


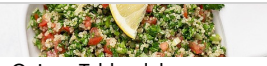




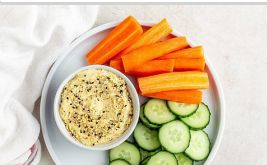


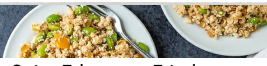











Bangin' Body Bites: 3 Day
Pescatarian

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	Mon	Tue	Wed
Breakfast	 Queen JJ's Acai Bowl	 Kale & Red Pepper Frittata	 Post Workout Green Smoothie
Lunch	 Quinoa Tabbouleh	 Grilled Shrimp Salad	 Lentil Beet Veggie Burgers
	 Hard Boiled Eggs		 Citrusy Kale & Carrot Salad
Snack 2	 Everything Bagel Hummus & Veggies	 DIY BBB Trail Mix	 Apple with Peanut Butter & Cinnamon
Dinner	 Spicy Edamame Fried Cauliflower Rice	 Tofu & Broccoli Salad with Peanut Sauce	 Spring White Fish with Zing
	 Citrus Glazed Salmon		 Roasted Broccoli
Snack 3	 Raspberries	 Blueberries	 Raspberries

Fruits

- ☐ 1 Apple
- ☐ 1 Avocado
- ☐ 2 Banana
- ☐ 1 cup Blueberries
- ☐ 1/3 cup Lemon Juice
- ☐ 6 Lime
- ☐ 1 Navel Orange
- ☐ 2 cups Raspberries

Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 4 scoops Plant Based Protein Powder
- ☐ 3 tbsps Toppings Of Your Choice

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/2 tsp Black Pepper
- ☐ 1 cup Cashews
- ☐ 1 1/2 tsps Chili Powder
- ☐ 2/3 tsp Cinnamon
- ☐ 2 tsps Everything Bagel Seasoning
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/4 cup Goji Berries
- ☐ 2 2/3 tbsps Ground Flax Seed
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1/4 cup Raw Peanuts
- ☐ 1 1/2 tsps Sea Salt
- ☐ 1 Sea Salt & Black Pepper
- ☐ 1 cup Sunflower Seeds
- ☐ 2/3 cup Walnuts

Frozen

- ☐ 1 Acai Packet
- ☐ 1/2 cup Frozen Berries
- ☐ 1 1/2 cups Frozen Edamame
- ☐ 1/4 cup Frozen Spinach

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 2 2/3 Beet
- ☐ 9 cups Broccoli
- ☐ 3 Carrot
- ☐ 1 cup Cauliflower Rice
- ☐ 2 cups Cherry Tomatoes
- ☐ 1 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 1/2 Cucumber
- ☐ 3 1/3 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 7 stalks Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 10 cups Kale Leaves
- ☐ 1/4 cup Mint Leaves
- ☐ 2 3/4 cups Parsley
- ☐ 1/3 cup Radishes
- ☐ 1 Red Bell Pepper
- ☐ 1 1/2 cups Shiitake Mushrooms
- ☐ 2 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 2 cups Brown Rice
- ☐ 2/3 cup Lentils
- ☐ 1/2 cup Quinoa

Baking

- ☐ 1 tbsp Arrowroot Powder
- ☐ 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1/2 cup Hummus
- ☐ 8 ozs Salmon Fillet
- ☐ 2 lbs Shrimp
- ☐ 2 Tilapia Fillet
- ☐ 1 1/2 lbs Tofu

Condiments & Oils

- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 2 tsps Balsamic Vinegar
- ☐ 1 1/2 tbsps Coconut Aminos
- ☐ 1 tbsp Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Rice Vinegar
- ☐ 2 tbsps Sesame Oil
- ☐ 1 1/2 tsps Sriracha
- ☐ 1 1/3 tbsps Tahini
- ☐ 1/3 cup Tamari

Cold

- ☐ 10 Egg
- ☐ 1 tbsp Orange Juice
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Ice Cubes
- ☐ 1/4 cup Water



Queen JJ's Acai Bowl

1 serving

10 minutes

Ingredients

- 1 Acai Packet (unsweetened)
- 1/4 cup Frozen Spinach (1 large handful)
- 1 Banana (frozen)
- 2 tbsps All Natural Peanut Butter
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Ice Cubes
- 2 scoops Plant Based Protein Powder
- 3 tbsps Toppings Of Your Choice (coconut flakes, cacao nibs, banana slices, chia seeds, berries)

Directions

1

Blend all the ingredients except the toppings together. Use less liquid to start (when it comes to acai or smoothie bowls, the thicker the better so you can add all the toppings!)

2

Pour into a bowl once at desired consistency. Add your favorite toppings and enjoy like it's ice cream!



Kale & Red Pepper Frittata

4 servings

30 minutes

Ingredients

8 Egg
1/2 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Extra Virgin Olive Oil
2 cups Kale Leaves (chopped)
1 Red Bell Pepper (chopped)
1 cup Cherry Tomatoes (halved)

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!



Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

2 scoops Plant Based Protein Powder
(vanilla is our favorite)
1 tbsp All Natural Peanut Butter
1 Banana (frozen)
1/2 cup Frozen Berries
1 cup Baby Spinach
1/2 cup Unsweetened Almond Milk (or
more as needed for desired texture)

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Quinoa Tabbouleh

4 servings

25 minutes

Ingredients

1/2 cup Quinoa (uncooked)
2 cups Parsley (stems removed, finely chopped)
1/4 cup Mint Leaves (stems removed, finely chopped)
2 stalks Green Onion (finely chopped)
2 Tomato (medium, chopped)
1 tbsp Extra Virgin Olive Oil
1/4 cup Lemon Juice
Sea Salt & Black Pepper (to taste)

Directions

1

Cook the quinoa according to the directions on the package, and set aside to cool.

2

Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Directions

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



Grilled Shrimp Salad

4 servings

25 minutes

Ingredients

1/2 cup Parsley (chopped and packed)
3 Lime (juiced)
1/4 cup Extra Virgin Olive Oil
1 1/2 tps Chili Powder
2 lbs Shrimp (raw, peeled and deveined)
4 cups Coleslaw Mix
1 cup Cherry Tomatoes (halved)
1 Avocado (peeled and diced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!



Lentil Beet Veggie Burgers

4 servings**1 hour 15 minutes**

Ingredients

2 2/3 Beet (medium-size, peeled, cut into small cubes)
2 tbsps Water (optional)
1 1/3 tbsps Tahini (optional)
2 tbsps Balsamic Vinegar (optional)
2/3 cup Lentils (cooked, rinsed)
1/3 cup Walnuts (roughly chopped)
1/3 cup Parsley (chopped)
2 2/3 tbsps Ground Flax Seed
1/3 tsp Sea Salt
1 1/3 Garlic (clove, minced)

Directions

- 1 Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
- 2 Meanwhile, make the balsamic tahini drizzle, if using. Add the water, tahini and balsamic vinegar to a jar with a lid and shake until mixed. Transfer to the fridge to thicken until ready to use, at least 30 minutes.
- 3 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 4 To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 5 Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
- 6 To serve, divide burgers between plates and top with the balsamic tahini drizzle. Enjoy!



Citrusy Kale & Carrot Salad

4 servings

10 minutes

Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

Directions

- 1 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 3 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 4 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!



Everything Bagel Hummus & Veggies

2 servings

5 minutes

Ingredients

- 1/2 cup Hummus
- 2 tsps Everything Bagel Seasoning
- 2 Carrot (medium, peeled and cut into sticks)
- 1/2 Cucumber (medium, sliced)

Directions

1

Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!



DIY BBB Trail Mix

8 servings

5 minutes

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1/4 cup Goji Berries
- 1/4 cup Unsweetened Coconut Flakes
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt

Directions

- 1 Combine ingredients in a large bowl and mix well.
- 2 Store in a mason jar. Will keep up to one month!



Apple with Peanut Butter & Cinnamon

1 serving

3 minutes

Ingredients

1 Apple
2 tbsps All Natural Peanut Butter
1/8 tsp Cinnamon

Directions

1

Cut apple into slices and remove the core. Sprinkle cinnamon over the apples and peanut butter, and dip the apple slices into the peanut butter. Enjoy!



Spicy Edamame Fried Cauliflower Rice

2 servings

15 minutes

Ingredients

- 1 1/2 tsps Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 1 1/2 cups Frozen Edamame
- 6 1/8 ozs Tofu (extra firm, crumbled)
- 3 tsps Tamari
- 2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!



Citrus Glazed Salmon

2 servings

25 minutes

Ingredients

8 ozs Salmon Fillet
1 tbsp Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (divided)
5 stalks Green Onion (chopped, divided)
1 1/2 cups Shiitake Mushrooms (stems removed, sliced)
1 tbsp Orange Juice
1 1/2 tbsps Coconut Aminos
1 Lime (juiced, zested)

Directions

1

Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.

2

In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.

3

In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.

4

Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!



Tofu & Broccoli Salad with Peanut Sauce

4 servings

50 minutes

Ingredients

1 1/16 lbs Tofu (extra-firm, pressed, cubed)
2 tbsps Tamari (divided)
2 tbsps Rice Vinegar (divided)
1 1/2 tbsps Sesame Oil (divided)
1 tbsp Arrowroot Powder
1/4 cup All Natural Peanut Butter
2 tbsps Water
3 cups Broccoli (chopped into tiny florets)
1/3 cup Radishes (thinly sliced)
1/4 cup Raw Peanuts (roughly chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!



Spring White Fish with Zing

4 servings

25 minutes

Ingredients

2 Tilapia Fillet
2 Lime (zested and juiced)
1/3 cup Rice Vinegar
1/3 cup Extra Virgin Olive Oil
1/2 Jalapeno Pepper
1 cup Cilantro
1/2 cup Sunflower Seeds (dry roasted)
1 Sea Salt & Black Pepper (to taste)
2 cups Brown Rice

Directions

- 1 Preheat the oven to 400° F. If making brown rice, boil water and add brown rice and olive oil to cook.
- 2 Rinse the tilapia fillets and pat dry. Place the tilapia in a shallow baking dish that is large enough to hold the fillets without overlapping, and drizzle with 1 tbsp extra virgin olive oil on both sides, and then season both sides with salt and pepper.
- 3 Sprinkle a pinch of the lime zest on top of each fillet and place in the oven for approximately 10 minutes, or until cooked through, but not dried out.
- 4 Meanwhile, prepare the vinaigrette: Pour the rice vinegar, extra virgin olive oil, lime juice, chopped jalapeño, cilantro (reserve a couple of pinches for garnish), and the rest of the lime zest into a blender or food processor.
- 5 Slowly increase the speed until the vinaigrette is completely smooth. Season with salt and pepper, to taste. If you would like it spicier, add the other half of the jalapeño, seeds removed of course.
- 6 Place a cup of cooked rice (if using) into the bottom of a shallow bowl.
- 7 Place a tilapia fillet on top, and douse with green vinaigrette!
- 8 Then, sprinkle with half of the sunflower seeds and a pinch of chopped cilantro.



Roasted Broccoli

4 servings

35 minutes

Ingredients

6 cups Broccoli (cut into florets)
1 1/2 tbsps Avocado Oil
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 3 Remove from the oven and divide between plates. Enjoy!



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Directions

- 1 Wash berries and enjoy!



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Directions

1

Wash the berries and enjoy!