servings
Calories 387kcal	Vegetables 0 servings
Fiber 12g	Saturated Fat 1g
Calcium 628mg	Sodium 251mg
	Added Sugar 0g

Method

1. Place all ingredients in a container and stir to combine. Cover and let sit in the fridge at least 2 hours, but preferably overnight.

2. Remove from fridge, give the mixture a stir and serve.

Cooked Quinoa

1. Rinse the quinoa thoroughly for 1-2 minutes using a fine mesh sieve.

2. Combine quinoa in a saucepan with water.

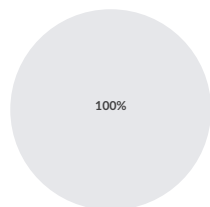
3. Bring to a boil, then reduce heat to low.

4. Cover the pot and simmer for 15 minutes until the water has been completely absorbed.

5. Remove saucepan from heat and let sit, covered, for 5 minutes.

6. Fluff the quinoa with a fork.

PORTIONS



Tristaca Curley

100%





Tangerine

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel, slice, and serve.

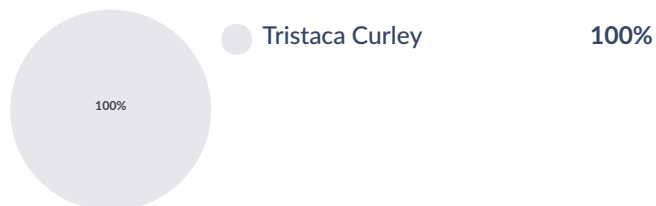
INGREDIENTS

1 tangerine peeled, sliced

NUTRITION INFORMATION PER SERVING

Protein 0.71g	Iron 0.13mg
Total Fat 0.27g	Folate 14DFE
Carbs 12g	Fruits 0.58 servings
Calories 47kcal	Vegetables 0 servings
Fiber 1.58g	Saturated Fat 0.03g
Calcium 33mg	Sodium 1.76mg
	Added Sugar 0g

PORTIONS





Raspberries, Sunflower Seeds & Yogurt 2.0

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

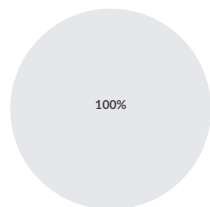
- 1/2 cup raspberries
- 1/2 cup Vanilla Greek Yogurt (Non-fat)
- 1 sprinkle cinnamon
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 14g	Iron 1.39mg
Total Fat 9.6g	Folate 65DFE
Carbs 23g	Fruits 0.5 servings
Calories 223kcal	Vegetables 0 servings
Fiber 6.1g	Saturated Fat 0.94g
Calcium 141mg	Sodium 41mg
	Added Sugar 7.2g

1. Wash raspberries.
2. Serve with sunflower seeds and soy yogurt.
3. Sprinkle yogurt with cinnamon if desired.

PORTIONS



● Tristaca Curley

100%





Salmon, Rice and Brussels Sprouts

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 30 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

Salmon & Brussels

$\frac{3}{4}$ pound salmon
1 pound brussels sprouts quartered
1 tablespoon maple syrup
3 tablespoons dijon mustard
1 teaspoon dried thyme
2 cloves garlic minced

Serve with

$\frac{1}{2}$ cup brown rice

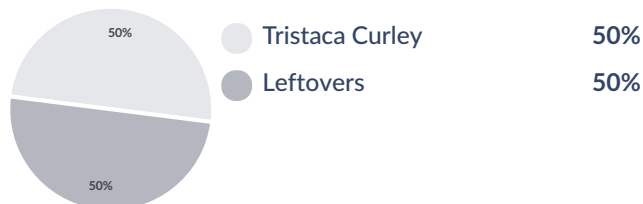
NUTRITION INFORMATION PER SERVING

Protein 48g	Iron 5.7mg
Total Fat 12g	Folate 151DFE
Carbs 64g	Fruits 0 servings
Calories 547kcal	Vegetables 2.32 servings
Fiber 11g	Saturated Fat 2.46g
Calcium 161mg	Sodium 494mg
	Added Sugar 6.3g

Method

1. Place brown rice and double amount of water in a small pot and bring to a boil. Reduce heat to low and cover. Cook for 30 minutes or until water is absorbed. Remove from heat and keep covered for another 10 minutes. Fluff rice with a fork and set aside
2. Meanwhile, preheat oven to 425°F. Line a baking sheet with parchment paper.
3. Mix maple syrup, dijon, thyme, and garlic together to prepare glaze. In a small bowl, pour half of the glaze on the quartered brussels sprouts and toss until coated.
4. Transfer brussels to baking sheet. Add salmon fillets in the middle of the pan. Use a small brush to coat with rest of glaze. You may have some left over.
5. Bake for 20 minutes or until salmon is prepared to desired doneness. Serve over brown rice.

PORTIONS





Kale & Tomato Side Salad

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

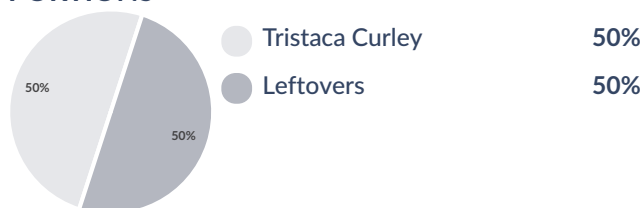
4 cups baby kale
1 cup cherry tomatoes
2 tablespoons white wine vinegar
2 tablespoons olive oil
2 dashes dijon mustard

NUTRITION INFORMATION PER SERVING

Protein 2.05g	Iron 0.82mg
Total Fat 14g	Folate 56DFE
Carbs 5.8g	Fruits 0 servings
Calories 152kcal	Vegetables 1.64 servings
Fiber 2.07g	Saturated Fat 1.92g
Calcium 56mg	Sodium 24mg
	Added Sugar 0.01g

1. Wash kale and tomatoes.
2. To make dressing, whisk vinegar, oil, and mustard in a small bowl.
3. Mix salad ingredients in a large bowl, add dressing, and serve.

PORCTIONS





BLAT Sandwich

BY EVERYDAY EATLOVE

⌚ 5 MINS PREP | ⌚ 5 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Mash the avocado into the slices of bread.
2. Layer with lettuce, bacon, then the tomato. Season with pepper.
3. Serve with 1 orange.

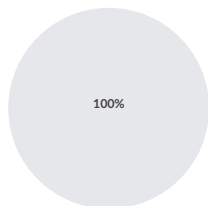
INGREDIENTS

2 slices bacon cooked	1/2 tomato sliced
2 slices Ezekiel bread toasted	2 leaves romain lettuce
1/2 avocado sliced	1 dash pepper
	1 orange quartered

NUTRITION INFORMATION PER SERVING

Protein 17g	Iron 3.68mg
Total Fat 19g	Folate 194DFE
Carbs 61g	Fruits 1 servings
Calories 456kcal	Vegetables 0.94 servings
Fiber 19g	Saturated Fat 5g
Calcium 145mg	Sodium 489mg
	Added Sugar 0g

PORTIONS



● Tristaca Curley

100%





Veggies & Hummus

BY EVERYDAY EATLOVE

🕒 1 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash baby carrots and remove edamame from shells. Serve with hummus.

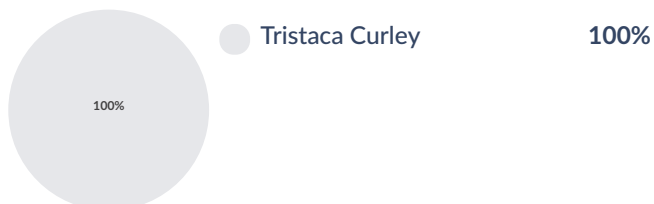
INGREDIENTS

- 1/2 cup edamame
- 1 cup baby carrots
- 2 tablespoons hummus

NUTRITION INFORMATION PER SERVING

Protein 13g	Iron 3.84mg
Total Fat 7.7g	Folate 337DFE
Carbs 23g	Fruits 0 servings
Calories 202kcal	Vegetables 1 servings
Fiber 8.2g	Saturated Fat 1.02g
Calcium 107mg	Sodium 207mg
	Added Sugar 0g

PORTIONS





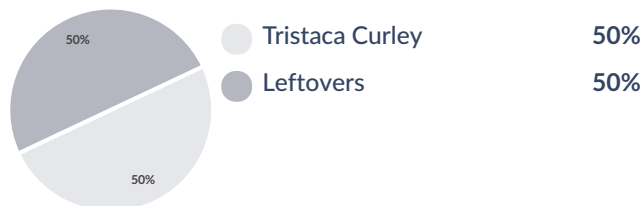
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 ounces whole wheat penne pasta
2 link (3 oz)s chicken sausage sliced
4 cups spinach
1 cup marinara sauce
2 dashes red pepper flakes

NUTRITION INFORMATION PER SERVING

Protein 26g	Iron 5.5mg
Total Fat 10g	Folate 149DFE
Carbs 61g	Fruits 0 servings
Calories 435kcal	Vegetables 2 servings
Fiber 9.5g	Saturated Fat 2g
Calcium 102mg	Sodium 828mg
	Added Sugar 7.1g

PORTIONS



Spicy Chicken Sausage Pasta

BY EVERYDAY EATLOVE

⌚ 5 MINS PREP | ⌚ 15 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Boil pasta per instructions on the box. Drain and set aside.
2. In same pot, heat marinara in until bubbly. Add sausage and spinach. Cook until spinach is wilted.
3. Top sausage and spinach marinara sauce over pasta to serve.





Kale, Tomatoes, and Edamame Salad

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

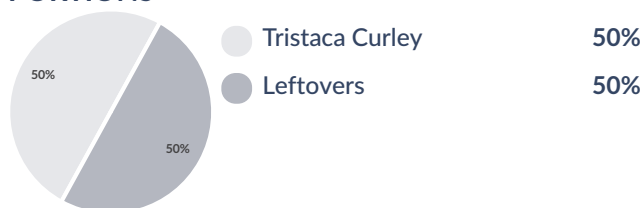
6 cups baby kale
1 cup cherry tomatoes
1/2 cup edamame
2 tablespoons sunflower seeds
2 tablespoons Italian Dressing

NUTRITION INFORMATION PER SERVING

Protein 9.5g	Iron 2.48mg
Total Fat 11g	Folate 239DFE
Carbs 18g	Fruits 0 servings
Calories 196kcal	Vegetables 2.21 servings
Fiber 5.8g	Saturated Fat 1.09g
Calcium 117mg	Sodium 169mg
	Added Sugar 2.65g

1. Clean the kale and cut away from the stems. Cut the tomatoes. Mix salad ingredients in a large bowl, add dressing, and serve.

PORCTIONS





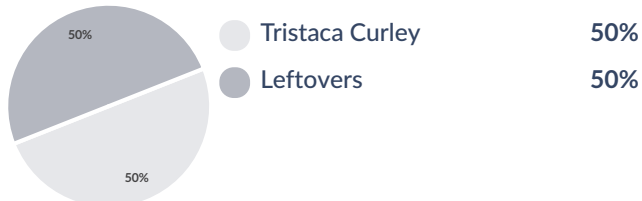
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 tablespoons mayonnaise	4 eggs hard boiled
2 tablespoons red onion chopped	2 whole wheat pita halved
2 teaspoons pesto	2 cups spinach
2 dashes pepper	2 cups baby carrots

NUTRITION INFORMATION PER SERVING

Protein 21g	Iron 5.7mg
Total Fat 25g	Folate 163DFE
Carbs 48g	Fruits 0 servings
Calories 493kcal	Vegetables 1.59 servings
Fiber 9.2g	Saturated Fat 5.6g
Calcium 144mg	Sodium 674mg
	Added Sugar 0.52g

PORTIONS



Egg Salad Pita

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Combine mayonnaise, red onion, pesto and pepper in a small bowl. Mix in eggs.
2. Cut pita in half and open each side like a pocket.
3. Fill each pita half with an equal amount of spinach and egg salad mixture.
4. Serve with baby carrots.





Pineapple and Cottage Cheese

BY EVERYDAY EATLOVE

🕒 3 MINS PREP | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup cottage cheese

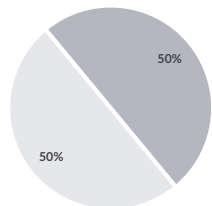
1 cup pineapple

NUTRITION INFORMATION PER SERVING

Protein 15g	Iron 0.51mg
Total Fat 1.25g	Folate 20DFE
Carbs 23g	Fruits 1 servings
Calories 156kcal	Vegetables 0 servings
Fiber 1g	Saturated Fat 0.74g
Calcium 86mg	Sodium 460mg
	Added Sugar 0g

1. Slice pineapple (or use canned chunks). Place into a bowl and serve with cottage cheese.

PORTIONS



● Tristaca Curley 50%

● Leftovers 50%





Maple Almond Yogurt with Orange

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup greek yogurt low fat
- 1 orange sliced
- 1 teaspoon maple syrup
- 2 tablespoons almond slices

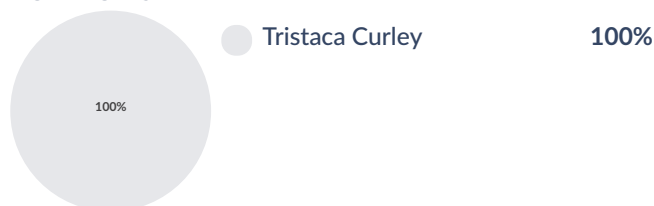
NUTRITION INFORMATION PER SERVING

Protein 27g	Iron 2.43mg
Total Fat 11g	Folate 69DFE
Carbs 44g	Fruits 1 servings
Calories 365kcal	Vegetables 0 servings
Fiber 8.6g	Saturated Fat 3.51g
Calcium 651mg	Sodium 145mg
	Added Sugar 4.03g

Method

1. Spoon greek yogurt into a bowl. Top with maple syrup, almonds, and orange slices.

PORTIONS





Cherry Tomatoes

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash tomatoes and serve.

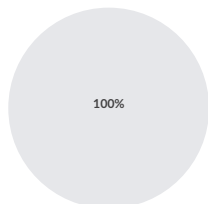
INGREDIENTS

1 cup cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein 1.31g	Iron 0.4mg
Total Fat 0.3g	Folate 22DFE
Carbs 5.8g	Fruits 0 servings
Calories 27kcal	Vegetables 1 servings
Fiber 1.79g	Saturated Fat 0.04g
Calcium 15mg	Sodium 7.5mg
	Added Sugar 0g

PORTIONS



● Tristaca Curley

100%





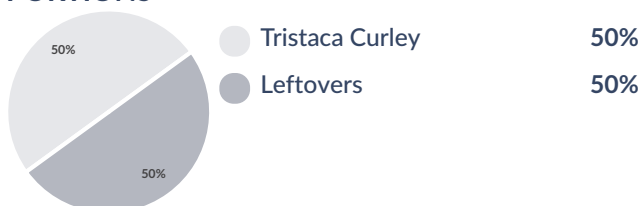
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- $\frac{3}{8}$ cup pico de gallo
- 3 red bell peppers finely sliced
- 2 onions finely sliced
- 10 ounces flank steak chopped into bite-size pieces
- 4 corn tortillas

NUTRITION INFORMATION PER SERVING

Protein 36g	Iron 3.79mg
Total Fat 14g	Folate 122DFE
Carbs 47g	Fruits 0 servings
Calories 453kcal	Vegetables 2.57 servings
Fiber 8.6g	Saturated Fat 5.2g
Calcium 115mg	Sodium 230mg
	Added Sugar 0g

PORTIONS



Steak Corn Tacos

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 20 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat a fry pan over medium heat. Add flank steak and grill 2 minutes each side. Remove flank steak from pan and add bell peppers and onions. Cook until tender and slightly browned, about 10 minutes. Stir frequently.
2. Heat a clean skillet over medium heat and place tortilla in the pan. Cook until browned, 30-60 seconds, then flip and cook the other side.
3. Assemble taco with flank steak, bell peppers, onions, and pico de gallo.





Sesame Asparagus

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 20 MINS COOK | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 425°F.
2. Toss asparagus with oil, garlic, and sesame seeds. Spread out on a baking sheet.
3. Roast for 15-20 minutes until tender.

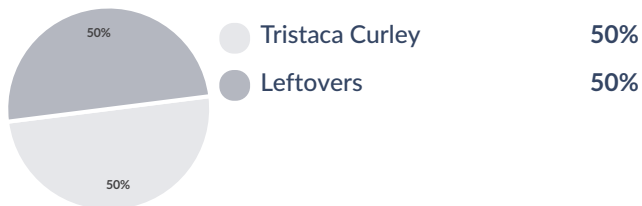
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 pound asparagus trimmed
- 1 tablespoon olive oil
- 2 cloves garlic minced
- 2 tablespoons toasted sesame seeds

NUTRITION INFORMATION PER SERVING

Protein 6.8g	Iron 6.3mg
Total Fat 12g	Folate 127DFE
Carbs 12g	Fruits 0 servings
Calories 161kcal	Vegetables 1.69 servings
Fiber 5.9g	Saturated Fat 1.65g
Calcium 148mg	Sodium 6.2mg
	Added Sugar 0g

PORTIONS





Cheese & Crackers 2.0

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Take string cheese out of package. If desired, tear bite size pieces of cheese off to eat with crackers.

INGREDIENTS

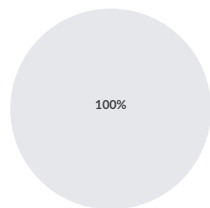
2 string cheeses

6 crackers

NUTRITION INFORMATION PER SERVING

Protein 18g	Iron 0.54mg
Total Fat 16g	Folate 30DFE
Carbs 16g	Fruits 0 servings
Calories 263kcal	Vegetables 0 servings
Fiber 0.74g	Saturated Fat 7.8g
Calcium 408mg	Sodium 185mg
	Added Sugar 0g

PORTIONS



● Tristaca Curley

100%





Cucumber and Grapes

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Place cucumber slices and grapes on a plate and serve.

INGREDIENTS

1/2 cup cucumber sliced

1/2 cup red grapes

NUTRITION INFORMATION PER SERVING

Protein 0.88g	Iron 0.42mg
Total Fat 0.18g	Folate 5.2DFE
Carbs 16g	Fruits 0.91 servings
Calories 60kcal	Vegetables 0.5 servings
Fiber 0.94g	Saturated Fat 0.06g
Calcium 16mg	Sodium 2.55mg
	Added Sugar 0g

PORTIONS

