



# Macros





Prep	Cook	Ready in	Servings
5 min	8 min	13 min	1

## Lemon Garlic Shrimp

### Ingredients

- 1/2 tbsp Extra virgin olive oil (divided - or coconut oil)
- 1/2 tsp Sea Salt (divided)
- 6 oz Shrimp, raw (raw, peeled and deveined (26-30) per pound))
- 1 tbsp Lemon juice
- 1 tbsp Parsley, fresh (chopped)

### Instructions

1. Boil shrimp until done and dress with lemon, olive oil, salt and parsley.





Prep	Cook	Ready in	Servings
5 min	10 min	15 min	1

## Fish and Greens

Quick and Easy!

### Ingredients

4 oz	Sea bass (or other white fish like tilapia or flounder)
1 pinch	Sea Salt (to taste)
1 dash	Black pepper (to taste)
1/2 tsp	Oregano, dried
1 medium	Lemon (juiced)
2 cup chopped	Dandelion greens
1 cup	Kale
1 tsp	Extra virgin olive oil (for sauteeing veggies)

### Instructions

1. Season fish with oregano sea salt and pepper to taste and wash and cut greens.
2. Steam greens and fish for 5 minutes or until done.
3. When done drizzle olive oil and lemon juice over the fish and season with fresh herbs like parsley if you like!



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	1

## Grilled Cod

### Ingredients

1 fillet (6oz)	Atlantic Cod (or other fish)
1/2 medium	Lemon (sliced)
1 sprig	Parsley, fresh (chopped)
1 1/5 second spray	Cooking Spray, canola oil

### Instructions

Season fish with choice of seasonings.  
Spray grill and cook fish until done.  
Top with lemon and parsley.



Prep	Cook	Ready in	Servings
10 min	12 min	22 min	1

## Grilled Chicken

Enjoy with a side of your favorite vegetables!

### Ingredients

6 oz	Chicken breast, boneless, skinless
1 1/5 second spray	Cooking Spray, canola oil
1 dash	Salt and pepper (to taste)
1 tsp	Garlic powder
1/2 tsp	Onion powder
1/2 tsp	Sage, ground
1/2 tsp, ground	Thyme, dried
1/2 tsp	Red pepper flakes

### Instructions

1. Season chicken. Spray grill and cook chicken until done.
2. You can add other seasonings as well.





Prep	Cook	Ready in	Servings
10 min	20 min	30 min	1

## Lemon Garlic Broiled Chicken

### Ingredients

1/2 medium	Lemon (freshly squeezed)
1 clove(s)	Garlic (minced)
1 tsp	Oregano, dried
1 pinch	Kosher salt
1 dash	Black pepper (freshly ground)
6 oz	Chicken breast, skinless (or chicken breasts)
1 1/5 second spray	Cooking Spray, canola oil (you can use other cooking spray too)

### Instructions

1. Turn on the oven broiler and let warm up.
2. Place a pan in the oven safe for broiling 5-10 minutes before you add the chicken so it can begin to warm up.
3. Season the chicken with oregano salt and pepper and any other seasonings of choice.
4. Using an oven mitt remove pan from oven and spray. Place the chicken on the pan. Let cook 6-8 minutes or until done.
5. Chop and mince the garlic and let sit while the chicken is cooking.
6. Remove the chicken from the oven and dress with lemon and garlic. You can add oil if you like.



Prep	Cook	Ready in	Servings
15 min	10 min	25 min	1

## Greek Tuna Steaks with Oregano and Thyme

Quick high-protein dinner.

### Ingredients

1 tsp	Sunflower oil (or use cooking spray)
1 tsp	Oregano, dried (fresh, chopped)
3/4 tsp	Thyme, fresh (fresh, chopped)
1/2 tsp	Salt
1/4 tsp	Black pepper
6 oz	Tuna, bluefin, raw
1 spray (about 1/3 second)	Cooking Spray, canola oil
4 lemon wedge	Lemon (to serve)

### Instructions

1. Combine oil, oregano, thyme, salt and pepper in a small bowl, and rub evenly over the tuna steaks. Cover tuna steaks, and marinate in refrigerator 15 minutes.
2. Heat a large grill pan coated with cooking spray over medium-high heat. Add the tuna steaks, and cook for 5 minutes on each side or until steaks reach desired degree of doneness. Serve tuna steaks with lemon wedges and your choice of side. Enjoy!





Prep	Cook	Ready in	Servings
5 min	10 min	15 min	1

## New York Striploin Steak

Perfect for bbq season

### Ingredients

4 oz	New York striploin, steak
1 1/5 second spray	Cooking Spray, canola oil (can use avocado oil spray too)
1 pinch	Salt and pepper
1/2 tsp	Oregano, dried (feel free to increase oregano is all foods)

### Instructions

1. Grill the steak for around 4-5 minutes until slightly charred, turn steak, and grill for additional 3-5 minutes for medium-rare

1. (internal temperature of 135F for medium-rare)
2. (internal temperature of 140F for medium) - add additional grilling time 5-7 minutes
3. (internal temperature of 150F for medium-well) - add additional grilling time 8-10 minutes

Pounding the steak softens it which is helpful since no oil is being used.





Prep	Cook	Ready in	Servings
10 min	1 h	1 h 10 min	1

## Steamed Collard Greens

A nutrient dense side to go with your main meal!

### Ingredients

1 bunch	Collard greens (thick stems removed, leaves sliced 2 inches wide and rinsed)
2 clove(s)	Garlic (chopped)
1 dash	Sea salt, fine
1/2 tsp	Black pepper
1/3 tbsp	Extra virgin olive oil
1/2 lemon wedge	Lemon

### Instructions

1. Steam collard greens for 10 minutes or until done.
2. Crush and mince the garlic and let sit for 10 minutes.
3. When greens are cooked dress with olive oil, lemon, garlic, salt and pepper.



Prep  
10 min

Cook  
12 min

Ready in  
22 min

Servings  
1

## Green Beans

A delicious side of beans, very high in folate!

### Ingredients

- 2 cup Green/yellow string beans, raw (trimmed)
- 1/2 tbsp Extra virgin olive oil

### Instructions

1. Steam green beans until done.
2. Dress with olive oil salt, pepper and seasonings of choice.





Prep	Cook	Ready in	Servings
5 min	5 min	10 min	2

## Steamed Spinach

### Ingredients

1 dash	Black pepper
1 dash	Salt
2 bunch	Spinach

### Instructions

1. Cut the stems off the spinach bunch and discard (You may leave the stems on for added crunchiness).
2. Clean the spinach thoroughly to remove all sand or dirt.
3. Fill a saucepan with 1 or 2 inches of water. Place the steamer basket or a heat-resistant colander in the saucepan. Make sure the water is close to the bottom of the steamer basket/colander but not touching it.
4. Cover the saucepan and bring the water to a boil. Place spinach on the steamer basket/colander and reduce the heat to medium. If the water is evaporating too quickly, add more water. Steam the spinach in batches if all does not fit in the steamer basket.
5. Steam for 1-2 minutes. The spinach is ready when it wilts and turns bright green. Add a dash of salt and pepper before serving.



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	2

## Steamed Chard

### Ingredients

1 bunch Swiss chard

### Instructions

1. Prepare a steaming basket and boil water.
2. Wash and coarsely chop the chard leaves, including the stems.
3. Steam for 2-3 minutes, uncover, and transfer to another container so it stops cooking.
4. Dress with olive oil and season as desired, serve with your favorite dish.





Prep	Cook	Ready in	Servings
5 min	8 min	13 min	1

## Steamed Veggies

### Ingredients

- 2 medium Carrots
- 1 cup White mushrooms (you can try shiitake as well)
- 1/2 medium head Cauliflower
- 1/2 bunch Collard greens

### Instructions

1. Wash and prepare the veggies: cut the carrots into bite-size pieces, cut the cauliflower into florets, and chop the collard greens (including the stems).
2. In a steaming basket, steam the carrots, cauliflower and mushrooms for 2-3 minutes, then add the collard greens.
3. Continue steaming for 5 more minutes or until everything is soft but not overcooked.
4. Serve with protein.



Prep	Cook	Ready in	Servings
3 min	8 min	11 min	2

## Steamed Garlicy Rapini

A nutritious side to go with a nice high protein meal!

### Ingredients

1 bunch	Rapini, broccoli raab, raw (2cm of the end cut off)
2 clove(s)	Garlic (crushed)
1/2 pepper(s)	Red chili pepper (also chile or chilli) (sliced)
1/2 tbsp	Sunflower oil
1 tsp	Apple cider vinegar
1/4 tsp	Sea Salt

### Instructions

1. Steam the rapini in a metal steamer under a rolling boil with the lid on top for no more than 4 minutes (crunchiness is key).
2. In the mean time, slice the pepper and crush the garlic.
3. When the rapini is cooked yet still crunchy, strain out the water and add rapini to the empty pot.
4. Over medium heat add the oil, garlic, chili pepper and salt. Saute for 1 minute.
5. Remove from heat and add the apple cider vinegar. Stir to mix well and serve hot.





Prep	Cook	Ready in	Servings
5 min	15 min	20 min	1

## Steamed Bok Choy

### Ingredients

4 head	Baby bok choy
1 tsp	Extra virgin olive oil
1/4 tsp	Salt
1 lemon wedge	Lemon

### Instructions

1. Wash and rinse bok choy.
2. Chop into 3/4 " slices.
3. Steam for 5 minutes or until done.
4. Dress with olive oil, lemon and season with favorite seasonings.



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

## Oats

### Ingredients

- 1/3 cup Quick oats (for oatmeal)
- 2 tbsp Quick oats (for smoothies)

### Instructions

1. Boil water and add oats.
2. Add two tbsp of oats to a smoothie.





## Baked Potatoes

Simple side to accompany any dish.

### Ingredients

- 1 medium Sweet potato potato
- 1 medium Russet potato

### Instructions

1. Wash potatoes and prick with a fork 5-6 times per potato.
2. Bake until done.



Prep	Cook	Ready in	Servings
0 min	19 min	19 min	4

## Freshly Cooked Quinoa

### Ingredients

1 cup	Quinoa, uncooked
2 cup	Water

### Instructions

1. Bring water to a boil in a medium pot. Add quinoa and cover the pot.
2. Turn down to low and simmer gently (just bubbling) for 12 minutes or until water has been absorbed.





Prep	Cook	Ready in	Servings
5 min	20 min	25 min	1

## White rice, long-grain, parboiled, cooked

### Ingredients

- 1/3 cup White rice, long-grain, parboiled, cooked
- 2/3 cup Water

### Instructions

1. Add water and rice in a pot, bring to a boil and reduce heat and cook until done.

# Grocery List

## Condiments

- Apple cider vinegar 5 ml
- Extra virgin olive oil 31 ml
- Sunflower oil 13 ml

## Seafood

- Atlantic Cod 180 gm
- Sea bass 120 gm
- Shrimp, raw 180 gm
- Tuna, bluefin, raw 180 gm

## Vegetables

- Baby bok choy 4 head
- Carrots 2 medium
- Cauliflower 290 gm
- Collard greens 2 bunch
- Dandelion greens 120 gm
- Garlic 1 bulb
- Green/yellow string beans, raw 220 gm
- Kale 1 bunch
- Parsley, fresh 24 gm
- Red chili pepper (also chile or chilli) 1 pepper(s)
- Russet potato 1 medium
- Spinach 680 gm
- Sweet potato 130 gm
- Swiss chard 1 bunch
- White mushrooms 97 gm

## Spices & Herbs

- Black pepper 4 gm
- Garlic powder 3 gm
- Kosher salt 1 gm
- Onion powder 2 gm
- Oregano, dried 5 gm
- Red pepper flakes 1 gm
- Sage, ground 1 gm
- Salt 5 gm
- Salt and pepper 1 gm
- Sea Salt 5 gm
- Sea salt, fine 1 gm
- Thyme, dried 1 gm
- Thyme, fresh 1 bunch

## Meat

- Chicken breast, boneless, skinless 1 breast
- Chicken breast, skinless 1 breast
- New York striploin, steak 120 gm

## Other

- Cooking Spray, canola oil 1 spray (about 1/3 second)
- Cooking Spray, canola oil 2 gm
- Rapini, broccoli raab, raw 1 bunch

## Fruits

- Lemon 3 medium

## Beverage

- Lemon juice 16 ml
- Water 640 ml





### Cereals

Quick oats 56 gm

### Pasta & Rice

Quinoa, uncooked 170 gm

White rice, long-grain,  
parboiled, cooked 59 gm

