

Healthy Eating Recipe Collection

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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13	3 INGREDIENT PB COOKIES
14	LEMON, COCONUT & CHIA SEED MUFFINS
15	POST-WORKOUT STRAWBERRY SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Roasted Broccoli Toast with Pepper Hummus

LUNCH

Roasted Vegetable & Quinoa Salad

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Salmon Avocado Rice Bowl

TUESDAY

BREAKFAST

Chocolate Overnight Oats

LUNCH

Roasted Vegetable & Quinoa Salad

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Turkey Stuffed Peppers

WEDNESDAY

BREAKFAST

Sweet Potato & Avo Breakfast Bowl

LUNCH

Leftover Turkey Stuffed Peppers

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Honey Garlic Drumsticks with favorite sides

THURSDAY

BREAKFAST

Sweet Potato & Avo Breakfast Bowl

LUNCH

Avocado & Tuna Salad

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Honey Garlic Drumsticks with favorite sides

FRIDAY

BREAKFAST

Fireman's Breakfast Casserole

LUNCH

Avocado & Tuna Salad

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Egg Fried Rice

SATURDAY

BREAKFAST

Fireman's Breakfast Casserole

LUNCH

Mediterranean Chickpea Salad

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Roasted Broccoli Toast with Pepper Hummus

LUNCH

Mediterranean Chickpea Salad

SNACK

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

DINNER

Egg Fried Rice

