tiny and full™

Meal Planner

MEAL PLANNER

Follow this planner for the next 10 days. Recipes follow.

1

B
Berry Blaster Bowl

S
1/2 cup watermelon

L
Turkocado Salad

S
1 apple

D
California Fish Tacos

T
Strawberries with whipped cream

2

B
Sunshine Cinnamon Nut Quinoa

S
5 celery sticks & 1/2 apple

L
Tortilla Bacon Mozzarella Pizza

S
5 cucumber slices with cream cheese

D
Grilled Tilapia Grapefruit Salad

T
1 med banana

3

B
Berry Blaster Bowl

S
1/2 cup watermelon

L
Turkocado Salad

S
1 apple

D
Baked Cauliflower Casserole

T
Strawberries with whipped cream

4

B
Sunshine Cinnamon Nut Quinoa

S
5 celery sticks & 1/2 apple

L
Tortilla Bacon Mozzarella Pizza

S
5 cucumber slices with cream cheese

D
California Fish Tacos

T
1 med banana

5

B
Berry Blaster Bowl

S
1/2 cup watermelon

L
Turkocado Salad

S
1 apple

D
Grilled Tilapia Grapefruit Salad

T
Strawberries with whipped cream

6

B
Sunshine Cinnamon Nut Quinoa

S
5 celery sticks & 1/2 apple

L
Tortilla Bacon Mozzarella Pizza

S
5 cucumber slices with cream cheese

D
Baked Cauliflower Casserole

T
1 med banana

7

B
Berry Blaster Bowl

S
1/2 cup watermelon

L
Turkocado Salad

S
1 apple

D
California Fish Tacos

T
Strawberries with whipped cream

8

B
Dragon Fruit Booster Bowl

S
1 orange

L
Garden Greek Salad

S
1 cup cherries

D
California Fish Tacos

T
1 cup unsweetened apple sauce with cinnamon

9

B
Sunshine Cinnamon Nut Quinoa

S
6 oz. plain Greek yogurt with 3 sliced strawberries

L
Grilled Tilapia Grapefruit Salad

S
5 cucumber slices with cream cheese

D
Santa Fe Black Beans with Chicken

T
1 med banana

10

B
Dragon Fruit Booster Bowl

S
1 orange

L
Garden Greek Salad

S
1 cup cherries

D
California Fish Tacos

T
1 cup unsweetened apple sauce with cinnamon

Berry Blaster Bowl

NUTRITIONAL INFORMATION

Serves 2

273 Calories
6.6g Fat
45.8g Carbs
27.1g Sugar
16.2g Fiber
24.6g Protein

INGREDIENTS

1 cup baby spinach
1 Tbsp. chia seeds
1 ½ cups unsweetened almond milk
1½ cups frozen mixed berries
15 g (about 1 scoop) unsweetened or vanilla pea protein powder
½ frozen banana
1 tsp. light agave

For the toppings:
¼ cup blueberries
1 tsp. chia seeds
2 Tbsp. slivered almonds
1Tbsp. goji berries

DIRECTIONS

Place the spinach, chia seeds, and almond milk in a blender and mix until smooth.

Add the frozen mixed berries, banana, and agave. Blend, making

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sure to scrape down the sides of the blender every so often, until smooth.

Pour smoothie into a bowl and garnish with toppings. Serve immediately.

Enjoy!

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Sunshine Cinnamon Nut Quinoa

NUTRITIONAL INFORMATION

Serves 4

274 Calories
8g Fat
44.2g Carbs
11.2g Sugar
6.2g Fiber
8.7g Protein

INGREDIENTS

1 cup unsweetened almond milk
1 cup water
1 cup quinoa, (note: rinse quinoa)
2 cups fresh blueberries
½ tsp. ground cinnamon
⅓ cup slivered almonds, toasted*
4 tsp. agave nectar

DIRECTIONS

Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat.

Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes.

*While the quinoa cooks, roast the almonds in a 350F degree toaster oven for 4 to 6 minutes or in a dry skillet over medium heat for about 2 to 3 minutes.

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Stir in cinnamon.

Transfer to four bowls and top with almonds and blueberries. Drizzle 1 tsp. agave nectar over each serving. You can add more almond milk, if desired.

Bon appetit!

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Dragon Fruit Booster Bowl

NUTRITIONAL INFORMATION

Serves 2

404 Calories
3.4g Fat
59.2g Carbs
58.9g Sugar
11.5 Fiber
19.6g Protein

INGREDIENTS

1 cup frozen mango cubes
1 cup frozen pineapple chunks
3½ oz. (1 packet) frozen pitaya (dragon fruit) puree
1 cup baby spinach
½ kiwi, peeled
½ cup unsweetened almond milk
30 g unflavored or vanilla pea protein powder

For the toppings:
½ banana, sliced
14 blueberries
10 blackberries
2 tsp. chia seeds
2 tbsp. pumpkin seeds
2 tbsp. almonds

DIRECTIONS

Place all smoothie ingredients in a blender and blend until smooth.

Pour into a serving bowl and top with the fresh fruits, seeds, and nuts, as desired.

Serve immediately. Dig in!

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Turkocado Salad

NUTRITIONAL INFORMATION

Serves 4

238 Calories
13.5g Fat
7.3g Carbs
1g Sugar
4.9g Fiber
23.2g Protein

INGREDIENTS

12 oz. turkey breast cutlets
1 Tbsp. olive oil
¼ tsp. salt
2 Tbsp. apple cider vinegar
1 tsp. Dijon mustard
8 cups baby spinach leaves
1 ripe avocado, sliced
4 cherry tomatoes, halved
1 oz. goat cheese, crumbled

DIRECTIONS

Preheat pan on medium high for approximately 2 minutes.

Brush turkey with 1 tsp. of oil and sprinkle with half of the salt. Grill for 4 minutes, flip, and continue cooking until no longer pink and juices run clear.

Cut turkey into chunks.

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In a small bowl, mix together the vinegar, mustard, 1 Tbsp. of water, remaining 2 tsp. oil, and ⅛ tsp. salt.

In a large bowl, toss together the spinach, tomatoes, and cheese with 2 Tbsp. of the dressing.

Divide onto plates and drizzle with remaining dressing Top with avocado slices and season with black pepper, to taste.

Dig in!

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Tortilla Bacon Mozzarella Pizza

NUTRITIONAL INFORMATION

Serves 1

357 Calories
6.6g Fat
30.5g Carbs
4.7g Sugar
3.9g Fiber
29.5g Protein

INGREDIENTS

1 (10 inch) flour tortilla
1 clove garlic, minced
1/2 cup mozzarella cheese
1/2 tomato, thinly sliced
1 Tbsp. Parmesan cheese, grated
4 fresh basil leaves, thinly sliced
2 slices of bacon

DIRECTIONS

Preheat the oven to 450 degrees F.

Chop and fry the bacon until cooked thoroughly.

Place tortilla on baking sheet. Top with all ingredients, except basil.

Bake 8 to 10 minutes, or until tortilla is crisp and cheese is melted.

Sprinkle with basil.

Slice and serve.

Enjoy.

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California Fish Tacos

NUTRITIONAL INFORMATION

Serves 4

251 Calories
9.8g Fat
23.3g Carbs
4.3g Sugar
4.6g Fiber
20.4g Protein

INGREDIENTS

1 Tbsp. olive oil, plus more for the grill
4 (3 oz) tilapia, halibut, or black bass fillets
1 tsp. ground coriander
Kosher salt and black pepper, to taste
6 radishes, sliced
1 cucumber, halved and sliced
2 Tbsp. fresh lime juice, plus lime wedges for serving
8 corn tortillas
1 cup fresh cilantro leaves
1/2 sliced avocado
1/2 cup chopped purple cabbage

DIRECTIONS

Heat grill to high and oil grill.

Season fish fillets with the coriander, ½ tsp. salt, and ¼ tsp. pepper.

Grill until cooked through, 1 to 2 minutes per side. Break into small to medium sized pieces.

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In a medium bowl, toss together the radishes and cucumber with the lime juice, oil, and ¼ tsp. each salt and pepper.

Serve the fish in the corn tortillas with the cucumber relish, cilantro, cabbage, and avocado. Serve lime wedges on the side.

Enjoy!

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Grilled Tilapia Grapefruit Salad

NUTRITIONAL INFORMATION

Serves 4

260 Calories
16.6g Fat
7.1g Carbs
5.4g Sugar
0.8g Fiber
18g Protein

INGREDIENTS

4 Tbsp. olive oil, plus more if needed
4 (3 oz.) tilapia fillets
Kosher salt and black pepper, to taste
2 Tbsp. fresh lime juice
1 Tbsp. Dijon mustard
2 tsp. honey
6 cups arugula, thick stems removed
2 heads endive, sliced
1 grapefruit, chopped
2 Tbsp. green olives, sliced

DIRECTIONS

Over medium-high heat, heat 2 Tbsp. of oil in a nonstick pan.

Season the tilapia fillets with ½ tsp. salt and ¼ tsp. pepper.

Cook fillets until cooked through, 2 to 3 minutes per side (adding more oil to the pan, if needed).

Let cool.

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In a large bowl, whisk together the lime juice, mustard, honey, remaining oil, and ¼ tsp. each salt and pepper. Add the arugula, endive, grapefruit, and olives. Toss lightly.

Plate salad and top with the tilapia fillets.

Buen appetit!

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Baked Cauliflower Casserole

NUTRITIONAL INFORMATION

Serves 6

250 Calories
15g Fat
16g Carbs
8g Sugar
3g Fiber
13g Protein

INGREDIENTS

1 large cauliflower (leaves cut off), broken into pieces
1/4 cup milk
4 Tbsp. whole wheat flour
3 Tbsp. butter
2 cups cheddar cheese, grated
2-3 Tbsp. whole wheat breadcrumbs

DIRECTIONS

Preheat oven to 425 degrees F.

Bring a large saucepan of water to a boil.

Add the cauliflower and cook for 5 mins, or until cooked. Drain the cauliflower and add to an oven-safe baking dish.

Place the saucepan back on the heat and add the milk, flour, and butter. Whisk as the butter melts and the mixture comes to the boil – the flour will disappear and the sauce will begin to thicken.

Whisk for 2 mins while the sauce bubbles and becomes thick. Turn

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off the heat, stir in most of the cheese.

Pour mixture over the cauliflower. Top with the remaining cheese and breadcrumbs.

Bake for 20 mins, or until bubbling.

Dig in!

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Garden Greek Salad

NUTRITIONAL INFORMATION

Serves 4

312 Calories
28.9g Fat
10g Carbs
2.2g Sugar
0.8g Fiber
6g Protein

INGREDIENTS

1 cup cherry tomatoes, halved
1 red onion, thinly sliced
1 cucumber, sliced
½ cup Kalamata black olives
2 (4-oz.) slices Greek feta
4 tbsp. extra virgin olive oil
3 tbsp. red wine vinegar
1 tsp. dried oregano, crushed
Salt and pepper, to taste

DIRECTIONS

In a large bowl, combine tomatoes, onion, cucumber, olives, and feta.

In a small bowl, whisk together olive oil, vinegar, and oregano.

Pour over salad and season with salt and pepper.

Enjoy!

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Santa Fe Black Beans with Chicken

NUTRITIONAL INFORMATION

Serves 2

400 Calories
18.7g Fat
25.3g Carbs
0g Sugar
7.6g Fiber
33.2g Protein

INGREDIENTS

1 tsp. ground cumin
Kosher salt and black pepper to taste
¼ tsp. cayenne pepper
4 small chicken drumsticks
2 tbsp. olive oil
1 cup canned black beans, rinsed and drained
Lime wedges

DIRECTIONS

Combine cumin, salt and pepper, and cayenne pepper in a small bowl and rub on chicken.

In a large skillet, heat oil over medium heat. Sauté chicken for 4 minutes per side, or until no longer pink. Remove from heat.

Heat up black beans in a microwave-safe bowl or in a small pot on stove top.

Divide beans between two plates and top with drumsticks and lime wedges. Serve immediately.

Enjoy!

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