


















Bangin' Body Bites: 3 Day
Omnivore

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	Mon	Tue	Wed
Breakfast	 Queen JJ's Acai Bowl	 Post Workout Green Smoothie	 Mushroom & Herb Egg Muffins
Lunch	 Cleaned Up Chicken Salad	 Peanut Lime Chicken Mason Jar Salad	 Kale Caesar Salad
Snack 2	 DIY BBB Trail Mix	 Apple with Peanut Butter & Cinnamon	 Carrots & Guacamole
Dinner	 Lemony Shrimp Pasta	 Spring White Fish with Zing	 Asian Meatballs with Cauliflower Rice
Snack 3	 Raspberries	 Blueberries	 Raspberries

Fruits

- ☐ 1 Apple
- ☐ 1 Avocado
- ☐ 2 Banana
- ☐ 1 cup Blueberries
- ☐ 1/2 cup Grapes
- ☐ 1 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 3 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 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 cup Cashews
- ☐ 1/2 tsp Chili Flakes
- ☐ 2/3 tsp Cinnamon
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/4 cup Goji Berries
- ☐ 1 tbsp Hemp Seeds
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 1/4 tsps Sea Salt
- ☐ 1 Sea Salt & Black Pepper
- ☐ 1/4 cup Sesame Seeds
- ☐ 1/3 cup Slivered Almonds
- ☐ 1 cup Sunflower Seeds

Frozen

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

Vegetables

- ☐ 2 cups Arugula
- ☐ 1 cup Baby Spinach
- ☐ 2 tbsps Basil Leaves
- ☐ 6 cups Broccoli
- ☐ 5 Carrot
- ☐ 1 head Cauliflower
- ☐ 2 stalks Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/3 cup Chives
- ☐ 1 cup Cilantro
- ☐ 15 Cremini Mushrooms
- ☐ 1/2 Cucumber
- ☐ 3 Garlic
- ☐ 1 tbsp Ginger
- ☐ 1/4 head Green Lettuce
- ☐ 5 stalks Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 8 cups Kale Leaves
- ☐ 1/2 cup Radishes
- ☐ 1 Red Bell Pepper
- ☐ 2 leaves Romaine
- ☐ 2 Sweet Potato
- ☐ 1 Tomato

Boxed & Canned

- ☐ 2 cups Brown Rice
- ☐ 1/2 cup Brown Rice Spaghetti

Baking

- ☐ 1 1/2 tbsps Tapioca Flour
- ☐ 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Chicken Breast, Cooked
- ☐ 1 lb Ground Chicken Or Turkey
- ☐ 8 ozs Shrimp
- ☐ 2 Tilapia Fillet

Condiments & Oils

- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 3 tbsps Coconut Oil
- ☐ 1/4 cup Dijon Mustard
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 1 tbsp Red Wine Vinegar
- ☐ 1/3 cup Rice Vinegar
- ☐ 1 2/3 tbsps Sesame Oil
- ☐ 1 2/3 tbsps Tamari

Cold

- ☐ 3 tbsps Butter
- ☐ 8 Egg
- ☐ 1 cup Unsweetened Almond Milk

Other

- ☐ 1/2 cup Ice Cubes
- ☐ 1/2 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!



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!



Mushroom & Herb Egg Muffins

6 servings

30 minutes

Ingredients

1 tbsp Butter (melted, divided)
15 Cremini Mushrooms (sliced)
2 tbsps Chives (finely chopped)
2 tbsps Basil Leaves (finely chopped)
1/2 tsp Sea Salt (divided)
8 Egg
1/4 cup Water

Directions

- 1 Preheat the oven to 350°F (176°C) and lightly brush the cups of a muffin pan with some of the melted butter.
- 2 Add the remaining butter to a large pan over medium heat. Add the mushrooms and cook for five to seven minutes until softened. Add the chives, basil, and half of the salt to the pan and stir to combine. Divide the mushroom between the cups of the prepared muffin tin.
- 3 Add the eggs, water, and remaining salt to a mixing bowl and whisk well. Pour the egg mixture into the muffin cups.
- 4 Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!



Cleaned Up Chicken Salad

4 servings

30 minutes

Ingredients

8 ozs Chicken Breast, Cooked
2 stalks Celery (diced)
1/2 cup Grapes (halved)
4 cups Kale Leaves (finely sliced into ribbons)
1/3 cup Slivered Almonds
1 tbsp Hemp Seeds
2 tbsps Dijon Mustard
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

1

Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.

2

In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.

3

Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!



Sweet Potato Fries

4 servings

35 minutes

Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

Directions

- 1 Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
- 2 Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
- 3 Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
- 4 Season with salt if desired, and let cool slightly before serving. Enjoy!



Peanut Lime Chicken Mason Jar Salad

2 servings

10 minutes

Ingredients

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Lime Juice
- 1/4 cup Water
- 2 tsps Tamari
- 2 tsps Sesame Oil
- 8 ozs Chicken Breast, Cooked (cut into cubes)
- 1 Red Bell Pepper (medium, chopped)
- 1 Carrot (medium, cut into matchsticks)
- 2 stalks Green Onion (chopped)
- 2 leaves Romaine (chopped)

Directions

1

Combine the peanut butter, lime juice, water, tamari, and sesame oil in a small bowl. Divide the dressing between jars. Add the chicken to the dressing in the bottom of the jars.

2

Add the pepper, carrot, and green onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!



Kale Caesar Salad

4 servings

1 hour

Ingredients

1 Garlic (head)
1/3 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper (to taste)
4 cups Kale Leaves (thinly sliced into ribbons)
1/2 cup Radishes (thinly sliced)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pumpkin Seeds
8 ozs Chicken Breast, Cooked (sliced)

Directions

- 1 Preheat oven to 400°F (204°C). Take your head of garlic and peel away the skin so the cloves are showing. Chop off the top of garlic head, drizzle with olive oil and wrap in foil. Bake in the oven for 30 minutes.
- 2 After 30 minutes, remove the garlic from the oven and remove from foil. Let cool. When garlic is cool, squeeze the flesh out of the skin into a food processor or magic bullet. Add oil, lemon juice, mustard and salt. Blend until creamy.
- 3 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Drizzle with desired amount of dressing and toss well.
- 4 Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast. 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!



Carrots & Guacamole

2 servings

5 minutes

Ingredients

4 Carrot (medium)
1 Avocado
1 Lime (juiced)
1/4 tsp Sea Salt (or more to taste)

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!



Lemony Shrimp Pasta

2 servings

20 minutes

Ingredients

1/2 cup Brown Rice Spaghetti
2 tbsps Butter (divided)
2 tbsps Extra Virgin Olive Oil (divided)
8 ozs Shrimp (peeled, deveined)
2 cups Arugula
2 tbsps Lemon Juice
1/4 cup Chives (chopped)
1/2 tsp Chili Flakes (for topping)
Sea Salt & Black Pepper (to taste)

Directions

1

Cook the spaghetti according to the directions on the package. Remove from heat, strain and run cold water over the pasta to prevent over-cooking.

2

In a skillet over medium heat, add half the butter and extra virgin olive oil. Add the shrimp and cook for 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove the shrimp and set aside. Add the arugula to the pan and sauté until just wilted.

3

Add the pasta to the pan along with the shrimp, lemon juice and the remaining butter and olive oil. Toss to coat. Divide onto plates and top with chives, chili flakes and salt and pepper. Enjoy!



House Salad

2 servings

10 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 tbsp Red Wine Vinegar
1/4 head Green Lettuce (roughly
chopped)
1 Tomato (medium, sliced)
1/2 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and 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!



Asian Meatballs with Cauliflower Rice

4 servings

40 minutes

Ingredients

1 lb Ground Chicken Or Turkey
1 tbsp Sesame Oil
1 tbsp Tamari
2 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1 head Cauliflower (medium)
1/4 cup Sesame Seeds

Directions

- 1 Preheat your oven to 350°F (177°C) and line a baking sheet with parchment.
- 2 In a mixing bowl, combine the ground meat, sesame oil, tamari, minced garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
- 3 Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice.
- 4 To serve, divide the cauliflower rice between bowls and season with a little extra tamari. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. 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!