



Simple Balanced Diet

Hi,

Welcome to your Simple Balanced Diet meal plan!

This is an easy balanced eating plan for both beginners and seasoned cooks looking to simplify their routine and increase their intake of healthy foods.

Eating a balanced diet and planning simple meals and snacks can help you reach your health goals.

This program helps teach balanced diet basics with a variety of delicious meals and easy-to-follow recipes. The plan is rich in whole grains, fruits, vegetables, lean proteins, and healthy fats. It limits sodium and added sugars. The meals included in this program support bone health and the immune system while also providing adequate iron intake.

Contents

- Evidence-based meal plan
- Premium recipes
- Complete prep guide
- Smart grocery list

This program was created with the following key considerations:

Macronutrients

An ideal diet meets food group needs with nutrient-dense options and comprises over 40% carbohydrates, 10% to 30% protein, and under 40% fat. This plan contains a variety of fresh fruits and vegetables, high-fibre whole grains and legumes, low-fat dairy, healthy fats, and lean proteins to provide adequate nutrition and fuel throughout the day.

Bone Building Nutrients

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance, influences bone-building cells, and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like fortified milk beverages, Greek yoghurt, and chia seeds. Magnesium is incorporated from food sources like chickpeas and leafy greens.

Iron

Iron is an important mineral that helps produce red blood cells and transport oxygen throughout the body. Nutritional iron deficiency is common worldwide and can be prevented by including daily iron-rich foods. This meal plan provides iron sources like poultry, ground beef, and spinach.

Immune Support

Zinc and selenium are essential minerals critical for immune function. Zinc can be found in this plan from whole grains, legumes, nut butter, seeds, and meat. The plan provides over 80 mcg of selenium daily by incorporating eggs, beef, oats, and bananas. Vitamin C is an antioxidant that can help your body absorb more iron from iron-rich foods and prevent you from getting sick. This plan provides vitamin C from whole food sources like strawberries, broccoli, and bell pepper.

Meal Planning Prep

On the next pages, you will find the customised plan I have created, along with an itemised grocery list, prep guide to follow so you don't have to think about what to do next and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

I hope you enjoy your Simple Balanced Diet meal plan!

Need help getting started with living a nutritionally balanced life? You can always find me at [Nutritional Balanced Collaroy](#). Let's work together to figure out a way to maintain a healthy lifestyle that works for you.

Balancing lifestyle with nutrition for a happier, healthier life!
















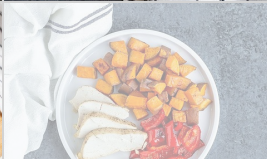


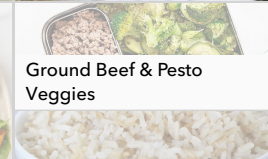





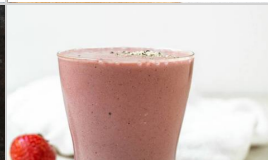
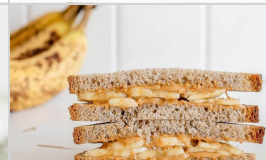





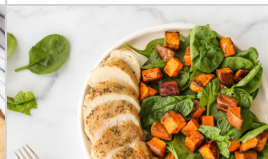
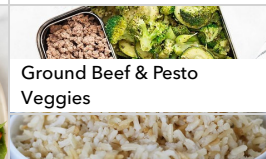
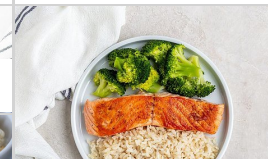

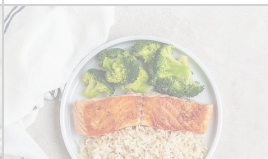
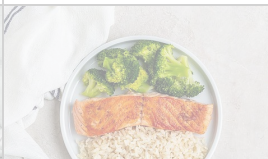
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Disclaimer:

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of Nutritional Balance's services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Strawberry Chocolate Overnight Oats	 Strawberry Chocolate Overnight Oats	 Chickpea Shakshuka	 Chickpea Shakshuka	 Chickpea Shakshuka	 Banana & Nut Chia Oats	 Banana & Nut Chia Oats	
Snack 1	 Apple with Peanut Butter	 Almond Milk & Banana	 Yogurt with Granola & Banana	 Strawberry Banana Smoothie	 Peanut Butter Banana Oat Smoothie	 Granola, Yogurt & Berry Snack Box	 Peanut Butter Banana Oat Smoothie	
Lunch	 Turmeric Chickpea Sandwich	 Chicken with Sweet Potato & Peppers	 Turmeric Chickpea Sandwich	 Roasted Chicken & Sweet Potato With Spinach	 Ground Beef & Pesto Veggies	 Brown Rice	 Salmon with Rice & Broccoli	 Smashed Chickpea Spinach Salad
Snack 2	 Almond Milk & Banana	 Apple with Peanut Butter	 Strawberry Banana Smoothie	 Peanut Butter & Banana Sandwich	 Greek Yogurt & Strawberries	 Peanut Butter & Banana Sandwich	 Granola, Yogurt & Berry Snack Box	
Dinner	 Chicken with Sweet Potato & Peppers	 Turmeric Chickpea Sandwich	 Roasted Chicken & Sweet Potato With Spinach	 Ground Beef & Pesto Veggies	 Brown Rice	 Salmon with Rice & Broccoli	 Smashed Chickpea Spinach Salad	 Salmon with Rice & Broccoli

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  35%	Fat  29%	Fat  33%	Fat  35%	Fat  35%	Fat  36%
Carbs  48%	Carbs  48%	Carbs  48%	Carbs  43%	Carbs  41%	Carbs  43%	Carbs  43%
Protein  17%	Protein  17%	Protein  23%	Protein  24%	Protein  24%	Protein  22%	Protein  21%
Calories 1715	Calories 1715	Calories 1904	Calories 1833	Calories 1881	Calories 1911	Calories 1836
Fat 69g	Fat 69g	Fat 63g	Fat 69g	Fat 75g	Fat 77g	Fat 77g
Saturated 9g	Saturated 9g	Saturated 11g	Saturated 17g	Saturated 19g	Saturated 14g	Saturated 14g
Trans 0g	Trans 0g	Trans 0g	Trans 1g	Trans 1g	Trans 0g	Trans 0g
Polyunsaturated 13g	Polyunsaturated 13g	Polyunsaturated 15g	Polyunsaturated 16g	Polyunsaturated 14g	Polyunsaturated 21g	Polyunsaturated 20g
Monounsaturated 22g	Monounsaturated 22g	Monounsaturated 11g	Monounsaturated 27g	Monounsaturated 32g	Monounsaturated 35g	Monounsaturated 36g
Carbs 213g	Carbs 213g	Carbs 231g	Carbs 201g	Carbs 197g	Carbs 210g	Carbs 202g
Fiber 39g	Fiber 39g	Fiber 46g	Fiber 38g	Fiber 31g	Fiber 38g	Fiber 36g
Sugar 74g	Sugar 74g	Sugar 68g	Sugar 49g	Sugar 42g	Sugar 59g	Sugar 61g
Protein 77g	Protein 77g	Protein 114g	Protein 109g	Protein 112g	Protein 106g	Protein 99g

Fruits

- 2 Apple
- 8 Banana
- 1 Lemon
- 5 1/2 cups Strawberries

Breakfast

- 3/4 cup All Natural Peanut Butter
- 1 1/2 cups Granola
- 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1 tsp Garlic Powder
- 1 tbsp Harissa
- 2 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Vegetables

- 10 cups Baby Spinach
- 5 cups Broccoli
- 1 Garlic
- 1/2 cup Microgreens
- 1 Red Bell Pepper
- 2 Sweet Potato
- 1 tsp Thyme
- 1 Tomato
- 1 Zucchini

Boxed & Canned

- 1 1/4 cups Brown Rice
- 6 1/2 cups Chickpeas
- 3/4 cup Tomato Purée

Baking

- 2 tbsps Cocoa Powder
- 2 cups Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 567 grams Chicken Breast
- 227 grams Lean Ground Beef
- 510 grams Salmon Fillet
- 10 slices Whole Grain Bread

Condiments & Oils

- 3 3/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Pesto
- 1/3 cup Vegan Mayonnaise

Cold

- 3 Egg
- 3 1/2 cups Plain Greek Yogurt
- 7 cups Unsweetened Almond Milk

Other

- 1 cup Water



Strawberry Chocolate Overnight Oats

2 servings

3 hours 5 minutes

Ingredients

- 1 cup Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Cocoa Powder
- 1 cup Strawberries (sliced or chopped)
- 1/2 cup Granola (optional)

Nutrition

Amount per serving	
Calories	404
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	66g
Fiber	11g
Sugar	22g
Protein	12g

Directions

- 1 Combine the oats, milk, maple syrup, and cocoa powder in a bowl. Stir well. Cover and refrigerate for at least three hours or overnight.
- 2 To serve, divide the oats between bowls or jars and top with the strawberries and granola (if using). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Top with strawberries and granola just before serving.

Serving Size: One serving is approximately equal to 3/4 cup of the oats.

Nut-Free: Use a nut-free milk, like coconut milk or cow's milk.

More Flavor: Add cinnamon, vanilla, or a pinch of salt.

No Strawberries: Use another berry or banana slices instead.



Chickpea Shakshuka

3 servings

15 minutes

Ingredients

- 3 cups Chickpeas (cooked)
- 3/4 cup Tomato Purée
- 1 tbsp Harissa
- 1 1/2 cups Baby Spinach
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	368
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	51g
Fiber	14g
Sugar	11g
Protein	22g

Directions

- 1 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 2 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 3 Season with salt and pepper and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add onion and bell pepper.

Additional Toppings: Add feta cheese and fresh herbs.



Banana & Nut Chia Oats

2 servings

8 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 2 tbsps Oats (rolled)
- 2 tbsps Chia Seeds
- 2 tps All Natural Peanut Butter
- 2 tps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	289
Fat	11g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	34g
Fiber	7g
Sugar	15g
Protein	16g

Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana. Serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days.

Nut-Free: Use a nut-free milk such as oat or soy.

More Flavor: Add a pinch of cinnamon.

No Banana: Use mixed berries instead of banana.

Make it Vegan: Use a vegan yogurt.

Consistency: For a thicker consistency, add more chia seeds.



Apple with Peanut Butter

1 serving

3 minutes

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	287
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Almond Milk & Banana

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 Banana

Nutrition

Amount per serving	
Calories	134
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	28g
Fiber	4g
Sugar	14g
Protein	2g

Directions

- 1 Serve the almond milk with the banana. Enjoy!



Yogurt with Granola & Banana

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 Banana (sliced)
- 1/3 cup Granola

Nutrition

Amount per serving	
Calories	485
Fat	15g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	61g
Fiber	7g
Sugar	28g
Protein	29g

Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

Notes

More Flavor: Add maple syrup or vanilla.

Additional Toppings: Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

Gluten-Free: Use gluten-free granola.

Dairy-Free: Use a dairy-free yogurt alternative.



Strawberry Banana Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Strawberries
- 1/2 Banana
- 2 tbsps Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	221
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	7g

Directions

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

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a sealed mason jar up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre: Add ground flax seeds.



Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	389
Fat	20g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g

Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Granola, Yogurt & Berry Snack Box

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 cup Strawberries (sliced)
- 1/3 cup Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Turmeric Chickpea Sandwich

1 serving

10 minutes

Ingredients

- 2/3 cup Chickpeas (cooked)
- 2 tbsps Vegan Mayonnaise
- 1/8 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 slices Whole Grain Bread
- 1/2 cup Baby Spinach
- 1/3 Tomato (medium, sliced)

Nutrition

Amount per serving	
Calories	589
Fat	26g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	1g
Carbs	70g
Fiber	15g
Sugar	11g
Protein	22g

Directions

- 1 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 2 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Gluten-Free: Use gluten-free bread instead.

More Flavor: Add onion powder and minced garlic. Toast the bread.

Additional Toppings: Add cucumber, sliced green onions, diced celery, or red onion.

Save Time: Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.



Peanut Butter & Banana Sandwich

1 serving

5 minutes

Ingredients

2 tbsps All Natural Peanut Butter
2 slices Whole Grain Bread
1/2 Banana (sliced into rounds)

Nutrition

Amount per serving	
Calories	464
Fat	20g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	9g
Carbs	56g
Fiber	9g
Sugar	16g
Protein	19g

Directions

- 1 Spread the peanut 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.

More Flavor: Add a dash of cinnamon or drizzle of honey.

Gluten-Free: Use gluten-free bread.

Nut-Free: Use sunflower seed butter.



Greek Yogurt & Strawberries

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

1/2 cup Strawberries

Nutrition

Amount per serving	
Calories	113
Fat	3g
Saturated	2g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	12g
Fiber	1g
Sugar	7g
Protein	11g

Directions

- 1 Add the yogurt to a bowl and top with strawberries. Enjoy!

Notes

Leftovers: Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

Make it Vegan: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add maple syrup or honey.

Additional Toppings: Top with coconut flakes, granola, nuts, and seeds.



Chicken with Sweet Potato & Peppers

2 servings

35 minutes

Ingredients

- 283 grams Chicken Breast
- 1 Sweet Potato (large, cut into small cubes)
- 1 Red Bell Pepper (large, chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	301
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	17g
Fiber	3g
Sugar	5g
Protein	33g

Directions

- 1 Preheat oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Place the chicken, sweet potato cubes, and bell pepper on the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Toss the sweet potatoes and bell pepper to evenly coat in the seasoning.
- 3 Bake for about 30 minutes, stirring the potatoes and peppers halfway, or until the chicken is cooked through and vegetables are tender. Allow the chicken to rest for five to 10 minutes before slicing.
- 4 To serve, season with additional salt and pepper if needed then divide between plates. Enjoy!

Notes

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

More Flavor: Add other dried herbs and spices to taste.

No Bell Pepper: Use green beans, zucchini, broccoli, or cauliflower florets.

No Chicken Breast: Use chicken thighs instead.



Roasted Chicken & Sweet Potato With Spinach

2 servings

25 minutes

Ingredients

- 1 Sweet Potato (medium, cut into cubes)
- 283 grams Chicken Breast (skinless, boneless)
- 1 tsp Thyme (fresh)
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	241
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	16g
Fiber	3g
Sugar	3g
Protein	34g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, garlic powder, salt, and pepper. Bake for 18 to 20 minutes or until the chicken is cooked through and the sweet potatoes are golden.
- 3 Divide the spinach between plates. Top with the sweet potatoes and chicken. Enjoy!

Notes

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

More Flavor: Add za'atar and/or paprika to the chicken.

Additional Toppings: Add roasted bell pepper, zucchini, and/or your choice of dressing.

No Fresh Thyme: Use dried thyme or rosemary instead.



Ground Beef & Pesto Veggies

2 servings

20 minutes

Ingredients

- 227 grams Lean Ground Beef
- Sea Salt & Black Pepper
- 1 Zucchini (medium, sliced)
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Pesto

Nutrition

Amount per serving	
Calories	369
Fat	26g
Saturated	9g
Trans	1g
Polyunsaturated	1g
Monounsaturated	12g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	24g

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Set aside.
- 2 In the same pan over medium heat, add the zucchini slices, broccoli florets, and pesto. Cook until tender, about five to eight minutes.
- 3 Divide the beef, zucchini, and broccoli into containers. Enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of ground beef, one cup of broccoli, and one cup of zucchini.

More Flavor: Add your choice of herbs and spices.

Additional Toppings: Top with cheese, green onion, yogurt, or salsa.

Make it Vegan: Use crumbled tofu or tempeh instead of ground beef.



Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

Nutrition

Amount per serving	
Calories	170
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g

Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Salmon with Rice & Broccoli

3 servings

30 minutes

Ingredients

- 3/4 cup Brown Rice (dry)
- 510 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 1/4 tsps Extra Virgin Olive Oil
- 3 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	472
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	40g

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 3 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 4 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

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

More Flavor: Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

No Brown Rice: Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

No Broccoli: Use green beans, cauliflower, or carrots instead.

No Salmon: Use trout, cod, or halibut instead.



Smashed Chickpea Spinach Salad

2 servings

15 minutes

Ingredients

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lemon (large, juiced, divided)
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 4 cups Baby Spinach
- 1/2 cup Microgreens

Nutrition

Amount per serving	
Calories	351
Fat	17g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	40g
Fiber	11g
Sugar	8g
Protein	13g

Directions

- 1 In a bowl, add the chickpeas, half of the oil, half of the lemon juice, paprika, salt, and pepper. Mix to combine. With the back of a fork, lightly mash the chickpeas, leaving some whole.
- 2 Heat a pan over medium-low heat and add the chickpeas into the pan with the remaining liquid from the bowl. Stir in the minced garlic. Sauté for four to five minutes. Add a splash of water if needed.
- 3 To assemble, evenly divide the spinach, chickpeas, and microgreens into bowls. Drizzle the remaining oil and lemon juice on top. Season with salt and pepper. Enjoy!


Notes

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

More Flavor: Top with your favorite dressing. Sauté the spinach with the chickpeas.

Additional Toppings: Sliced avocado, feta cheese, fresh parsley, dill, cilantro.



PREP GUIDE: Simple Balanced Diet Meal Plan

Day	Task	Notes	
0 Sun	 <p>Grocery shop.</p>	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.	
	 <p>Divide the chicken breasts into two portions and freeze one portion. Freeze the ground beef and salmon fillets.</p>	This guide will remind you to thaw them later in the week.	
		Make Strawberry Chocolate Overnight Oats.	Divide between containers and store in the fridge for breakfast.
		Portion Apple with Peanut Butter.	Store in a container for a snack.
		Portion Almond Milk & Banana.	Store for a snack.
1 Mon	 <p>Make Turmeric Chickpea Sandwich for lunch.</p>	Pack in a container for lunch.	
		Pack your meals if you are on-the-go.	Strawberry Chocolate Overnight Oats, Apple with Peanut Butter, Turmeric Chickpea Sandwich, Almond Milk & Banana.

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		Make Chicken with Sweet Potato & Peppers for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Almond Milk & Banana.	Store for a snack.
		Portion Apple with Peanut Butter.	Store in a container for a snack.
2 Tue		Pack your meals if you are on-the-go.	Strawberry Chocolate Overnight Oats, Almond Milk & Banana, Chicken with Sweet Potato & Peppers, Apple with Peanut Butter.
			Make Turmeric Chickpea Sandwich for dinner.
		Portion Yogurt with Granola & Banana.	Store in the fridge for a snack tomorrow.
		Take chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Chickpea Shakshuka.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Make Strawberry Banana Smoothie.	Pour into a portable cup for a snack.




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		Make Turmeric Chickpea Sandwich.	Pack in a container for lunch.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Yogurt with Granola & Banana, Turmeric Chickpea Sandwich, Strawberry Banana Smoothie.
		Make Roasted Chicken & Sweet Potato with Spinach for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu		Make Strawberry Banana Smoothie.	Pour into a portable cup for a snack.
		Make Peanut Butter & Banana Sandwich.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Strawberry Banana Smoothie, Roasted Chicken & Sweet Potato with Spinach, Peanut Butter & Banana Sandwich.
		Make Ground Beef & Pesto Veggie with Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

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		Portion out Greek Yogurt & Strawberries.	Store in a container for a snack tomorrow.
		Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Peanut Butter Banana Oat Smoothie, Ground Beef & Pesto Veggie with Brown Rice, Greek Yogurt & Strawberries.
		Make Salmon with Rice & Broccoli for dinner.	Enjoy and store leftovers in the fridge.
		Make Banana & Nut Chia Oats.	Divide between containers and store in the fridge for breakfast.
		Portion out Granola, Yogurt & Berry Snack Box.	Store in a container for a snack tomorrow.
6 Sat		Make Peanut Butter & Banana Sandwich.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Granola, Yogurt & Berry Snack Box, Salmon with Rice & Broccoli, Peanut Butter & Banana Sandwich.

PREP GUIDE: Simple Balanced Diet Meal Plan

		Make Smashed Chickpea Spinach Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion out Granola, Yogurt & Berry Snack Box.	Store in a container for a snack tomorrow.
7 Sun		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Peanut Butter Banana Oat Smoothie, Smashed Chickpea Spinach Salad, Granola, Yogurt & Berry Snack Box.
		Shop and prep for next week.	
		Enjoy leftover Salmon with Rice & Broccoli for dinner.	Reheat in the microwave or in a pan.