



## HOTT Student Athlete Program

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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:

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## 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
















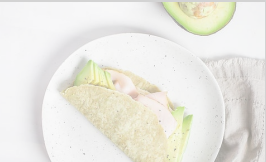


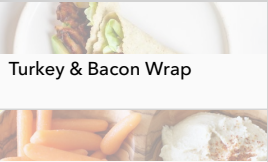









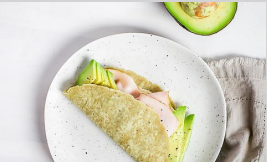


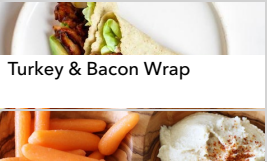



Calcium is important for bone health, normal enzyme activity, and muscle contraction. The daily recommended intake of calcium is over 1000 mg/day. Calcium is found in a variety of foods and beverages in this program, including fortified milk and grain products, coconut yogurt, almond butter, and cheese.

## 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 | <br>Vanilla Protein Yogurt Parfait | <br>Vanilla Protein Yogurt Parfait | <br>Vanilla Protein Yogurt Parfait              | <br>Strawberry Almond Protein Smoothie          | <br>Strawberry Almond Protein Smoothie          | <br>Almond Butter & Banana Sandwich    | <br>Almond Butter & Banana Sandwich   |
| Snack 1   | <br>Bagel with Cream Cheese        | <br>Deli Snack Box                 | <br>Peanut Butter Bagel & Berries Breakfast Box | <br>Trail Mix with Banana                       | <br>Peanut Butter Bagel & Berries Breakfast Box | <br>Crackers & Hummus                  | <br>Creamy Apple Pie Smoothie         |
| Lunch     | <br>Meal Prep Pasta & Meat Sauce   | <br>Turkey, Avocado & Hummus Wrap  | <br>Meal Prep Pasta & Meat Sauce                | <br>Spicy Tuna Wrap                             | <br>Turkey & Bacon Wrap                         | <br>Tuna & Cucumber Sandwich           | <br>Smoked Salmon Bagel Breakfast Box |
| Snack 2   | <br>Deli Snack Box                 | <br>Bagel with Cream Cheese        | <br>Strawberry Almond Protein Smoothie          | <br>Peanut Butter Bagel & Berries Breakfast Box | <br>Trail Mix with Banana                       | <br>Creamy Apple Pie Smoothie          | <br>Crackers & Hummus                 |
| Dinner    | <br>Turkey, Avocado & Hummus Wrap | <br>Meal Prep Pasta & Meat Sauce  | <br>Spicy Tuna Wrap                            | <br>Turkey & Bacon Wrap                        | <br>Tuna & Cucumber Sandwich                   | <br>Smoked Salmon Bagel Breakfast Box | <br>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> 34% | 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> 46% | Carbs           | <div><div></div></div> 43% | 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> 17% | Protein         | <div><div></div></div> 17% | Protein         | <div><div></div></div> 18% | Protein         | <div><div></div></div> 18% |
| Calories        | 2709                       | Calories        | 2709                       | Calories        | 2545                       | Calories        | 2642                       | Calories        | 2638                       | Calories        | 2364                       | Calories        | 2364                       |
| Fat             | 130g                       | Fat             | 130g                       | Fat             | 100g                       | Fat             | 121g                       | Fat             | 129g                       | Fat             | 105g                       | Fat             | 105g                       |
| Saturated       | 41g                        | Saturated       | 41g                        | Saturated       | 22g                        | Saturated       | 19g                        | Saturated       | 20g                        | Saturated       | 19g                        | Saturated       | 19g                        |
| Trans           | 1g                         | Trans           | 1g                         | Trans           | 1g                         | Trans           | 0g                         | Trans           | 0g                         | Trans           | 0g                         | Trans           | 0g                         |
| Polyunsaturated | 27g                        | Polyunsaturated | 27g                        | Polyunsaturated | 25g                        | Polyunsaturated | 39g                        | Polyunsaturated | 43g                        | Polyunsaturated | 34g                        | Polyunsaturated | 34g                        |
| Monounsaturated | 44g                        | Monounsaturated | 44g                        | Monounsaturated | 35g                        | Monounsaturated | 43g                        | Monounsaturated | 47g                        | Monounsaturated | 37g                        | Monounsaturated | 37g                        |
| Carbs           | 268g                       | Carbs           | 268g                       | Carbs           | 300g                       | Carbs           | 290g                       | Carbs           | 274g                       | Carbs           | 262g                       | Carbs           | 262g                       |
| Fiber           | 37g                        | Fiber           | 37g                        | Fiber           | 46g                        | Fiber           | 41g                        | Fiber           | 37g                        | Fiber           | 27g                        | Fiber           | 27g                        |
| Sugar           | 50g                        | Sugar           | 50g                        | Sugar           | 84g                        | Sugar           | 89g                        | Sugar           | 84g                        | Sugar           | 65g                        | Sugar           | 65g                        |
| Protein         | 126g                       | Protein         | 126g                       | Protein         | 130g                       | Protein         | 119g                       | Protein         | 119g                       | Protein         | 107g                       | Protein         | 107g                       |
| Cholesterol     | 454mg                      | Cholesterol     | 454mg                      | Cholesterol     | 153mg                      | Cholesterol     | 156mg                      | Cholesterol     | 159mg                      | Cholesterol     | 144mg                      | Cholesterol     | 144mg                      |
| Sodium          | 4088mg                     | Sodium          | 4088mg                     | Sodium          | 1908mg                     | Sodium          | 3845mg                     | Sodium          | 3888mg                     | Sodium          | 3855mg                     | Sodium          | 3855mg                     |
| Potassium       | 3700mg                     | Potassium       | 3700mg                     | Potassium       | 3974mg                     | Potassium       | 4071mg                     | Potassium       | 3633mg                     | Potassium       | 2256mg                     | Potassium       | 2256mg                     |
| Vitamin A       | 1968IU                     | Vitamin A       | 1968IU                     | Vitamin A       | 22027IU                    | Vitamin A       | 38984IU                    | Vitamin A       | 18528IU                    | Vitamin A       | 10911IU                    | Vitamin A       | 10911IU                    |
| Vitamin C       | 78mg                       | Vitamin C       | 78mg                       | Vitamin C       | 255mg                      | Vitamin C       | 225mg                      | Vitamin C       | 216mg                      | Vitamin C       | 28mg                       | Vitamin C       | 28mg                       |
| Calcium         | 1114mg                     | Calcium         | 1114mg                     | Calcium         | 1714mg                     | Calcium         | 1239mg                     | Calcium         | 1217mg                     | Calcium         | 1024mg                     | Calcium         | 1024mg                     |
| Iron            | 20mg                       | Iron            | 20mg                       | Iron            | 18mg                       | Iron            | 16mg                       | Iron            | 15mg                       | Iron            | 15mg                       | Iron            | 15mg                       |
| Vitamin D       | 63IU                       | Vitamin D       | 63IU                       | Vitamin D       | 208IU                      | Vitamin D       | 213IU                      | Vitamin D       | 213IU                      | Vitamin D       | 954IU                      | Vitamin D       | 954IU                      |
| Vitamin E       | 12mg                       | Vitamin E       | 12mg                       | Vitamin E       | 18mg                       | Vitamin E       | 15mg                       | Vitamin E       | 14mg                       | Vitamin E       | 17mg                       | Vitamin E       | 17mg                       |
| Vitamin K       | 64µg                       | Vitamin K       | 64µg                       | Vitamin K       | 104µg                      | Vitamin K       | 148µg                      | Vitamin K       | 131µg                      | Vitamin K       | 113µg                      | Vitamin K       | 113µg                      |
| Vitamin B6      | 2.3mg                      | Vitamin B6      | 2.3mg                      | Vitamin B6      | 2.5mg                      | Vitamin B6      | 3.1mg                      | Vitamin B6      | 2.9mg                      | Vitamin B6      | 1.7mg                      | Vitamin B6      | 1.7mg                      |
| Vitamin B12     | 7.2µg                      | Vitamin B12     | 7.2µg                      | Vitamin B12     | 10.3µg                     | Vitamin B12     | 5.4µg                      | Vitamin B12     | 5.5µg                      | Vitamin B12     | 8.5µg                      | Vitamin B12     | 8.5µg                      |
| Magnesium       | 493mg                      | Magnesium       | 493mg                      | Magnesium       | 503mg                      | Magnesium       | 533mg                      | Magnesium       | 525mg                      | Magnesium       | 388mg                      | Magnesium       | 388mg                      |
| Zinc            | 17mg                       | Zinc            | 17mg                       | Zinc            | 15mg                       | Zinc            | 11mg                       | Zinc            | 11mg                       | Zinc            | 7mg                        | Zinc            | 7mg                        |





### Fruits

- ☐ 2 Apple
- ☐ 1 1/2 Avocado
- ☐ 7 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 6 cups Strawberries

### Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 2/3 cup Almond Butter
- ☐ 3 tbsps Cashew Butter
- ☐ 3/4 cup Granola

### Seeds, Nuts & Spices

- ☐ 1/2 tsp Chili Flakes
- ☐ 1 1/2 tps Cinnamon
- ☐ 2/3 cup Clean Trail Mix
- ☐ 3 tbsps Ground Flax Seed
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 0 Sea Salt & Black Pepper

### Frozen

- ☐ 6 Brown Rice Tortilla
- ☐ 1 1/2 cups Frozen Strawberries
- ☐ 8 Ice Cubes

### Vegetables

- ☐ 1 1/2 cups Baby Carrots
- ☐ 1 head Boston Lettuce
- ☐ 4 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 1/3 Cucumber
- ☐ 1/3 cup Sunflower Sprouts

### Boxed & Canned

- ☐ 5 cans Tuna
- ☐ 200 grams Whole Grain Crackers
- ☐ 3 cups Whole Wheat Penne

### Baking

- ☐ 1/4 cup Oats

### Bread, Fish, Meat & Cheese

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

### Condiments & Oils

- ☐ 2/3 cup Mayonnaise
- ☐ 1 1/2 cups Tomato Sauce

### Cold

- ☐ 2 Egg
- ☐ 1 1/4 cups Hummus
- ☐ 5 3/4 cups Unsweetened Almond Milk
- ☐ 3 cups Unsweetened Coconut Yogurt

### Other

- ☐ 1 1/3 cups Vanilla Protein Powder



## Vanilla Protein Yogurt Parfait

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Coconut Yogurt  
1/3 cup Vanilla Protein Powder  
1 1/2 cups Frozen Strawberries  
3/4 cup Granola  
3 tbsps Cashew Butter

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 435   |
| Fat                | 23g   |
| Saturated          | 9g    |
| Trans              | 0g    |
| Polyunsaturated    | 4g    |
| Monounsaturated    | 8g    |
| Carbs              | 44g   |
| Fiber              | 9g    |
| Sugar              | 12g   |
| Protein            | 18g   |
| Cholesterol        | 2mg   |
| Sodium             | 81mg  |
| Potassium          | 476mg |
| Vitamin A          | 56IU  |
| Vitamin C          | 46mg  |
| Calcium            | 604mg |
| Iron               | 3mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 4mg   |
| Vitamin K          | 4µg   |
| Vitamin B6         | 0.3mg |
| Vitamin B12        | 3.0µg |
| Magnesium          | 128mg |
| Zinc               | 3mg   |

### Directions

- 1 In a bowl, mix together the coconut yogurt and protein powder.
- 2 In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

### Notes

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

**Nut-Free:** Omit the cashew butter or use tahini or sunflower seed butter instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.

**No Protein Powder:** Use collagen powder instead or omit.





## Strawberry Almond Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 474    |
| Fat                | 20g    |
| Saturated          | 1g     |
| Trans              | 0g     |
| Polyunsaturated    | 6g     |
| Monounsaturated    | 10g    |
| Carbs              | 53g    |
| Fiber              | 13g    |
| Sugar              | 26g    |
| Protein            | 29g    |
| Cholesterol        | 4mg    |
| Sodium             | 244mg  |
| Potassium          | 1094mg |
| Vitamin A          | 726IU  |
| Vitamin C          | 137mg  |
| Calcium            | 809mg  |
| Iron               | 3mg    |
| Vitamin D          | 126IU  |
| Vitamin E          | 6mg    |
| Vitamin K          | 5µg    |
| Vitamin B6         | 0.7mg  |
| Vitamin B12        | 0.6µg  |
| Magnesium          | 194mg  |
| Zinc               | 3mg    |

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Almond Butter & Banana Sandwich

2 servings

5 minutes

### Ingredients

1/4 cup Almond Butter  
198 grams Sourdough Bread  
1 Banana (sliced into rounds)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 492   |
| Fat                | 18g   |
| Saturated          | 1g    |
| Trans              | 0g    |
| Polyunsaturated    | 4g    |
| Monounsaturated    | 10g   |
| Carbs              | 67g   |
| Fiber              | 7g    |
| Sugar              | 9g    |
| Protein            | 17g   |
| Cholesterol        | 0mg   |
| Sodium             | 480mg |
| Potassium          | 445mg |
| Vitamin A          | 38IU  |
| Vitamin C          | 7mg   |
| Calcium            | 111mg |
| Iron               | 4mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 8mg   |
| Vitamin K          | 0µg   |
| Vitamin B6         | 0.2mg |
| Vitamin B12        | 0µg   |
| Magnesium          | 103mg |
| Zinc               | 1mg   |

### Directions

- 1 Spread the almond butter onto the bread. Top with bananas. Close the sandwich and slice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day. Best enjoyed fresh.

**Gluten-Free:** Use gluten free bread.

**Nut-Free:** Use sunflower seed butter instead of almond butter.

**More Flavor:** Add a dash of cinnamon.

**Likes it Sweet:** Add honey.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.





## 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.



## Peanut Butter Bagel & Berries Breakfast Box

3 servings

5 minutes

### Ingredients

1/3 cup All Natural Peanut Butter  
340 grams Gluten-Free Bagel (sliced in half)  
1 1/2 cups Strawberries (chopped)  
1 1/2 cups Blueberries

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 604   |
| Fat                | 24g   |
| Saturated          | 4g    |
| Trans              | 0g    |
| Polyunsaturated    | 4g    |
| Monounsaturated    | 8g    |
| Carbs              | 90g   |
| Fiber              | 6g    |
| Sugar              | 28g   |
| Protein            | 13g   |
| Cholesterol        | 5mg   |
| Sodium             | 699mg |
| Potassium          | 347mg |
| Vitamin A          | 49IU  |
| Vitamin C          | 52mg  |
| Calcium            | 176mg |
| Iron               | 2mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 4mg   |
| Vitamin K          | 16µg  |
| Vitamin B6         | 0.2mg |
| Vitamin B12        | 0µg   |
| Magnesium          | 68mg  |
| Zinc               | 1mg   |

### Directions

- 1 Spread the peanut butter evenly overtop the bagel slices.
- 2 Arrange the peanut butter bagel, strawberries, and blueberries in a container. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Toast the bagel before spreading the peanut butter. Top with hemp seeds or pumpkin seeds.

**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.



## Trail Mix with Banana

2 servings

5 minutes

### Ingredients

2/3 cup Clean Trail Mix

2 Banana

### Directions

1

Divide trail mix into bowls or containers, and serve with a banana on the side.  
Happy snacking!

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 336   |
| Fat                | 15g   |
| Saturated          | 3g    |
| Trans              | 0g    |
| Polyunsaturated    | 5g    |
| Monounsaturated    | 6g    |
| Carbs              | 49g   |
| Fiber              | 3g    |
| Sugar              | 14g   |
| Protein            | 8g    |
| Cholesterol        | 0mg   |
| Sodium             | 116mg |
| Potassium          | 765mg |
| Vitamin A          | 85IU  |
| Vitamin C          | 11mg  |
| Calcium            | 45mg  |
| Iron               | 2mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 0mg   |
| Vitamin K          | 1µg   |
| Vitamin B6         | 0.6mg |
| Vitamin B12        | 0µg   |
| Magnesium          | 111mg |
| Zinc               | 2mg   |





## 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   |



## Creamy Apple Pie Smoothie

1 serving

5 minutes

### Ingredients

1 Apple (medium, peeled and chopped)  
1/2 Banana (frozen)  
4 Ice Cubes  
2 tbsps Vanilla Protein Powder  
2 tbsps Oats  
1 tbsp Almond Butter  
3/4 tsp Cinnamon (ground)  
1 cup Unsweetened Almond Milk

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Apple Type:** For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

**No Almond Milk:** Use any other type of milk instead.

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 358   |
| Fat                | 13g   |
| Saturated          | 1g    |
| Trans              | 0g    |
| Polyunsaturated    | 3g    |
| Monounsaturated    | 7g    |
| Carbs              | 52g   |
| Fiber              | 11g   |
| Sugar              | 27g   |
| Protein            | 16g   |
| Cholesterol        | 2mg   |
| Sodium             | 184mg |
| Potassium          | 665mg |
| Vitamin A          | 641IU |
| Vitamin C          | 14mg  |
| Calcium            | 601mg |
| Iron               | 2mg   |
| Vitamin D          | 101IU |
| Vitamin E          | 4mg   |
| Vitamin K          | 5µg   |



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|             |       |
|-------------|-------|
| Vitamin B6  | 0.4mg |
| Vitamin B12 | 0.3µg |
| Magnesium   | 124mg |
| Zinc        | 2mg   |





## 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  |



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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.



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|      |     |
|------|-----|
| 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.



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|      |     |
|------|-----|
| 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.