



HOTT Student Athlete Program

High Octane Training and Therapy

<https://highoctanetraining.ca/>

An easy and nutritious, performance-optimizing plan that requires minimal ingredients, cooking equipment, and time.

Nutrition is an important part of sports performance for young athletes and promotes optimal growth and development. Adequate energy, macronutrient distribution, micronutrients, and fluids are essential to fuel physical activity and sports participation. Although there are many vitamins and minerals required for good health, particular attention should be devoted to ensuring that athletes consume proper amounts of calcium and iron. The meals in this program consist of wraps, sandwiches, smoothies, simple pasta dishes, and snack boxes to help students prep on the go while also meeting their nutrition needs.

This program was created with the following key considerations:

Energy

Eating enough calories enhances athletic performance by decreasing fatigue and the risk of disease and injury. It also enables athletes to optimize training and recover faster. Energy requirements for adolescents are variable, but generally between 2200 to 3000 calories/day depending on age, activity level, growth rate, and stage of physical maturity.

Macronutrients

Carbohydrates, protein, and fats provide the fuel for physical activity. An ideal diet for student athletes comprises over 40% carbohydrates, 10% to 30% protein, and over 25% fat. Timing of food consumption is important to optimize performance. The program has meals and snacks planned throughout the day with recovery foods consisting of easy-to-digest carbohydrates and protein to allow muscles to rebuild and ensure proper recovery.
















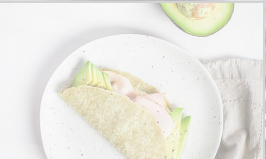


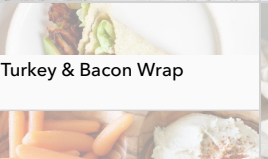
















Calcium

Calcium is important for bone health, normal enzyme activity, and muscle contraction. The daily recommended intake of calcium is over 1000 mg/day. Calcium is found in a variety of foods and beverages in this program, including fortified milk and grain products, coconut yogurt, almond butter, and cheese.

Iron

Iron is important for oxygen delivery to body tissues. During adolescence, more iron is required to support growth as well as increases in blood volume and lean muscle mass. Adolescents 14 to 18 years of age require up to 11 mg/day for males and 15 mg/day for females. Iron-rich foods in this program include eggs, leafy green vegetables, seeds, fortified whole grains, and lean meat.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egg & Avocado Quesadilla	 Cherry & Blueberry Smoothie	 Greek Yogurt, Blueberries & Ground Flax Seeds	 Greek Yogurt, Blueberries & Ground Flax Seeds	 Cherry & Blueberry Smoothie	 Quinoa & Egg Breakfast Plate	 Tomato, Basil & Bacon Frittata
Snack 1	 Bagel with Cream Cheese	 Deli Snack Box	 Chicken & Bacon Ranch Wraps	 Deli Snack Box	 Chicken & Bacon Ranch Wraps	 Pepperoni Pizza Frittata	 Bagel with Cream Cheese
Lunch	 Meal Prep Pasta & Meat Sauce	 Turkey, Avocado & Hummus Wrap	 Meal Prep Pasta & Meat Sauce	 Spicy Tuna Wrap	 Turkey & Bacon Wrap	 Slow Cooker Lasagna	 Creamy Chicken & Mushroom Casserole
Snack 2	 Deli Snack Box	 Bagel with Cream Cheese	 Pepperoni Pizza Frittata	 Broccoli & Mozzarella Quesadilla	 Broccoli & Mozzarella Quesadilla	 Yogurt & Berries	 Crackers & Hummus
Dinner	 Turkey, Avocado & Hummus Wrap	 Meal Prep Pasta & Meat Sauce	 Spicy Tuna Wrap	 Turkey & Bacon Wrap	 Slow Cooker Lasagna	 Creamy Chicken & Mushroom Casserole	 One Pot Creamy Red Curry Pasta



Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 45%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 42%	Fat	<div><div></div></div> 48%	Fat	<div><div></div></div> 54%
Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 31%
Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 26%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 15%
Calories	2783	Calories	2586	Calories	2282	Calories	2471	Calories	2619	Calories	2246	Calories	2400
Fat	139g	Fat	116g	Fat	109g	Fat	128g	Fat	122g	Fat	120g	Fat	143g
Saturated	40g	Saturated	34g	Saturated	31g	Saturated	33g	Saturated	33g	Saturated	50g	Saturated	69g
Trans	1g	Trans	1g	Trans	2g	Trans	0g	Trans	0g	Trans	2g	Trans	1g
Polyunsaturated	27g	Polyunsaturated	25g	Polyunsaturated	24g	Polyunsaturated	43g	Polyunsaturated	24g	Polyunsaturated	11g	Polyunsaturated	20g
Monounsaturated	50g	Monounsaturated	38g	Monounsaturated	39g	Monounsaturated	36g	Monounsaturated	41g	Monounsaturated	39g	Monounsaturated	34g
Carbs	260g	Carbs	256g	Carbs	178g	Carbs	191g	Carbs	239g	Carbs	163g	Carbs	188g
Fiber	38g	Fiber	34g	Fiber	35g	Fiber	32g	Fiber	41g	Fiber	25g	Fiber	15g
Sugar	42g	Sugar	57g	Sugar	33g	Sugar	40g	Sugar	41g	Sugar	33g	Sugar	35g
Protein	127g	Protein	137g	Protein	149g	Protein	138g	Protein	143g	Protein	130g	Protein	91g
Cholesterol	756mg	Cholesterol	464mg	Cholesterol	708mg	Cholesterol	474mg	Cholesterol	361mg	Cholesterol	957mg	Cholesterol	720mg
Sodium	4382mg	Sodium	4132mg	Sodium	3170mg	Sodium	4930mg	Sodium	4398mg	Sodium	2248mg	Sodium	2608mg
Potassium	3815mg	Potassium	3746mg	Potassium	3692mg	Potassium	3061mg	Potassium	3408mg	Potassium	3026mg	Potassium	2286mg
Vitamin A	2666IU	Vitamin A	2938IU	Vitamin A	28160IU	Vitamin A	41240IU	Vitamin A	28299IU	Vitamin A	11205IU	Vitamin A	5260IU
Vitamin C	42mg	Vitamin C	39mg	Vitamin C	53mg	Vitamin C	89mg	Vitamin C	97mg	Vitamin C	181mg	Vitamin C	110mg
Calcium	665mg	Calcium	950mg	Calcium	738mg	Calcium	1160mg	Calcium	1404mg	Calcium	1234mg	Calcium	702mg
Iron	20mg	Iron	19mg	Iron	16mg	Iron	17mg	Iron	15mg	Iron	15mg	Iron	11mg
Vitamin D	125IU	Vitamin D	88IU	Vitamin D	235IU	Vitamin D	190IU	Vitamin D	41IU	Vitamin D	305IU	Vitamin D	187IU
Vitamin E	11mg	Vitamin E	9mg	Vitamin E	9mg	Vitamin E	9mg	Vitamin E	10mg	Vitamin E	8mg	Vitamin E	7mg
Vitamin K	83µg	Vitamin K	75µg	Vitamin K	203µg	Vitamin K	213µg	Vitamin K	280µg	Vitamin K	219µg	Vitamin K	225µg
Vitamin B6	2.4mg	Vitamin B6	2.3mg	Vitamin B6	3.1mg	Vitamin B6	2.4mg	Vitamin B6	3.0mg	Vitamin B6	2.5mg	Vitamin B6	1.8mg
Vitamin B12	4.9µg	Vitamin B12	5.4µg	Vitamin B12	8.5µg	Vitamin B12	5.9µg	Vitamin B12	3.7µg	Vitamin B12	3.8µg	Vitamin B12	2.1µg
Magnesium	403mg	Magnesium	471mg	Magnesium	251mg	Magnesium	420mg	Magnesium	353mg	Magnesium	248mg	Magnesium	179mg
Zinc	16mg	Zinc	16mg	Zinc	13mg	Zinc	11mg	Zinc	10mg	Zinc	9mg	Zinc	5mg





Fruits

- ☐ 5 Avocado
- ☐ 2/3 cup Blueberries
- ☐ 1/2 Lemon

Seeds, Nuts & Spices

- ☐ 1 tsp Chili Flakes
- ☐ 1/2 tsp Cinnamon
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1/4 tsp Onion Powder
- ☐ 1/2 tsp Paprika
- ☐ 1 1/8 cups Pumpkin Seeds
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 8 Brown Rice Tortilla
- ☐ 2 cups Frozen Berries
- ☐ 1 cup Frozen Blueberries
- ☐ 1 cup Frozen Cherries

Vegetables

- ☐ 1 1/2 cups Baby Carrots
- ☐ 5 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 1 head Boston Lettuce
- ☐ 4 1/2 cups Broccoli
- ☐ 5 Carrot
- ☐ 2 stalks Celery
- ☐ 3 cups Cherry Tomatoes
- ☐ 1 Cucumber
- ☐ 2 Garlic
- ☐ 2 cups Mushrooms
- ☐ 3 tbsps Parsley
- ☐ 1/4 cup Red Onion
- ☐ 4 leaves Romaine
- ☐ 1/4 cup Shallot
- ☐ 1 tsp Thyme
- ☐ 6 Tomato
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2 cups Brown Rice Penne
- ☐ 2 cups Canned Coconut Milk
- ☐ 1/3 cup Dry Red Lentils
- ☐ 15 Lasagna Sheets
- ☐ 4 1/4 cups Marinara Sauce
- ☐ 3/4 cup Quinoa
- ☐ 2 cans Tuna
- ☐ 200 grams Whole Grain Crackers
- ☐ 3 cups Whole Wheat Penne

Bread, Fish, Meat & Cheese

- ☐ 7 slices Bacon
- ☐ 8 slices Bacon, Cooked
- ☐ 100 grams Cheddar Cheese
- ☐ 340 grams Chicken Breast
- ☐ 170 grams Chicken Breast, Cooked
- ☐ 2 Corn Tortilla
- ☐ 1 cup Cream Cheese, Regular
- ☐ 680 grams Extra Lean Ground Beef
- ☐ 454 grams Gluten-Free Bagel
- ☐ 369 grams Mozzarella Cheese
- ☐ 1/4 cup Parmigiano Reggiano
- ☐ 113 grams Pepperoni
- ☐ 2 cups Ricotta Cheese
- ☐ 866 grams Sliced Turkey Breast
- ☐ 2 Whole Wheat Tortilla

Condiments & Oils

- ☐ 2 1/3 tbsps Extra Virgin Olive Oil
- ☐ 1/3 cup Mayonnaise
- ☐ 1/3 cup Pitted Kalamata Olives
- ☐ 1/4 cup Ranch Dressing
- ☐ 1 tbsp Thai Red Curry Paste
- ☐ 1 1/2 cups Tomato Sauce

Cold

- ☐ 1 cup Cow's Milk, Whole
- ☐ 25 Egg
- ☐ 3/4 cup Hummus
- ☐ 1 cup Oat Milk
- ☐ 3 1/2 cups Plain Greek Yogurt
- ☐ 1 cup Whipping Cream

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 3 1/2 cups Water



Egg & Avocado Quesadilla

2 servings

15 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 3 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla
- 57 grams Mozzarella Cheese (grated, divided)
- 1 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	509
Fat	32g
Saturated	8g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	36g
Fiber	10g
Sugar	4g
Protein	19g
Cholesterol	304mg
Sodium	375mg
Potassium	591mg
Vitamin A	754IU
Vitamin C	10mg
Calcium	155mg
Iron	3mg
Vitamin D	62IU
Vitamin E	3mg
Vitamin K	23µg
Vitamin B6	0.4mg
Vitamin B12	0.7µg
Magnesium	38mg

Directions

- 1 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness. Season with salt and pepper.
- 2 Transfer the egg to a plate. Add one tortilla to the same pan. Top it with half of the cheese. Add the eggs and avocado and then sprinkle the remaining cheese on top. Close the quesadilla with another tortilla.
- 3 Cover the pan with a lid and cook for about four minutes, flipping halfway through.
- 4 Cut the quesadilla in half and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Reheat in a dry pan on the stove.

Serving Size: One serving is equal to half of a quesadilla.

More Flavor: Add salsa and cilantro.



Zinc	2mg
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Cherry & Blueberry Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Oat Milk
1/4 cup Plain Greek Yogurt
1/2 cup Frozen Blueberries
1/2 cup Frozen Cherries
1/4 cup Vanilla Protein Powder
1 tbsp Pumpkin Seeds
1/4 tsp Cinnamon

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Add more liquid for a thinner consistency, if desired. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

No Pumpkin Seeds: Use chia seeds or ground flax seeds.

Nutrition

Amount per serving	
Calories	312
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	32g
Fiber	6g
Sugar	19g
Protein	29g
Cholesterol	12mg
Sodium	125mg
Potassium	522mg
Vitamin A	1026IU
Vitamin C	7mg
Calcium	440mg
Iron	2mg
Vitamin D	25IU
Vitamin E	1mg
Vitamin K	15µg
Vitamin B6	0.3mg
Vitamin B12	1.2µg
Magnesium	106mg



Zinc	2mg
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Greek Yogurt, Blueberries & Ground Flax Seeds

1 serving

5 minutes

Ingredients

2 tbsps Ground Flax Seed
1/2 cup Plain Greek Yogurt
1/3 cup Blueberries

Nutrition

Amount per serving	
Calories	188
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	1g
Carbs	17g
Fiber	4g
Sugar	8g
Protein	14g
Cholesterol	17mg
Sodium	71mg
Potassium	38mg
Vitamin A	652IU
Vitamin C	12mg
Calcium	273mg
Iron	1mg
Vitamin D	50IU
Vitamin E	0mg
Vitamin K	10µg
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	3mg
Zinc	0mg

Directions

- 1 Mix the ground flax seeds into the yogurt and add the blueberries on top. Serve and enjoy!

Notes

Leftovers: Best enjoyed fresh. The flax and yogurt mixture thickens over time.

Make it Vegan: Use dairy-free yogurt.



Quinoa & Egg Breakfast Plate

3 servings

20 minutes

Ingredients

3/4 cup Quinoa (uncooked, rinsed)
3 Egg
6 Tomato (small, chopped)
1/3 cup Pitted Kalamata Olives
1 1/2 Avocado (sliced)
3 tbsps Parsley (chopped)
1/3 tsp Sea Salt

Directions

- 1 Cook the quinoa according to package directions. Let it cool slightly.
- 2 In a pan over medium heat, cook the egg until your whites are set and the yolks are your desired doneness.
- 3 Place the quinoa on a plate, and top with the egg, tomatoes, olives, avocado and parsley. Season with sea salt and enjoy!

Nutrition

Amount per serving	
Calories	445
Fat	24g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	45g
Fiber	12g
Sugar	1g
Protein	17g
Cholesterol	186mg
Sodium	594mg
Potassium	1289mg
Vitamin A	4119IU
Vitamin C	51mg
Calcium	91mg
Iron	6mg
Vitamin D	41IU
Vitamin E	4mg
Vitamin K	84µg
Vitamin B6	0.7mg
Vitamin B12	0.5µg
Magnesium	139mg

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Cook your quinoa in broth instead of water. Add chili flakes or hot sauce before serving.

Make it Vegan: Omit the egg and serve with tofu or chickpeas instead.

Meal Prep: Make a large batch of quinoa and/or hard-boiled eggs to save time.



Zinc	3mg
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Tomato, Basil & Bacon Frittata

4 servings

25 minutes

Ingredients

1/4 cup Parmigiano Reggiano (shredded)
9 Egg (large)
1 cup Cow's Milk, Whole
7 slices Bacon (chopped)
1/2 cup Cherry Tomatoes (halved)
2 tbsps Basil Leaves

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Whisk all of the ingredients except for the basil together. Pour the mixture into a cast-iron pan or another non-stick oven-safe dish.
- 3 Bake for 15 minutes or until the eggs have set. Garnish with the basil and serve. Enjoy!

Nutrition

Amount per serving	
Calories	422
Fat	33g
Saturated	12g
Trans	0g
Polyunsaturated	5g
Monounsaturated	12g
Carbs	4g
Fiber	0g
Sugar	4g
Protein	25g
Cholesterol	463mg
Sodium	600mg
Potassium	382mg
Vitamin A	999IU
Vitamin C	3mg
Calcium	214mg
Iron	2mg
Vitamin D	131IU
Vitamin E	2mg
Vitamin K	7µg
Vitamin B6	0.4mg
Vitamin B12	1.5µg
Magnesium	29mg

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of frittata. An 8-inch (20 cm) cast iron pan was used to make four servings.

Additional Toppings: Hot sauce.



Zinc	2mg
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Bagel with Cream Cheese

2 servings

5 minutes

Ingredients

1/2 cup Cream Cheese, Regular (plain, Regular)

227 grams Gluten-Free Bagel (sliced in half)

Nutrition

Amount per serving	
Calories	523
Fat	24g
Saturated	11g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	68g
Fiber	1g
Sugar	16g
Protein	9g
Cholesterol	59mg
Sodium	953mg
Potassium	67mg
Vitamin A	0IU
Vitamin C	2mg
Calcium	187mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Vitamin B6	0mg
Vitamin B12	0.2µg
Magnesium	4mg
Zinc	0mg

Directions

- 1 Spread the cream cheese evenly over the bagel slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Use vegan cream cheese or hummus instead.

More Flavor: Toast the bagel before spreading the cream cheese. Add cherry tomatoes, smoked salmon, pickles, fresh dill, capers, or minced red onion.

No Bagel: Use bread, crackers, waffles, or toasted sweet potato slices instead.

Gluten-Free Bagel: One gluten-free bagel is roughly 4-ounces or 113 grams.



Chicken & Bacon Ranch Wraps

1 serving

10 minutes

Ingredients

2 leaves Romaine (chopped)
85 grams Chicken Breast, Cooked
(cubed, sliced, or shredded)
1/4 cup Cherry Tomatoes (halved or
quartered)
2 tbsps Red Onion (thinly sliced)
2 slices Bacon, Cooked (chopped)
2 tbsps Ranch Dressing
1 Whole Wheat Tortilla (large)
1/2 Avocado (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	647
Fat	36g
Saturated	8g
Trans	0g
Polyunsaturated	6g
Monounsaturated	17g
Carbs	46g
Fiber	13g
Sugar	6g
Protein	40g
Cholesterol	115mg
Sodium	1339mg
Potassium	1350mg
Vitamin A	5410IU
Vitamin C	19mg
Calcium	169mg
Iron	3mg
Vitamin D	1IU

Directions

- 1 In a bowl, combine the romaine, chicken, tomatoes, red onion, and bacon. Drizzle the dressing over and toss gently to combine.
- 2 Place the tortilla on a flat surface. Add the romaine and chicken mixture and top with avocado. Season with salt and pepper. Roll up tightly into a wrap and enjoy!

Notes

Leftovers: Best enjoyed fresh. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is equal to one wrap.

More Flavor: Add hot sauce.

Gluten-Free: Use a gluten-free tortilla instead.



Vitamin E	4mg
Vitamin K	104µg
Vitamin B6	1.5mg
Vitamin B12	0.4µg
Magnesium	115mg
Zinc	3mg



Meal Prep Pasta & Meat Sauce

3 servings

25 minutes

Ingredients

3 cups Whole Wheat Penne (dry, uncooked)

340 grams Extra Lean Ground Beef

1 1/2 cups Tomato Sauce

Nutrition

Amount per serving	
Calories	527
Fat	13g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Cholesterol	74mg
Sodium	88mg
Potassium	1146mg
Vitamin A	549IU
Vitamin C	9mg
Calcium	31mg
Iron	6mg
Vitamin D	3IU
Vitamin E	2mg
Vitamin K	4µg
Vitamin B6	0.5mg
Vitamin B12	2.5µg
Magnesium	41mg
Zinc	6mg

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

Notes

No Ground Beef: Use any type of ground meat instead.

Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Tomato Sauce: Use canned crushed tomatoes instead.

Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.

More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



Deli Snack Box

4 servings

5 minutes

Ingredients

1 cup Pumpkin Seeds
200 grams Whole Grain Crackers
2 cups Cherry Tomatoes
100 grams Cheddar Cheese (cubed or sliced)
400 grams Sliced Turkey Breast
4 Egg (hard boiled)

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.

Nutrition

Amount per serving	
Calories	713
Fat	43g
Saturated	12g
Trans	0g
Polyunsaturated	15g
Monounsaturated	13g
Carbs	44g
Fiber	5g
Sugar	10g
Protein	41g
Cholesterol	260mg
Sodium	1580mg
Potassium	982mg
Vitamin A	1209IU
Vitamin C	11mg
Calcium	249mg
Iron	6mg
Vitamin D	53IU
Vitamin E	3mg
Vitamin K	27µg
Vitamin B6	0.7mg
Vitamin B12	1.1µg
Magnesium	245mg



Zinc

6mg



Pepperoni Pizza Frittata

3 servings

25 minutes

Ingredients

6 Egg (large, whisked)
1/4 cup Marinara Sauce
85 grams Mozzarella Cheese
(shredded)
113 grams Pepperoni (sliced)
1/2 tsp Chili Flakes
2 tbsps Basil Leaves

Nutrition

Amount per serving	
Calories	415
Fat	33g
Saturated	13g
Trans	1g
Polyunsaturated	4g
Monounsaturated	12g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	25g
Cholesterol	434mg
Sodium	876mg
Potassium	247mg
Vitamin A	902IU
Vitamin C	2mg
Calcium	171mg
Iron	2mg
Vitamin D	102IU
Vitamin E	1mg
Vitamin K	10µg
Vitamin B6	0.3mg
Vitamin B12	1.4µg
Magnesium	20mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Add the whisked eggs to a cast-iron pan or an oven-safe pan. Cook in the oven for seven minutes or until the eggs have set slightly but are still runny.
- 3 Remove the pan from the oven and spread the marinara sauce all over the eggs. Sprinkle the cheese on top and add pepperoni evenly to the top. Return the pan to the oven for five to seven minutes or until the eggs have set and the cheese has melted.
- 4 Garnish with chilli flakes and basil leaves. Slice and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cups of frittata. An 8-inch (20 cm) cast-iron pan was used to make three servings.

More Flavor: Add your favorite pizza toppings like sliced mushrooms and olives.



Zinc	2mg
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Broccoli & Mozzarella Quesadilla

1 serving

10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
1/2 cup Broccoli (chopped into small florets)
1/4 tsp Onion Powder
1/2 tsp Paprika
1/8 tsp Sea Salt
2 Corn Tortilla (small)
57 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	342
Fat	16g
Saturated	8g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	32g
Fiber	4g
Sugar	1g
Protein	14g
Cholesterol	50mg
Sodium	493mg
Potassium	176mg
Vitamin A	1255IU
Vitamin C	41mg
Calcium	429mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	50µg

Directions

- 1 Heat the oil in a small cast iron pan over medium heat. Once hot, add the broccoli, onion powder, paprika, and salt. Sauté for three to five minutes or until the broccoli is bright green and starting to get crispy edges. Remove from the pan and set aside.
- 2 Wipe out the pan and return to medium heat.
- 3 Add one tortilla to the pan and sprinkle the cheese on it. Add the broccoli and top it with the other tortilla. Press down on the quesadilla to flatten it. Cook for three to five minutes, flipping halfway, or until the quesadilla is browned on both sides and the cheese has melted. Slice, serve, and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Reheat in the pan.

Serving Size: One serving is one quesadilla.

Make it Vegan: Use vegan cheese.

More Flavor: Serve with salsa, sour cream and/or guacamole.

Additional Toppings: Chopped cilantro.



Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	12mg
Zinc	0mg



Yogurt & Berries

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	261
Fat	5g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Potassium	226mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg
Vitamin D	99IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Turkey, Avocado & Hummus Wrap

2 servings

5 minutes

Ingredients

1/4 cup Hummus
2 Brown Rice Tortilla
240 grams Sliced Turkey Breast
1 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	511
Fat	27g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	13g
Carbs	43g
Fiber	11g
Sugar	5g
Protein	25g
Cholesterol	59mg
Sodium	1386mg
Potassium	1029mg
Vitamin A	154IU
Vitamin C	10mg
Calcium	43mg
Iron	3mg
Vitamin D	7IU
Vitamin E	3mg
Vitamin K	28µg
Vitamin B6	0.8mg
Vitamin B12	0.4µg
Magnesium	75mg
Zinc	2mg

Directions

- 1 Spread the hummus on the tortilla and place the turkey and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one large wrap.

More Flavor: Add some additional spices and/or herbs such as everything bagel seasoning or smoked paprika.

Additional Toppings: Add some shredded lettuce or tomato.

No Turkey: Use another type of deli meat or leftover, cooked chicken.



Spicy Tuna Wrap

2 servings

10 minutes

Ingredients

- 2 cans Tuna
- 3 tbsps Mayonnaise
- 1/2 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla
- 4 Carrot (shredded)
- 1 Cucumber (small, sliced)

Nutrition

Amount per serving	
Calories	505
Fat	20g
Saturated	3g
Trans	0g
Polyunsaturated	10g
Monounsaturated	4g
Carbs	44g
Fiber	7g
Sugar	11g
Protein	37g
Cholesterol	68mg
Sodium	796mg
Potassium	911mg
Vitamin A	20647IU
Vitamin C	11mg
Calcium	94mg
Iron	4mg
Vitamin D	79IU
Vitamin E	2mg
Vitamin K	75µg
Vitamin B6	0.8mg
Vitamin B12	4.2µg
Magnesium	72mg

Directions

- 1 In a small bowl add the tuna, mayonnaise, chili flakes, salt and pepper. Mix together until well combined.
- 2 Lay the tortilla flat and spread the tuna in the middle. Top with carrots and cucumber. Roll the wrap tightly while folding the ends in.
- 3 For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

More Flavor: Add fresh herbs such as chives, parsley, dill and/or basil.

Additional Toppings: Romaine, spinach or green lettuce.

No Spice: Omit the chili flakes.



Zinc	2mg
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Turkey & Bacon Wrap

2 servings

5 minutes

Ingredients

2 tbsps Mayonnaise
2 Brown Rice Tortilla
1 head Boston Lettuce
226 grams Sliced Turkey Breast
4 slices Bacon, Cooked (cut in half or chopped)
1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	533
Fat	31g
Saturated	6g
Trans	0g
Polyunsaturated	9g
Monounsaturated	12g
Carbs	34g
Fiber	6g
Sugar	4g
Protein	27g
Cholesterol	79mg
Sodium	1631mg
Potassium	762mg
Vitamin A	213IU
Vitamin C	5mg
Calcium	26mg
Iron	2mg
Vitamin D	8IU
Vitamin E	2mg
Vitamin K	37µg
Vitamin B6	0.7mg
Vitamin B12	0.6µg
Magnesium	42mg

Directions

- 1 Spread the mayonnaise on the tortilla and place the lettuce on top. Add the turkey, the bacon and the avocado. Wrap and repeat with any remaining tortillas. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one large wrap.

Egg-Free: Use an egg-free mayonnaise.

Additional Toppings: Add sliced tomato, seeds removed if needed.



Zinc

2mg



Baby Carrots & Hummus

2 servings

5 minutes

Ingredients

1 1/2 cups Baby Carrots
1/2 cup Hummus

Nutrition

Amount per serving	
Calories	190
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	359mg
Potassium	192mg
Vitamin A	17264IU
Vitamin C	9mg
Calcium	89mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	14µg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	46mg
Zinc	1mg

Directions

1

Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

Notes

No Baby Carrots: Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy: Top with a pinch of cayenne pepper or chili powder.



Slow Cooker Lasagna

8 servings

6 hours 20 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1 Carrot (medium, finely chopped)
2 stalks Celery (finely chopped)
1 Yellow Onion (small, finely chopped)
340 grams Extra Lean Ground Beef
4 cups Marinara Sauce
2 cups Ricotta Cheese
3 cups Baby Spinach
15 Lasagna Sheets (no boil)
85 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	595
Fat	19g
Saturated	7g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	75g
Fiber	6g
Sugar	5g
Protein	28g
Cholesterol	105mg
Sodium	451mg
Potassium	406mg
Vitamin A	3131IU
Vitamin C	16mg
Calcium	251mg
Iron	4mg
Vitamin D	7IU

Directions

- 1 Heat a large pan over medium heat. Add the oil, carrots, celery, and onion. Sauté for three to five minutes or until the onions are translucent.
- 2 Add the beef to the pan and cook for three minutes, breaking it up as it browns. Add the marinara sauce and mix well to combine. Remove from the heat. The beef won't be fully cooked at this point.
- 3 Add the ricotta cheese and spinach to a food processor and blend until smooth.
- 4 Start layering the lasagna into the slow cooker. Add a layer of the beef sauce. Then, layer the lasagna noodles, beef sauce, and cheese in this order until all ingredients are used up. Be sure to make the ricotta cheese mixture the top layer. It's best to break apart the noodles as needed to fill in gaps in each layer.
- 5 Spread the mozzarella cheese all over the ricotta cheese layer. Cover and cook on high for six hours.
- 6 If you want a crispy, cheesy top, remove the porcelain container from the slow cooker and stick it uncovered under the broiler in the oven for a few minutes (optional). Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is approximately 1 1/2 cups of lasagna.

Slow Cooker Size: A 6-quart slow cooker was used to make eight servings. Do not cook on low as this will result in soggy noodles.



Vitamin E	1mg
Vitamin K	60µg
Vitamin B6	0.3mg
Vitamin B12	1.5µg
Magnesium	32mg
Zinc	2mg



Creamy Chicken & Mushroom Casserole

3 servings**1 hour**

Ingredients

1 tsp Extra Virgin Olive Oil
2 cups Mushrooms (roughly chopped)
Sea Salt & Black Pepper (to taste)
340 grams Chicken Breast (cut into bite-sized pieces)
2 cups Broccoli (cut into florets)
1 tsp Thyme
2 Garlic (clove, minced)
1 cup Whipping Cream
85 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	530
Fat	39g
Saturated	23g
Trans	1g
Polyunsaturated	2g
Monounsaturated	9g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	37g
Cholesterol	198mg
Sodium	187mg
Potassium	858mg
Vitamin A	1803IU
Vitamin C	57mg
Calcium	195mg
Iron	1mg
Vitamin D	56IU

Directions

- 1 Heat the oil in a pan over high heat. Add the mushrooms and sauté for about five minutes. Season with salt to taste.
- 2 Preheat the oven to 375°F (190°C).
- 3 Transfer the mushrooms into a baking dish. Add the chicken breast, broccoli, thyme, and garlic. Add the cream and season with salt and pepper. Stir to combine.
- 4 Spread everything out evenly in the dish. Top with mozzarella cheese and transfer the baking dish to the oven. Bake in the oven for 40 to 45 minutes or until cooked through.
- 5 Remove from the oven. Let cool for five minutes before serving, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 6 x 9-inch (15 x 23 cm) baking dish was used to make three servings.

More Flavor: Add rosemary and red onion.



Vitamin E	2mg
Vitamin K	65µg
Vitamin B6	1.2mg
Vitamin B12	0.4µg
Magnesium	57mg
Zinc	2mg



One Pot Creamy Red Curry Pasta

4 servings**20 minutes**

Ingredients

2 tsps Extra Virgin Olive Oil
1/4 cup Shallot (chopped)
3 1/2 cups Water
2 cups Canned Coconut Milk
1 tbsp Thai Red Curry Paste
2 cups Brown Rice Penne
1/3 cup Dry Red Lentils (rinsed)
2 cups Broccoli (cut into florets)
1/2 Lemon (juiced)
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	538
Fat	26g
Saturated	20g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	64g
Fiber	7g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	165mg
Potassium	702mg
Vitamin A	2441IU
Vitamin C	48mg
Calcium	70mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg

Directions

- 1 Add the oil to a large pot over medium heat. Once hot, add the shallots. Sauté until fragrant.
- 2 Add the water and coconut milk and whisk in the red curry paste to combine it well. Then, add the penne, red lentils, and broccoli. Bring to a boil and then reduce to a low simmer. Simmer, uncovered, for about 10 minutes, or until the pasta is al dente.
- 3 Stir in the lemon juice and baby spinach. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. When reheating, add a bit of water to bring back the creaminess of the sauce.

Serving Size: One serving is about 1 1/2 cups of pasta.

More Flavor: Add sea salt and black pepper.

Additional Toppings: Chopped cilantro.



Vitamin K	120µg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	28mg
Zinc	0mg