



## HOTT Student Athlete Program - Nut Free



---

High Octane Training and Therapy  
<https://highoctanetraining.ca/>

An easy and nutritious, performance-optimizing plan that requires minimal ingredients, cooking equipment, and time. This version is NUT FREE

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.

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


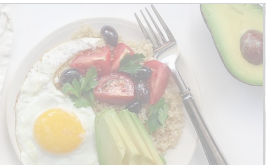
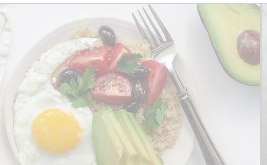



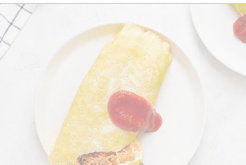

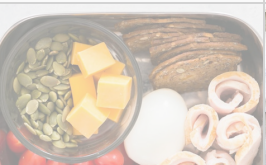






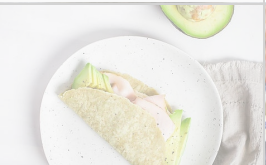












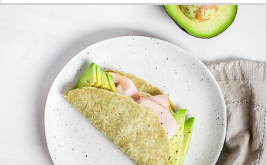



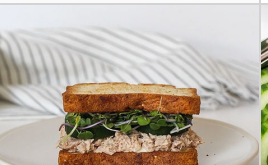

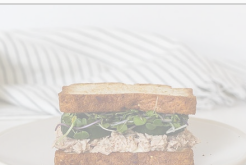
Calcium is important for bone health, normal enzyme activity, and muscle contraction. The daily recommended intake of calcium is over 1000 mg/day. Calcium is found in a variety of foods and beverages in this program, including fortified milk and grain products, coconut yogurt, almond butter, and cheese.

## 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	 Quinoa & Egg Breakfast Plate	 Quinoa & Egg Breakfast Plate	 Quinoa & Egg Breakfast Plate	 Cherries, Yogurt & Granola Snack Box	 Cherries, Yogurt & Granola Snack Box	 Japanese Omelette Rice	 Japanese Omelette Rice
Snack 1	 Bagel with Cream Cheese	 Deli Snack Box	 Sunflower Seed Butter Bagel & Berries	 Banana Chia Crisps	 Sunflower Seed Butter Bagel & Berries	 Crackers & Hummus	 Loaded Tostadas
Lunch	 Meal Prep Pasta & Meat Sauce	 Turkey, Avocado & Hummus Wrap	 Meal Prep Pasta & Meat Sauce	 Spicy Tuna Wrap	 Turkey & Bacon Wrap	 Tuna & Cucumber Sandwich	 Smoked Salmon Bagel Breakfast Box
Snack 2	 Deli Snack Box	 Bagel with Cream Cheese	 Cherries, Yogurt & Granola Snack Box	 Sunflower Seed Butter Bagel & Berries	 Banana Chia Crisps	 Loaded Tostadas	 Crackers & Hummus
Dinner	 Turkey, Avocado & Hummus Wrap	 Meal Prep Pasta & Meat Sauce	 Spicy Tuna Wrap	 Turkey & Bacon Wrap	 Tuna & Cucumber Sandwich	 Smoked Salmon Bagel Breakfast Box	 Tuna & Cucumber Sandwich



Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 35%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 39%
Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 45%	Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 43%
Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 17%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 18%
Calories	2719	Calories	2719	Calories	2590	Calories	2679	Calories	2675	Calories	2429	Calories	2429
Fat	131g	Fat	131g	Fat	102g	Fat	122g	Fat	130g	Fat	107g	Fat	107g
Saturated	36g	Saturated	36g	Saturated	19g	Saturated	19g	Saturated	20g	Saturated	31g	Saturated	31g
Trans	1g	Trans	1g	Trans	1g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	27g	Polyunsaturated	27g	Polyunsaturated	23g	Polyunsaturated	44g	Polyunsaturated	48g	Polyunsaturated	31g	Polyunsaturated	31g
Monounsaturated	50g	Monounsaturated	50g	Monounsaturated	43g	Monounsaturated	40g	Monounsaturated	44g	Monounsaturated	31g	Monounsaturated	31g
Carbs	269g	Carbs	269g	Carbs	299g	Carbs	288g	Carbs	272g	Carbs	264g	Carbs	264g
Fiber	40g	Fiber	40g	Fiber	42g	Fiber	51g	Fiber	47g	Fiber	23g	Fiber	23g
Sugar	39g	Sugar	39g	Sugar	71g	Sugar	87g	Sugar	82g	Sugar	41g	Sugar	41g
Protein	125g	Protein	125g	Protein	129g	Protein	120g	Protein	120g	Protein	109g	Protein	109g
Cholesterol	638mg	Cholesterol	638mg	Cholesterol	367mg	Cholesterol	186mg	Cholesterol	189mg	Cholesterol	566mg	Cholesterol	566mg
Sodium	4601mg	Sodium	4601mg	Sodium	2327mg	Sodium	3643mg	Sodium	3686mg	Sodium	4445mg	Sodium	4445mg
Potassium	4513mg	Potassium	4513mg	Potassium	4087mg	Potassium	3240mg	Potassium	2802mg	Potassium	2299mg	Potassium	2299mg
Vitamin A	6031IU	Vitamin A	6031IU	Vitamin A	26683IU	Vitamin A	39575IU	Vitamin A	19119IU	Vitamin A	2989IU	Vitamin A	2989IU
Vitamin C	83mg	Vitamin C	83mg	Vitamin C	102mg	Vitamin C	66mg	Vitamin C	57mg	Vitamin C	39mg	Vitamin C	39mg
Calcium	601mg	Calcium	601mg	Calcium	941mg	Calcium	1273mg	Calcium	1251mg	Calcium	828mg	Calcium	828mg
Iron	23mg	Iron	23mg	Iron	22mg	Iron	19mg	Iron	18mg	Iron	16mg	Iron	16mg
Vitamin D	104IU	Vitamin D	104IU	Vitamin D	222IU	Vitamin D	186IU	Vitamin D	186IU	Vitamin D	959IU	Vitamin D	959IU
Vitamin E	12mg	Vitamin E	12mg	Vitamin E	23mg	Vitamin E	20mg	Vitamin E	19mg	Vitamin E	8mg	Vitamin E	8mg
Vitamin K	144µg	Vitamin K	144µg	Vitamin K	182µg	Vitamin K	146µg	Vitamin K	129µg	Vitamin K	146µg	Vitamin K	146µg
Vitamin B6	2.7mg	Vitamin B6	2.7mg	Vitamin B6	2.5mg	Vitamin B6	2.5mg	Vitamin B6	2.3mg	Vitamin B6	1.7mg	Vitamin B6	1.7mg
Vitamin B12	4.7µg	Vitamin B12	4.7µg	Vitamin B12	7.2µg	Vitamin B12	4.8µg	Vitamin B12	4.9µg	Vitamin B12	9.5µg	Vitamin B12	9.5µg
Magnesium	504mg	Magnesium	504mg	Magnesium	467mg	Magnesium	408mg	Magnesium	400mg	Magnesium	248mg	Magnesium	248mg
Zinc	17mg	Zinc	17mg	Zinc	16mg	Zinc	10mg	Zinc	10mg	Zinc	7mg	Zinc	7mg





### Fruits

- ☐ 3 Avocado
- ☐ 2 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 1 1/2 cups Cherries

### Breakfast

- ☐ 1 1/2 cups Granola

### Seeds, Nuts & Spices

- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 2 tsps Cinnamon
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

### Frozen

- ☐ 6 Brown Rice Tortilla
- ☐ 1/4 cup Frozen Peas

### Vegetables

- ☐ 1 1/2 cups Baby Carrots
- ☐ 1 head Boston Lettuce
- ☐ 4 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 4 Cremini Mushrooms
- ☐ 2 1/3 Cucumber
- ☐ 2 stalks Green Onion
- ☐ 1 cup Microgreens
- ☐ 3 tbsps Parsley
- ☐ 1/3 cup Sunflower Sprouts
- ☐ 6 Tomato
- ☐ 1/4 Yellow Onion

### Boxed & Canned

- ☐ 2/3 cup Jasmine Rice
- ☐ 3/4 cup Quinoa
- ☐ 1/2 can Refried Beans
- ☐ 1/4 cup Salsa
- ☐ 3 tbsps Tomato Paste
- ☐ 5 cans Tuna
- ☐ 30 milliliters Unsweetened Rice Milk
- ☐ 200 grams Whole Grain Crackers
- ☐ 3 cups Whole Wheat Penne

### Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon, Cooked
- ☐ 50 grams Cheddar Cheese
- ☐ 4 Corn Tortilla
- ☐ 1 cup Cream Cheese, Regular
- ☐ 340 grams Extra Lean Ground Beef
- ☐ 1/4 cup Feta Cheese
- ☐ 794 grams Gluten-Free Bagel
- ☐ 6 slices Gluten-Free Bread
- ☐ 666 grams Sliced Turkey Breast
- ☐ 226 grams Smoked Salmon

### Condiments & Oils

- ☐ 2/3 cup Mayonnaise
- ☐ 1/3 cup Pitted Kalamata Olives
- ☐ 1/3 cup Sunflower Seed Butter
- ☐ 1 1/2 cups Tomato Sauce

### Cold

- ☐ 2 tbsps Butter
- ☐ 9 Egg
- ☐ 1/4 cup Guacamole
- ☐ 1 1/4 cups Hummus
- ☐ 3 1/4 cups Plain Greek Yogurt

### Other

- ☐ 3 tbsps Sugar Free Ketchup
- ☐ 2 tbsps Water





## 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



## Cherries, Yogurt & Granola Snack Box

1 serving

5 minutes

### Ingredients

1 cup Plain Greek Yogurt

1/2 cup Cherries

1/2 cup Granola

### Nutrition

Amount per serving	
Calories	528
Fat	20g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	57g
Fiber	7g
Sugar	28g
Protein	31g
Cholesterol	34mg
Sodium	156mg
Potassium	500mg
Vitamin A	1311IU
Vitamin C	21mg
Calcium	556mg
Iron	3mg
Vitamin D	99IU
Vitamin E	7mg
Vitamin K	5µg
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	111mg
Zinc	3mg

### Directions

- 1 Arrange the yogurt, cherries, and granola into a container, and enjoy!

### Notes

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

**Make it Vegan:** Use a plant-based yogurt alternative.

**Additional Toppings:** Add nuts, seeds, and/or unsweetened coconut flakes.





## Japanese Omelette Rice

2 servings

35 minutes

### Ingredients

2/3 cup Jasmine Rice (dry, uncooked)  
3 tbsps Sugar Free Ketchup  
3 tbsps Tomato Paste  
2 tbsps Water  
2 tbsps Butter (divided)  
1/4 Yellow Onion (minced)  
4 Cremini Mushrooms (chopped)  
1/4 cup Frozen Peas  
Sea Salt & Black Pepper (to taste)  
4 Egg  
30 milliliters Unsweetened Rice Milk (plain)

### Nutrition

Amount per serving	
Calories	530
Fat	21g
Saturated	10g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	67g
Fiber	4g
Sugar	7g
Protein	20g
Cholesterol	403mg
Sodium	338mg
Potassium	542mg
Vitamin A	1712IU
Vitamin C	8mg
Calcium	99mg

### Directions

- 1 Cook the rice according to package instructions.
- 2 In a bowl, whisk together the ketchup, tomato paste, and water. Set aside.
- 3 Heat half the butter in a large nonstick pan over medium-high heat. Cook the onion and mushrooms, for about five to eight minutes or until browned and soft. Add the peas, cooked rice, and half of the tomato sauce. Season with salt and pepper and combine well. Set aside and wipe the pan clean.
- 4 Heat some of the remaining butter in the same pan over medium-high heat. In a bowl, whisk two of the eggs with one tablespoon of milk and pour into the pan. Using chopsticks or the edge of a spatula, gently stir the eggs around for one to two minutes, or until the mixture is set but still runny on top.
- 5 Fill the center of the omelette with some of the rice mixture and fold the sides over the rice. Hold a plate over the omelette and carefully flip the pan to transfer the omelette. Repeat with the remaining butter, eggs, milk, and rice mixture.
- 6 Divide onto plates and serve with the remaining tomato sauce otop. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two eggs and 1 1/2 cups of the rice mixture.

**More Flavor:** Add sesame oil, soy sauce, or tonkatsu sauce to the rice. Use Japanese ketchup.

**Additional Toppings:** Garnish with parsley.



Iron	4mg
Vitamin D	91IU
Vitamin E	2mg
Vitamin K	9µg
Vitamin B6	0.3mg
Vitamin B12	1.0µg
Magnesium	30mg
Zinc	2mg

**No Rice Milk:** Use cow's milk or any milk alternative instead of rice milk.



## 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.





## Sunflower Seed Butter Bagel & Berries

3 servings

2 minutes

### Ingredients

340 grams Gluten-Free Bagel (toasted)

1/3 cup Sunflower Seed Butter

1 1/2 cups Blueberries

### Directions

1

Spread the sunflower seed butter on top of the toasted bagel and place on a plate. Serve with the blueberries on the side. Enjoy!

### Notes

**Serving Size:** One serving is equal to one bagel and 1/2 cup blueberries.

**No Sunflower Seed Butter:** Use another nut or seed butter instead.

**No Blueberries:** Use another berry or fresh fruit instead.

### Nutrition

Amount per serving	
Calories	585
Fat	25g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	84g
Fiber	5g
Sugar	24g
Protein	11g
Cholesterol	5mg
Sodium	693mg
Potassium	241mg
Vitamin A	57IU
Vitamin C	10mg
Calcium	169mg
Iron	3mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin K	14µg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	104mg
Zinc	2mg



## Banana Chia Crisps

2 servings

25 minutes

### Ingredients

2 Banana (medium, ripe)

1/2 cup Chia Seeds

2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	338
Fat	15g
Saturated	1g
Trans	0g
Polyunsaturated	12g
Monounsaturated	1g
Carbs	49g
Fiber	20g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	8mg
Potassium	634mg
Vitamin A	83IU
Vitamin C	10mg
Calcium	339mg
Iron	4mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	33mg
Zinc	0mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!

### Notes

**Storage:** Refrigerate in an air-tight container up to 5 days or freeze.

**Serving Size:** One serving is equal to approximately 12 small crisps.



## Crackers & Hummus

2 servings

5 minutes

### Ingredients

100 grams Whole Grain Crackers

1/2 cup Hummus

### Directions

- 1 Dip the crackers into the hummus and enjoy!

### Nutrition

Amount per serving	
Calories	387
Fat	21g
Saturated	3g
Trans	0g
Polyunsaturated	11g
Monounsaturated	6g
Carbs	43g
Fiber	5g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	703mg
Potassium	277mg
Vitamin A	17IU
Vitamin C	0mg
Calcium	36mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	32µg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	61mg
Zinc	1mg





## Loaded Tostadas

1 serving

15 minutes

### Ingredients

- 2 Corn Tortilla
- 1/4 can Refried Beans
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Salsa
- 2 tbsps Guacamole
- 2 tbsps Plain Greek Yogurt
- 1 stalk Green Onion (sliced)
- 1/2 cup Microgreens

### Nutrition

Amount per serving	
Calories	385
Fat	12g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	54g
Fiber	10g
Sugar	5g
Protein	15g
Cholesterol	21mg
Sodium	916mg
Potassium	611mg
Vitamin A	865IU
Vitamin C	24mg
Calcium	417mg
Iron	3mg
Vitamin D	15IU
Vitamin E	1mg
Vitamin K	29µg
Vitamin B6	0.3mg

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Lay the tortillas on the prepared baking sheet. Divide the beans equally among the tortillas.
- 3 Top each tortilla with equal parts of the crumbled feta cheese and bake for 10 minutes.
- 4 Remove from the oven. Top with the salsa, guacamole, and yogurt. Add green onions and microgreens. Enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed fresh but can be refrigerated in an airtight container for up to two days.

**Serving Size:** One serving is equal to two tostadas. A 1/4 can of refried beans is approximately 1/2 cup.

**Make it Vegan:** Omit or swap the feta and the yogurt for vegan cheese and yogurt of your choice.

**More Flavor:** Add scrambled eggs and vegetables like bell peppers and fresh tomatoes.

**Additional Toppings:** Chopped cilantro, lime juice.

**Dairy-Free:** Omit the yogurt and cheese or swap for dairy-free option.



---

Vitamin B12	0.3µg
Magnesium	57mg
Zinc	1mg



## 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

2 servings

5 minutes

### Ingredients

1/2 cup Pumpkin Seeds  
100 grams Whole Grain Crackers  
1 cup Cherry Tomatoes  
50 grams Cheddar Cheese (cubed or sliced)  
200 grams Sliced Turkey Breast  
2 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



## 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
------	-----



## 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.



## Tuna & Cucumber Sandwich

3 servings

10 minutes

### Ingredients

- 3 cans Tuna
- 1/3 cup Mayonnaise
- 6 slices Gluten-Free Bread (toasted)
- 3/4 Cucumber (sliced)
- 1/3 cup Sunflower Sprouts (optional)

### Nutrition

Amount per serving	
Calories	501
Fat	28g
Saturated	4g
Trans	0g
Polyunsaturated	14g
Monounsaturated	8g
Carbs	28g
Fiber	3g
Sugar	6g
Protein	37g
Cholesterol	71mg
Sodium	839mg
Potassium	473mg
Vitamin A	191IU
Vitamin C	2mg
Calcium	72mg
Iron	3mg
Vitamin D	79IU
Vitamin E	1mg
Vitamin K	58µg
Vitamin B6	0.6mg
Vitamin B12	4.3µg
Magnesium	64mg
Zinc	2mg

### Directions

- 1 In a small bowl add the tuna and mayonnaise. Mix together until well combined.
- 2 Add the tuna to one piece of the toast and top with cucumber and sprouts, if using. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate leftover tuna in an airtight container for up to three days. For best results, construct sandwich just before enjoying.

**More Flavor:** Add additional spices or herbs such as cayenne, cumin, dill or garlic.

**Additional Toppings:** Add sliced avocado or tomato.

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

**No Mayonnaise:** Use hummus or yogurt instead of mayonnaise.

**No Sunflower Sprouts:** Use alfalfa sprouts instead.





## Smoked Salmon Bagel Breakfast Box

2 servings

5 minutes

### Ingredients

1/3 cup Cream Cheese, Regular (plain)  
227 grams Gluten-Free Bagel (sliced in half)  
226 grams Smoked Salmon  
2/3 Cucumber (medium, sliced)

### Nutrition

Amount per serving	
Calories	626
Fat	25g
Saturated	10g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	72g
Fiber	1g
Sugar	17g
Protein	29g
Cholesterol	71mg
Sodium	1649mg
Potassium	396mg
Vitamin A	204IU
Vitamin C	5mg
Calcium	204mg
Iron	3mg
Vitamin D	774IU
Vitamin E	2mg
Vitamin K	18µg
Vitamin B6	0.4mg
Vitamin B12	3.9µg
Magnesium	36mg
Zinc	1mg

### Directions

- 1 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 2 Arrange the bagel and cucumber slices in a container. Enjoy!

### Notes

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

**Dairy-Free:** Use vegan cream cheese instead.

**More Flavor:** Toast the bagel before spreading the cream cheese. Add cherry tomatoes, 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.