



# Make Ahead Meals Recipe Bundle

DISCOVER THE FREEDOM OF  
FLAVORFUL, MAKE-AHEAD  
MEALS THAT FIT PERFECTLY  
INTO YOUR BUSY LIFESTYLE.



Lean Living Jax  
[leanlivingjax.com](http://leanlivingjax.com)

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# Make Ahead Meals Breakfast

KICKSTART YOUR DAY



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# Creamy Kale Salad with Smoked Salmon



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.25 medium Lemon (*juice* )
- 1 tbsp [15 g] Tahini
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Red Wine Vinegar
- 1 clove [3 g] Garlic
- 1 tsp [6 g] Sea Salt
- 1 tsp [2.1 g] Black Pepper
- 0.5 tsp [3.55 g] Honey
- 1 cup, chopped [67 g] Kale
- 4 oz, boneless [113.4 g] Smoked Salmon (Wild Caught)
- 1 tbsp, drained [8.6 g] Capers
- 0.5 cup [65 g] Roasted Red Pepper (*chopped* )
- 1 tbsp [7.5 g] Slivered Almonds

## DIRECTIONS

1. Whisk lemon, olive oil, red wine vinegar, salt, pepper, tahini, and honey together until emulsified.
2. Mix kale with the dressing and top with almonds.
3. Top salad or serve smoked salmon, red peppers and capers on the side.

## NUTRITION INFO

Calories : 472.25

Fat : 27.67 g

Carbs : 23.28 g

Protein : 37.42 g

Fiber : 5.06 g



# Creamy Oat "Pot de Creme"



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup dry [96 g] Old Fashioned Oats
- 1 cup [227 g] Greek Nonfat Yogurt - Vanilla
- 1 cup [245 g] Almond Milk (*Unsweetened*)
- 1 tbsp [14 g] Chia Seed
- 2 tbsp [32 g] Almond Butter
- 2 scoop [48 g] Organic Pea Protein
- 1 tbsp [6 g] Cocoa Powder
- 1 tsp [4 g] Monk Fruit Sweetener
- 0.5 tsp [3 g] Salt
- 0.25 cup [36 g] Blackberries (*Garnish* )

## DIRECTIONS

1. Add oats, yogurt, almond milk, chia seeds, almond butter, pea protein, cocoa powder, monk fruit, and salt to a blender. Blend on high until creamy.
2. Refrigerate overnight. Garnish with fresh fruit of your choice.

## NUTRITION INFO

Calories : 541.25

Fat : 19.09 g

Carbs : 59.33 g

Protein : 33.92 g

Fiber : 9.45 g

# Freezer Friendly Banana Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 2 medium [236 g] Banana (*Ripe* )
- 1 large [50 g] Egg (*Raw* )
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt Plain
- 1 tbsp [13 g] Vanilla Extract
- 0.75 cup [84 g] Almond Flour
- 0.25 cup [30 g] Buckwheat Flour
- 4 tbsp [84 g] Honey
- 0.5 tsp [2.3 g] Baking Soda
- 0.5 tsp [3 g] Salt
- 0.25 cup [28 g] Chopped Walnuts
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips (*Optional* )

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a large bowl, mash the bananas using a fork.
3. Add the eggs, yogurt, vanilla extract, and salt to the bananas and mix until combined. It is okay if the batter is clumpy.
4. Add almond flour, buckwheat flour, honey, and baking soda to the banana batter and mix until combined.
5. Gently fold in the dark chocolate chips and walnuts.
6. Bake in a cupcake pan for 20-25 minutes, until a toothpick inserted in the center comes out clean.

## NUTRITION INFO

Calories : 414.53

Fat : 20.14 g

Carbs : 48.62 g

Protein : 13.79 g

Fiber : 6.19 g

# Peanut Butter Breakfast Cookies



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1 large [50 g] Egg
- 2 large [66 g] Egg White
- 0.75 cup [192 g] Peanut Butter
- 0.25 cup [60 g] Low Fat Greek Yogurt - Vanilla *(If on a low FODMAP diet, use a lactose free yogurt. )*
- 1.25 cup [112.5 g] Rolled Oats Gluten Free
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips
- 0.25 cup [28 g] Chopped Walnuts

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a large bowl, beat the eggs together, then add the peanut butter and yogurt.
3. Add the oatmeal, dark chocolate chips, and walnuts. Mix until well blended.
4. Line a baking sheet with parchment paper and form 12 cookies, spacing them evenly on the baking sheet.
5. Bake for 15-17 minutes. Enjoy warm or cool.

## NUTRITION INFO

Calories : 519.63

Fat : 35.54 g

Carbs : 37.57 g

Protein : 20.54 g

Fiber : 6.31 g



# Lemon Coconut Protein Balls



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [137 g] Dry Roasted Cashew Nuts
- 3 scoop (20 g) [60 g] Protein Powder - Vanilla
- 0.33 cup [80.52 g] Unsweetened Applesauce
- 5 tbsp [30 g] Unsweetened Shredded Coconut
- 0.5 cup [45 g] Rolled Oats Gluten Free
- 3 tbsp [42 g] Lemon Juice (*Plus the Zest of 1 lemon*)
- 2 tbsp [12 g] Unsweetened Shredded Coconut

## DIRECTIONS

1. In a food processor or high-speed blender, add the cashews, protein powder, applesauce, lemon juice, lemon zest, and the first measure of shredded coconut. Pulse until smooth.
2. Add the oatmeal to the food processor and pulse a few times until well combined.
3. Form 16 balls, about the size of ping pong balls, and roll them in the remaining shredded coconut.
4. Refrigerate or freeze for at least two hours before serving.

## NUTRITION INFO

Calories : 371.54

Fat : 22.67 g

Carbs : 22.67 g

Protein : 23.97 g

Fiber : 4.46 g

# Turkey Breakfast Bake



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 1 sweetpotato, 5" long [130 g] Sweet Potato (*Thinly sliced*)
- 1 medium [196 g] Zucchini (*Thinly sliced*)
- 10 large [500 g] Egg
- 1 tsp [2.8 g] Garlic Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 cup, halves [304 g] Strawberries

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a large skillet, heat half of the oil over medium heat. Add the ground turkey and season with salt and pepper. Cook until browned, crumbling and flipping as it cooks.
3. Use the remaining oil to coat a square 8x8 baking dish. Layer the sliced sweet potatoes to cover the bottom of the dish.
4. When the turkey is done cooking, layer it over the sweet potatoes.
5. Next, create a layer of sliced zucchini over the ground turkey.
6. In a large bowl, whisk the eggs with garlic powder, salt, and pepper. Pour the egg mixture over the zucchini.
7. Bake in the oven for 40 minutes, or until the eggs are fully cooked through. Allow to cool slightly before cutting into serving-sized pieces.
8. Serve with a side of fruit.

## NUTRITION INFO

Calories : 407.5

Fat : 20.76 g

Carbs : 15.49 g

Protein : 39.46 g

Fiber : 3.1 g

# Paleo Granola Bars



SERVINGS: 6

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 cup [137 g] Dry Roasted Cashew Nuts
- 2 tablespoon [32 g] Almond Butter
- 3 tbsp [40.8 g] Coconut Oil (*melted* )
- 4 tbsp [24 g] Unsweetened Shredded Coconut
- 1 tsp [2.3 g] Cinnamon
- 1 Dash [1 g] Himalayan Pink Salt
- 2 tbsp [14 g] Almond Flour
- 2 large [100 g] Egg
- 2 tbsp [42 g] Honey
- 1 cup [96 g] Unsweetened Shredded Coconut
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips (*diary free brand such as enjoy life*)
- 1.5 cup [184.5 g] Raspberries
- 6 mug (8 fl oz) [1422 g] Coffee (*One cup of coffee per serving*)
- 6 scoop [120 g] Collagen Powder

## DIRECTIONS

1. Preheat the oven to 350 degrees F (165 degrees C).
2. In a food processor or with a knife, coarsely chop the cashews.
3. In a bowl, mix together the chopped cashews, shredded coconut, honey, almond flour, almond butter, vanilla, cinnamon, and salt.
4. Add the egg and coconut oil to the mixture and mix well.
5. Fold in the chocolate chips.
6. Pour the mixture into an square 8x8 baking dish and bake for 15-20 minutes.
7. Remove from the oven and let cool.
8. Prepare a cup of coffee for each serving and add 1 scoop of collagen protein.
9. Once the baking dish has cooled, cut it into 6 pieces.
10. Serve one piece of granola with raspberries and a cup of collagen coffee. Enjoy!

## NUTRITION INFO

Calories : 489.38

Fat : 35.82 g

Carbs : 26.84 g

Protein : 20.16 g

Fiber : 7.04 g



# Hearty Breakfast Squares



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 8 large [400 g] Egg
- 8 large [264 g] Egg White
- 1 large [369 g] Russet Potatoes (*chopped*)
- 1 medium [119 g] Red Sweet Pepper (*chopped*)
- 0.5 onion [55 g] Yellow Onions (*chopped*)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tsp [2.8 g] Garlic Powder
- 1 cup [20 g] Broccoli Sprouts
- 8 tbsp (packed) [120 g] Feta Cheese
- 4 cup, diced [620 g] Pineapple
- 1 pumps [1 g] Avocado Oil Cooking Spray

## DIRECTIONS

1. Preheat the oven to 350 degrees F (176 degrees C).
2. Spray a square 8x8 baking dish with avocado oil.
3. In a bowl, mix together the potatoes, peppers, onion, garlic powder, salt, and pepper. Add the mixture to the baking dish and cook for 15 minutes.
4. Whisk the eggs and egg whites together, pour them over the vegetables in the baking dish, and bake for an additional 10-15 minutes.
5. Once dish is cooled, cut into 4 squares.
6. Serve each square topped with sprouts, feta cheese, and a side of pineapple.

## NUTRITION INFO

Calories : 430.78

Fat : 16.9 g

Carbs : 43.32 g

Protein : 27.92 g

Fiber : 5.78 g

# Cashew Pancakes and Lemon Blueberry Yogurt



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 0.5 cup [68.5 g] Dry Roasted Cashew Nuts
- 1 large [50 g] Egg
- 3 tbsp [22.5 g] Organic Coconut Flour
- 1 cup [237 g] Water
- 1 tbsp [20 g] Maple Syrup
- 1 tsp [4.2 g] Vanilla Extract
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tbsp [13.6 g] Coconut Oil
- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 1 cup [145 g] Blueberries
- 0.5 medium Lemon (*juice and zest* )

## DIRECTIONS

1. Pulse cashews in a blender until they reach a powder-like consistency.
2. Add egg, coconut flour, water, maple syrup, vanilla, and salt to the blender.
3. Heat coconut oil in a pan over medium heat.
4. Add 2 tbsp of pancake mix to the pan.
5. Cook on each side for 3-5 minutes.
6. While pancakes cook, add lemon juice, lemon zest and blueberries to the yogurt.
7. Transfer half of the yogurt to another bowl.
8. Serve with pancakes on the side.

## NUTRITION INFO

Calories : 472.25

Fat : 26.59 g

Carbs : 40.47 g

Protein : 22.33 g

Fiber : 5.39 g

# Raspberry Chia Bites



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [90 g] Rolled Oats Gluten Free
- 0.25 cup [62.5 g] Almond Butter
- 1 medium [118 g] Banana (*Ripe and mashed*)
- 1.25 cup [153.75 g] Raspberries
- 0.5 tbsp [7 g] Chia Seed
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips

## DIRECTIONS

1. In a bowl, mix together the rolled oats, mashed banana, and almond butter.
2. Divide the mixture into 24 mini muffin tins (preferably silicone for easier removal). Press each portion to flatten.
3. In a separate bowl, mash the raspberries until smooth, then mix in the chia seeds.
4. Top each muffin tin with the raspberry filling.
5. Warm the chocolate chips in the microwave in 20-30 second intervals, stirring in between, until melted. Drizzle the melted chocolate over the top of each raspberry chia bite.
6. Freeze for two hours or longer. Before eating, allow to thaw for a few minutes.

### NUTRITION INFO

Calories : 279.25

Fat : 14.17 g

Carbs : 35.28 g

Protein : 7.98 g

Fiber : 8.13 g





# Make Ahead Meals Lunch

RE-FUEL AND RE-ENERGIZE



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# Shrimp Salad Roll



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 8 oz [227.2 g] Shrimp (Prawns) (*Peeled and deveined*)
- 4 tbsp [60 g] Mayonnaise (made with avocado oil)
- 0.25 onion (small) [37 g] Red Onions (*Chopped*)
- 0.25 medium [28.5 g] Orange Bell Pepper (*Chopped*)
- 0.25 cup chopped [25.25 g] Celery
- 1 medium Lemon
- 1 tsp [6 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 2 medium (2-1/2" dia) [72 g] 100% Whole Wheat Roll
- 0.25 tbsp [0.25 g] Cilantro (Coriander) (*Optional garnish*)
- 2 cup [40 g] Arugula (Rocket)

## DIRECTIONS

1. Zest lemon and set aside.
2. Cut the lemon in half and juice it. Set lemon juice aside. Save lemon halves.
3. Add six cups of water and two lemon halves to a large saucepan and bring to a boil.
4. Add shrimp to boiling water and cook until pink.
5. Add six cups of water and four cups of ice to a large bowl to create an ice-water bath.
6. Submerge cooked shrimp in the ice-water bath to stop the cooking process.
7. Remove shrimp from the ice-water bath and pat dry using a paper towel or clean kitchen towel.
8. Add shrimp, mayonnaise, red onion, bell pepper, celery, lemon juice, lemon zest, salt, and black pepper to a large bowl. Toss until all ingredients are combined.
9. Refrigerate for a minimum of two hours before eating.
10. Add the shrimp salad to the roll. Garnish with cilantro.
11. Serve with a side salad of arugula and lemon juice.

## NUTRITION INFO

Calories : 407.13

Fat : 27.83 g

Carbs : 25.13 g

Protein : 20.75 g

Fiber : 4.71 g



# Shredded Brussels Sprout Salad with Chicken



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast
- 1 cup [88 g] Brussels Sprouts (*shredded* )
- 0.5 medium Lemon (*juice and zest* )
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.1 g] Black Pepper
- 1 tsp [6 g] Sea Salt
- 3 tbsp [15 g] Parmesan Cheese (Shredded)
- 1 apple Apples
- 2 tbsp [22 g] Pomegranate arils (*optional*)

## DIRECTIONS

1. Boil or pressure cook the chicken until fully cooked, then shred it. Set aside to cool.
2. Clean and trim the Brussels sprouts, then shred them using a mandolin, food processor, or finely chop them.
3. In a bowl, mix the lemon juice, lemon zest, olive oil, pepper, and salt together until emulsified.
4. Add fresh Parmesan cheese to the shredded Brussels sprouts.
5. If ready to eat, toss the Brussels sprouts with the dressing. If not, set the dressing aside until ready to eat.
6. Top the Brussels sprouts with shredded chicken and pomegranate arils. Enjoy!
7. Serve with an apple.

## NUTRITION INFO

Calories : 495.5

Fat : 20.45 g

Carbs : 40.26 g

Protein : 42.37 g

Fiber : 9.23 g

# Mexican Street Corn Bowl with Chicken and Pepper "Salsa"



SERVINGS: 2

PREP TIME: 30 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 0.25 cup, chopped [31.5 g] Red Onions
- 0.25 medium [28.5 g] Yellow Bell Pepper (*Chopped* )
- 1 Juice of 1 lime [38 g] Fresh Lime Juice
- 1.5 tsp [9 g] Salt
- 1 can [340 g] Yellow Sweet Corn (canned, 15.5 oz) (*Cooked and unsalted* )
- 0.5 tbsp [3.75 g] Chili Powder
- 0.5 tsp [1.05 g] Cumin
- 0.5 tsp [1.05 g] Black Pepper
- 3 tbsp [45 g] Mayonnaise (made with avocado oil)
- 8 oz [224 g] Skinless Chicken Breast
- 0.5 tsp [2 g] Lite Adobo All Purpose Seasoning
- 1 tbsp [14 g] Olive Oil
- 2 tbsp [10 g] Parmesan Cheese (Shredded)

## DIRECTIONS

1. In a small bowl, add the red onion, bell pepper, half of the lime juice, and a third of the salt. Mix well and set aside in the refrigerator.
2. In a medium bowl, combine the corn, chili powder, cumin, half of the remaining salt, half of the black pepper, mayonnaise, and the remaining lime juice. Mix until all ingredients are well combined and set aside in the refrigerator.
3. Cut the chicken breast into two-inch cubes and season with adobo seasoning, the remaining salt, and black pepper.
4. Sauté the chicken breast cubes in olive oil until they reach an internal temperature of 165 degrees F (74 degrees C).
5. When ready to serve, top the corn mixture with the chicken breast, onion mixture, and Parmesan cheese.

## NUTRITION INFO

Calories : 511.5

Fat : 29.08 g

Carbs : 38.32 g

Protein : 32.72 g

Fiber : 4.78 g

# Pineapple Shrimp Ceviche



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 12 oz [340.8 g] Shrimp (Prawns) *(chopped)*
- 0.5 onion (small) [74 g] Red Onions *(chopped)*
- 0.5 medium [57 g] Red Bell Pepper *(chopped)*
- 3 tbsp [3 g] Cilantro (Coriander)
- 0.25 fruit [118 g] Pineapple *(chopped)*
- 1 fruit [67 g] Lime *(quartered, and juice)*
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 avocado [136 g] Avocado *(Sliced)*
- 4 shells [66 g] Corn Tostada

## DIRECTIONS

1. Boil shrimp for 3-5 minutes on stove top.
2. While shrimp is cooking, chop up onion, pepper, cilantro and pineapple. Place in a large bowl.
3. Once shrimp have cooled, peel shrimp and chop up into small pieces. Add to bowl with fruit and vegetables.
4. Add half the lime (juice), salt and pepper to taste and mix well together.
5. Serve mix on top for tostadas (quarter of the mix for each shell).
6. Garnish with avocado and the remainder of the lime.

## NUTRITION INFO

Calories : 476.88

Fat : 20.22 g

Carbs : 49.52 g

Protein : 29.91 g

Fiber : 12.25 g

# Pistachio Herb Quinoa and Chicken Bowl



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1.5 cup [255 g] Quinoa (uncooked)</li><li>• 3 cup [720 ml] Organic Chicken Bone Broth</li><li>• 12 oz [340.8 g] Ground Chicken</li><li>• 1 tbsp, ground [1.8 g] Oregano</li><li>• 1 tbsp [2.1 g] Basil (Dried)</li><li>• 1 cup sprigs [8.9 g] Dill (<i>Chopped and divided</i>)</li><li>• 1 tbsp [18 g] Sea Salt</li><li>• 1 tsp [4.67 g] Avocado Oil (<i>divided</i>)</li><li>• 4 tbsp [12 g] Mint (<i>Chopped</i>)</li><li>• 0.5 cup, shelled [64 g] Pistachio Nuts (<i>Chopped</i>)</li><li>• 1 small lemon [30 g] Lemon Juice (<i>More per taste</i>)</li></ul>	<ol style="list-style-type: none"><li>1. Add quinoa and bone broth to a pot and bring to a boil. Once boiling, reduce the heat and simmer for approximately 15 minutes.</li><li>2. While the quinoa is cooking, add the ground chicken, oregano, basil, half of the fresh dill, and salt to a large bowl. Mix well using your hands until fully combined.</li><li>3. Heat avocado oil in a large skillet over medium heat. Add the chicken mixture and cook for approximately 7 minutes, crumbling and flipping the chicken as it cooks.</li><li>4. Once the chicken and quinoa are cooked through, remove them from heat and allow to cool.</li><li>5. Once cooled, combine the chicken and quinoa in a bowl. Add the remaining fresh dill, mint, and lemon juice, and mix well.</li><li>6. When ready to serve, top with chopped pistachios.</li></ol>

NUTRITION INFO				
Calories : 494	Fat : 18.3 g	Carbs : 49.57 g	Protein : 33.85 g	Fiber : 5.88 g

# Apple Chicken Pasta Salad



SERVINGS: 2

PREP TIME: 25 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 4 cup [972 g] Chicken Stock (*Unsalted* )
- 8 oz [224 g] Skinless Chicken Breast
- 1 tbsp [8.4 g] Garlic Powder
- 1 tbsp [6.9 g] Onion Powder
- 0.5 tbsp [3.45 g] Paprika
- 2 tsp [12 g] Salt
- 1 tsp [2.1 g] Black Pepper
- 4 oz dry [220 g] Gluten Free Pasta  
(*Cooked according to package instructions*)
- 0.5 medium (2-3/4" dia) [69 g] Granny Smith Apples (*Thinly sliced* )
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (*Diced* )
- 0.25 onion (small) [37 g] Red Onions  
(*Chopped* )
- 3 tbsp [84 g] Whole Milk Greek Yogurt Plain (*Unsweetened* )
- 1 tbsp [16.5 g] Dijon Mustard
- 1 tbsp [15 g] Apple Cider Vinegar

## DIRECTIONS

1. Add two cups of water, chicken stock, onion powder, garlic powder, paprika, half of the salt, and half of the black pepper to a large pot. Mix well and bring to a rolling boil.
2. Add the chicken breasts to the boiling stock. Cook until the chicken reaches an internal temperature of 165°F (74°C) and is tender enough to fall apart.
3. Shred the chicken breasts and add them to a large bowl.
4. Add the Granny Smith apple, red bell pepper, red onion, and cooked pasta to the shredded chicken, and lightly toss to combine.
5. In a small jar with a lid, add Greek yogurt, Dijon mustard, apple cider vinegar, the remaining salt, and the remaining black pepper. Close the lid and shake vigorously until fully combined.
6. Pour the dressing over the shredded chicken pasta salad and toss until well combined. Refrigerate until ready to serve.

## NUTRITION INFO

Calories : 462.88

Fat : 6.83 g

Carbs : 42.43 g

Protein : 39.06 g

Fiber : 7.04 g



# Sweet Potato Soup



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 5 cup, cubes [665 g] Sweet Potato
- 0.5 onion [55 g] Yellow Onions (*Chopped*)
- 4 clove [12 g] Garlic (*Minced*)
- 0.5 tsp [1 g] Ginger (*Grated*)
- 6 cup [1440 ml] Organic Chicken Bone Broth
- 0.5 tsp [1.15 g] Cinnamon
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 0.25 tsp [0.17 g] Sage (Ground)
- 0.5 tsp [3 g] Salt
- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 1 medium slice (4-3/4" x 4" x 1/2") [25 g] Sour Dough Bread
- 0.5 cup [65 g] Roasted Salted Cashew Nuts

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add sweet potato, onion, garlic, and ginger. Cook for 4-6 minutes, until onions and potatoes are slightly browned.
3. Add the cinnamon, rosemary, sage, salt, and bone broth. Bring to a boil, then reduce heat to a simmer and cook for approximately 10-15 minutes, until potatoes are soft.
4. Remove from heat. Allow to cool, then add the soup and cottage cheese to a large blender or food processor and blend until smooth.
5. Enjoy warm with a piece of sourdough bread and a side of cashews!

## NUTRITION INFO

Calories : 417.25

Fat : 14.73 g

Carbs : 46.77 g

Protein : 26.27 g

Fiber : 6.31 g

# Turkey Sausage with Cucumber Tomato Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 0.5 tsp [1.4 g] Garlic Powder
- 1 tsp, ground [0.6 g] Oregano
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.25 tsp [1.5 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 tbsp [14 g] Avocado Oil
- 10 tomato [170 g] Cherry Tomatoes  
*(Halved or quartered)*
- 1 small (6-3/8" long) [158 g] Cucumber  
*(Diced )*
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 0.5 tsp [2 g] Za'atar Seasoning
- 0.5 avocado [68 g] Avocado *(Sliced)*

## DIRECTIONS

1. In a large bowl, mix together the ground turkey, garlic powder, oregano, turmeric, salt, and pepper. Using your hands, form the mixture into 12 small patties.
2. Heat avocado oil in a large skillet over medium heat. Add the turkey patties and cook for 3-4 minutes per side, or until fully cooked.
3. Meanwhile, in a separate bowl, mix together the cherry tomatoes, cucumber, olive oil, lemon juice, and za'atar seasoning.
4. Serve the turkey patties with the tomato-cucumber mixture and sliced avocado.

## NUTRITION INFO

Calories : 538.63

Fat : 35.88 g

Carbs : 10.11 g

Protein : 46.38 g

Fiber : 4.73 g

# Chicken Meatballs and Tuscan Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 16 oz [454.4 g] Ground Chicken
- 1 tsp [1.8 g] Red Pepper Flakes
- 1 clove [3 g] Garlic (*Minced*)
- 1 tbsp [5 g] Parmesan Cheese (*Shredded*)
- 1 tsp [1.8 g] Italian Seasoning
- 0.5 tbsp [7 g] Olive Oil
- 3 clove [9 g] Garlic (*Minced*)
- 2 cup [298 g] Cherry Tomatoes
- 0.5 cup [88.5 g] Great Northern Beans (*cooked/canned*) (*Drained and rinsed*)
- 1 tsp [1.8 g] Red Pepper Flakes
- 0.25 cup [59.25 g] Water
- 2 cup [40 g] Arugula (Rocket)

## DIRECTIONS

1. Preheat the oven to 350 degrees F (174 degrees C).
2. In a bowl, mix the ground chicken, half of the red pepper flakes, the first portion of minced garlic, and Parmesan cheese. Form the mixture into small balls (about 10).
3. Place the meatballs on a baking sheet and cook for about 15 minutes, or until the internal temperature reaches 165 degrees F (74 degrees C).
4. While the meatballs are cooking, heat olive oil in a pan over medium heat and add the remaining minced garlic. Cook for about 2 minutes.
5. Add the cherry tomatoes and cook for about 3 minutes.
6. Add the drained beans, water, and remaining red pepper flakes to the pan.
7. Bring to a boil, then cover and turn the heat down to low. Let simmer for 7-10 minutes.
8. Serve with arugula (rocket).

## NUTRITION INFO

Calories : 438.25

Fat : 20.79 g

Carbs : 17.88 g

Protein : 46.91 g

Fiber : 5.4 g

# Chicken Waldorf Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.5 tsp [0.5 g] Dill (Dried)
- 2 tbsp [14 g] Chopped Walnuts
- 1 tsp [4.79 g] Apple Cider Vinegar
- 2 apple Apples
- 1 dash [0.4 g] Salt
- 0.5 avocado [68 g] Avocado
- 2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread
- 4 cup [960 ml] Chicken Broth

## DIRECTIONS

1. Boil the chicken breast in chicken broth until the internal temperature reaches 165 degrees F (74 degrees C), or cook the chicken in a slow cooker. Once cooked through, shred the chicken using two forks.
2. Wash and dice one apple.
3. Once the chicken has cooled, add mayonnaise, dill, chopped walnuts, apple cider vinegar, diced apple, and salt. Mix well.
4. Mash the avocado and spread it over slices of sourdough bread. Top each slice with the chicken salad mixture for an open-faced sandwich. Enjoy with a side of sliced apple.

## NUTRITION INFO

Calories : 488.25

Fat : 19.19 g

Carbs : 42.12 g

Protein : 39.9 g

Fiber : 8.25 g



A top-down view of a light blue ceramic bowl filled with a meal. The meal consists of shredded light-colored chicken, white rice, sliced green onions, and several bright green snap peas. The bowl is set against a dark, speckled background.

# Make Ahead Meals Dinner

FINISH STRONG



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# Healthy Chicken Katsu



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 3 tbsp [45 g] White Miso
- 3 head [255 g] Baby Bok Choy (*trim bottom*)
- 16 oz [448 g] Skinless Chicken Breast
- 1 cup [240 ml] Organic Chicken Bone Broth
- 1 piece [70 g] Ramen Noodles ( brown ride and milt)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp [9 g] Sesame Seeds
- 0.25 cup [28 g] Almond Flour
- 1 tbsp [5 g] Red Pepper Flakes
- 1 small [43 g] Shallot (*chopped*)
- 1 slices [11 g] Ginger
- 3 clove [9 g] Garlic
- 1 cup [237 g] Water
- 1 tbsp [14 g] Avocado Oil

## DIRECTIONS

1. Season the chicken with salt, pepper, and sesame seeds, then pound or tenderize the chicken into thin pieces.
2. Coat the chicken with almond flour.
3. Heat half of the avocado oil in a pan over medium-high heat.
4. Add the chicken and cook for about 7 minutes on each side. Set aside to cool.
5. While the chicken is cooking, heat the remaining avocado oil in a large pot over medium heat. Add the shallot, garlic, and ginger, and cook for about 3 minutes until fragrant.
6. Add chicken bone broth, red pepper flakes, white miso, and water to the pot. Increase the heat to high.
7. Bring the liquid to a boil, then add the bok choy and ramen noodles. Decrease the heat to low and let simmer for 15-20 minutes.
8. Slice the cooled chicken into pieces.
9. Divide the ramen and broth into 4 serving bowls (or containers for leftovers) and top with the sliced chicken. If saving portions for leftovers, wrap the chicken separately in aluminum foil to easily reheat in the oven and keep it crispy.

## NUTRITION INFO

Calories : 337.1

Fat : 10.13 g

Carbs : 22.92 g

Protein : 34.71 g

Fiber : 5.23 g

# Sheet Pan Chicken and Vegetables



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 2 cup [220 g] Green String Beans (*Ends trimmed off*)
- 1 cup [149 g] Baby Carrots (*Cut into fourths*)
- 1 large [369 g] Russet Potatoes (*Peeled and sliced into 1/2 inch strips*)
- 1 tsp [6 g] Salt
- 1 tsp [2.1 g] Black Pepper
- 2 tbsp [28 g] Olive Oil
- 1 tsp [4 g] Za'atar Seasoning
- 1 tbsp [7.5 g] Chili Powder
- 0.5 tsp [1.4 g] Garlic Powder

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a bowl, toss the green string beans, baby carrots, and russet potatoes with half of the salt, half of the black pepper, half of the olive oil, and the za'atar seasoning.
3. Spread the vegetable mix on a sheet pan and bake for 10 minutes.
4. Meanwhile, season the chicken breasts with chili powder, garlic powder, and the remaining salt and black pepper.
5. Sauté the chicken breasts in a large skillet with the remaining olive oil until both sides are browned. The chicken will not be fully cooked at this stage.
6. Increase the temperature of the oven to 400 degrees F (205 degrees C).
7. Remove the vegetable sheet pan from the oven and move all the vegetables to one side. Add the browned chicken breasts to the other side of the sheet pan.
8. Bake vegetables and chicken until the chicken reaches an internal temperature of 165 degrees F (74 degrees C).

## NUTRITION INFO

Calories : 473.25

Fat : 16.65 g

Carbs : 50.92 g

Protein : 33.64 g

Fiber : 10.68 g

# Crispy Sesame Tofu with Stir Fried Vegetables



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 8 oz [224 g] Firm Tofu
- 2 tbsp [18 g] Arrowroot Starch
- 2 tbsp [28 g] Olive Oil
- 2 cup chopped [182 g] Broccoli
- 0.5 cup [74.5 g] Baby Carrots
- 1 cup [170 g] Edamame (Shelled)
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp [0.9 g] Red Pepper Flakes
- 0.5 tbsp [4.5 g] Sesame Seeds
- 1 tbsp [18 g] Soy Sauce (Tamari)
- 1 tbsp [14 g] Rice Vinegar
- 1.5 tsp [10.65 g] Honey
- 0.5 tbsp [6.8 g] Sesame Oil
- 0.25 cup [59.25 g] Water

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a small bowl, combine the sesame seeds, soy sauce, rice vinegar, honey, sesame oil, garlic powder, and red pepper flakes. Divide the mixture evenly into two bowls and set aside.
3. Cut the tofu into one-inch thick slices.
4. Dip each side of the tofu slices in arrowroot starch, gently shaking off any excess.
5. Pan-fry the tofu in olive oil over medium heat until crispy on both sides. Note that the tofu will continue to release water while it cooks.
6. Once crispy, place the tofu on a baking sheet. Spread half of the sesame sauce evenly across each slice and bake for 10 minutes.
7. In a wok, add water, broccoli, edamame, and the remaining sesame sauce. Stir-fry over medium heat until the water evaporates.

## NUTRITION INFO

Calories : 462.7

Fat : 27.69 g

Carbs : 36.71 g

Protein : 22.07 g

Fiber : 8.93 g



# Puerto Rican Style Chicken Fricassee



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 12 oz [339 g] Boneless Skinless Chicken Thighs (raw) (*Fat trimmed off*)
- 3 tsp [12 g] Lite Adobo All Purpose Seasoning
- 1.5 tsp [7 g] Avocado Oil
- 0.25 cup [60 g] Puerto Rican Seasoning Sofrito
- 1 cup, chopped [126 g] Red Onions
- 1 tbsp, minced [8.5 g] Garlic
- 8 oz [226.8 g] Red Table Wine (*Use your favorite red wine*)
- 1 cup [240 ml] Chicken Broth (*Unsalted* )
- 1 cup [245 g] Tomato Sauce (no sugar added)
- 1 package (10 oz) [284 g] Mixed Vegetables (Frozen)
- 1 oz [28.35 g] Green Olives (*Chopped* )
- 0.5 tbsp [9 g] Salt
- 1 cup [185 g] White Rice (Uncooked)

## DIRECTIONS

1. Cook white rice according to package instructions. Serve fricassee over rice.
2. Season chicken thighs with adobo on both sides.
3. In a large and deep saucepan, pan-fry seasoned chicken breasts in avocado oil over medium heat until brown. The chicken will not be fully cooked. Once browned, remove the chicken from the pan and set aside.
4. Add sofrito, red onion, and garlic to the sauce pan. Cook down until lightly brown. Stir frequently to avoid burning the garlic.
5. Add red wine to the saucepan to deglaze. Scrape the bottom of the pan as you mix.
6. Add tomato sauce and chicken thighs back to the sauce pan.
7. If the red wine does not fully cover the chicken thighs, add enough chicken stock to the pan to lightly cover them.
8. Bring the fricassee to a boil and simmer until the chicken is tender; it should almost be falling apart.
9. Add mixed vegetables, olives, and salt to the fricassee. Simmer for an additional 10 minutes.

## NUTRITION INFO

Calories : 478.88

Fat : 11.99 g

Carbs : 55.06 g

Protein : 25.15 g

Fiber : 5.16 g

# Beef Birria



SERVINGS: 4

PREP TIME: 45 MINUTES

COOKING TIME: 180 MINUTES

## INGREDIENTS

- 2 lb [907.2 g] Beef Eye Of Round (Trimmed to 1/8" Fat)
- 2 cup (8 fl oz) [482 g] Beef Stock (*Unsalted* )
- 1 tbsp [18 g] Salt
- 3 1 pepper [13.5 g] Dried Guajillo Peppers (El Rey) (*Stem and seeds removed*)
- 2 pepper [34 g] Dried Ancho Pepper (*Stem and seeds removed*)
- 0.5 onion [55 g] Yellow Onions (*Peeled and cut into two large halves* )
- 1 medium [61 g] Carrot (*Cut in half*)
- 4 head [120 g] Garlic (*Peeled* )
- 0.5 tsp [1.05 g] Cumin
- 0.5 tbsp [3.75 g] Chili Powder
- 0.5 tsp [1.05 g] Black Pepper
- 2 1 medium [296 g] Tomatoes (Roma)
- 0.5 cup [8 g] Cilantro (Coriander) (*Leave whole, about half a bunch of cilantro* )
- 8 small tortilla [120 g] Corn Tortilla
- 1 tsp [4.7 g] Lemon Juice

## DIRECTIONS

1. Trim as much fat off the beef eye of round as possible and discard the trimmed fat.
2. Cut the beef into two-inch cubes and add them to a large, deep saucepan.
3. Add beef stock, half of the salt, and enough water to cover the beef by half an inch. Bring to a rolling boil over high heat. Once boiling, lower the heat to medium-high and let it boil for 45 minutes.
4. Using a slotted spoon, skim off and discard any fat and impurities that have risen to the surface during boiling.
5. Add guajillo peppers, ancho peppers, onion, carrot, garlic, cumin, chili powder, black pepper, and the remaining salt to the saucepan with the beef. Boil on medium heat for 1 hour.
6. Remove the guajillo peppers, ancho peppers, onion, carrot, garlic, and one cup of consommé (the broth the beef has been cooking in) from the saucepan and add them to a blender, along with the tomatoes and cilantro. Blend until smooth, then return the mixture to the saucepan.

7. Remove the beef from the saucepan and shred it using a fork. Add the shredded beef back into the saucepan with the consommé. Cook on low heat for 1 hour.
8. Serve with a splash of fresh lemon juice and corn tortillas.

#### NUTRITION INFO

Calories : 572.63

Fat : 21.14 g

Carbs : 36.32 g

Protein : 55.67 g

Fiber : 4.87 g

# Korean Turkey Bowls



SERVINGS: 4

PREP TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 1 cup [185 g] White Rice (Uncooked)
- 2 cups [113.4 g] Shredded Green & Red Cabbage with Carrots
- 0.25 cup [56 g] Coconut Aminos
- 2 tbsp [42 g] Honey
- 0.5 tsp [2.5 g] Sriracha Sauce
- 1 dash [0.4 g] Salt

## DIRECTIONS

1. In a pot, add the rice, two cups of water and a dash of salt. Bring to a boil then simmer until the rice is cooked throughout (about 15-20 minutes).
2. While the rice is cooking, brown the ground turkey in a pan. Once the meat is cooked throughout, add the soy sauce, honey and siracha. Simmer in the pan for about 10 minutes on medium heat until the liquid has thickened.
3. Serve the meat over the rice with a handful of the shredded cabbage mix.

## NUTRITION INFO

Calories : 393.13

Fat : 8.3 g

Carbs : 53.27 g

Protein : 25.66 g

Fiber : 1.38 g



# Teriyaki Chicken Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 180 MINUTES

## INGREDIENTS

- 12 oz [336 g] Skinless Chicken Breast
- 2 tbsp [28 g] Soy Sauce
- 1 cup [240 ml] Chicken Broth
- 0.5 tsp [0.9 g] Ginger (Ground)
- 1 tsp [2.8 g] Garlic Powder
- 1 tbsp [21 g] Honey
- 0.5 tbsp [7 g] Avocado Oil
- 3 cup [300 g] Riced Cauliflower
- 2 cup [170 g] Whole Pod Edamame  
(Cooked)
- 1 tbsp [9 g] Sesame Seeds
- 2 stalk [30 g] Green Onions (Chopped)

## DIRECTIONS

1. In a crockpot, add the chicken, soy sauce, chicken broth, ground ginger, garlic powder, and honey. Cook on LOW for 5 hours or HIGH for 3 hours.
2. When the chicken is cooked through, shred it using two forks.
3. In a medium skillet, heat avocado oil over medium heat. Add the riced cauliflower and cook until it reaches the desired texture.
4. Serve the shredded teriyaki chicken over the cooked cauliflower rice, along with edamame. Top with sesame seeds and chopped green onion.

## NUTRITION INFO

Calories : 425.5

Fat : 12.71 g

Carbs : 27.31 g

Protein : 54.92 g

Fiber : 8.33 g

# Hearty Lentil Casserole



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 50 MINUTES

## INGREDIENTS

- 1 cup [200 g] Brown Lentils
- 3 cup [720 ml] Organic Chicken Bone Broth
- 2 tbsp [25.6 g] Clarified Butter Ghee
- 1 onion [110 g] Yellow Onions (*Very thinly sliced*)
- 2 clove [6 g] Garlic (*Minced or pressed*)
- 1 dash [0.4 g] Salt (*To taste*)
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 3 cup, pieces or slices [210 g] Mushrooms
- 3 tbsp [22.5 g] Slivered Almonds
- 5 cup [150 g] Baby Spinach
- 0.75 cup [184.5 g] Ricotta Cheese
- 1 oz [28.35 g] Parmesan Cheese (Shredded)

## DIRECTIONS

1. Add the lentils and broth to a pot and bring to a boil. Reduce the heat and simmer for 20-25 minutes, or until the lentils are soft.
2. Meanwhile, heat the ghee in a large skillet over medium heat. Add the thinly sliced onion, garlic, salt, and thyme. Sauté for approximately 10-15 minutes, or until the onions begin to brown.
3. Add the mushrooms and slivered almonds to the skillet with the onions and cook for an additional 10 minutes, stirring occasionally.
4. Turn off the heat and add the baby spinach, folding it into the onion mixture until the spinach is wilted.
5. Preheat the oven to 375 degrees F (190 degrees C).
6. In a medium casserole dish, add the lentils along with any remaining broth. Layer the onion mixture over the lentils. Top with ricotta cheese and Parmesan.
7. Bake the lentil casserole for 15-20 minutes. Allow it to cool for 10 minutes before serving.

## NUTRITION INFO

Calories : 430.75

Fat : 17.25 g

Carbs : 40.02 g

Protein : 30.91 g

Fiber : 16.01 g

# Veggie and Turkey Chili



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 300 MINUTES

## INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 1 medium [114 g] Orange Bell Pepper
- 1 medium [114 g] Yellow Bell Pepper
- 15 oz [425.25 g] Kidney Beans (Canned)
- 15 oz [428.55 g] Black Beans (Canned)
- 1 tbsp [7.5 g] Chili Powder
- 15 oz [425.25 g] Crushed Tomatoes (Canned)
- 0.25 cup [62.5 g] Barbecue Sauce
- 1 cup [240 ml] Beef Broth
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. In a pan, brown the ground turkey until cooked. Add the chili powder and stir.
2. While the meat cooks, dice the bell peppers.
3. Drain and rinse the canned black and kidney beans.
4. To the crockpot, add the cooked ground turkey, bell peppers, beans, crushed tomatoes, BBQ sauce, beef broth and a dash of salt/pepper. Stir and cook in the crockpot on low for 8 hours or high for 4 hours.

## NUTRITION INFO

Calories : 418.5

Fat : 10.07 g

Carbs : 48.26 g

Protein : 38.01 g

Fiber : 15.91 g

# Slow Cooker Butter Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 210 MINUTES

## INGREDIENTS

- 14 oz [395.5 g] Boneless Skinless Chicken Thighs (raw)
- 2 tbsp [25.6 g] Clarified Butter Ghee
- 1 tbsp [5 g] Garam Masala Seasoning
- 6 cup [1440 ml] Chicken Broth
- 1 tbsp, minced [8.5 g] Garlic
- 1.5 tsp [3 g] Ginger (*Grated*)
- 0.5 tsp [3 g] Salt
- 1 onion [110 g] Yellow Onions (*Peeled and sliced thin*)
- 2 cup [113.4 g] Shredded Red Cabbage

## DIRECTIONS

1. Trim excess fat from the chicken thighs.
2. Add chicken thighs, ghee, garam masala, chicken broth, minced garlic, grated ginger, salt, and sliced onions to a slow cooker.
3. Cook chicken on LOW for 5-6 hours or HIGH for 3.5 hours.
4. Serve chicken warm over shredded cabbage.

## NUTRITION INFO

Calories : 424

Fat : 21 g

Carbs : 14.32 g

Protein : 43.92 g

Fiber : 5 g