

MEAL INSPIRATION

Feeling stuck in the kitchen? Not sure what to do with your leftover ingredients? Get inspiration below & remember to keep things simple: Focus on the assembly, not the recipe!

Breakfast



From Left to Right...

- Blueberry smoothie
- Quinoa flakes with almond butter, chia seeds, hemp seeds, and unsweetened shredded coconut
- Green smoothie



From Left to Right...

- Scrambled eggs with sweet potato hash
- Egg (over easy) with broccoli and shredded carrots
- Hard-boiled egg with brown rice and roasted sweet potato

Lunch & Dinner (Inspiration for Omnivores)



From Left to Right...

- Hamburger patty with steamed carrots and Brussels sprouts
- “Breaded” chicken tenders with steamed broccoli
- Turkey burger with roasted sweet potato and steamed broccoli



From Left to Right...

- Sliced hamburger with sautéed broccolini and cherry tomatoes
- Steak with sautéed Brussels sprouts and zucchini
- Roasted spaghetti squash with artichoke meat sauce

MEAL INSPIRATION



From Left to Right...

- Baked salmon with steamed asparagus and kale
- Baked salmon with steamed zucchini and salad
- Salmon (canned) in a romaine lettuce leaf wrap with roasted asparagus



From Left to Right...

- Greens with hard-boiled egg, smoked salmon, avocado, tomatoes, and cucumbers
- Greens with “breaded” chicken, avocado, tomatoes, and carrots
- Greens with quinoa, tomatoes, carrots, and hamburger patty

Lunch & Dinner (Inspiration for Vegetarians)



From Left to Right...

- Greens with carrots, cucumbers, avocado, hard-boiled eggs, and roasted pumpkin seeds
- Romaine lettuce with cucumber, carrots, and celery
- Romaine lettuce with soft-boiled egg, asparagus, roasted butternut squash, and tomatoes



From Left to Right...

- Veggie sushi
- Collard green wraps
- Spring rolls

MEAL INSPIRATION



From Left to Right...

- Quinoa with pinto beans and onions
- Romaine lettuce leaf wrap filled with chickpea "tuna" salad
- Quinoa with hardboiled eggs and roasted sweet potato

Snacks



From Left to Right...

- Hard-boiled egg with guacamole
- Rice cake with canned salmon and avocado
- Carrots with guacamole



From Left to Right...

- Cucumber with hummus
- Apple with almond butter and cinnamon
- Celery with almond butter

Veggies



From Left to Right...

- Roasted sweet potatoes
- Sweet potato mash
- Sweet potato fries



From Left to Right...

- Roasted Brussels sprouts
- Roasted asparagus
- Roasted Brussels sprouts and asparagus

MEAL INSPIRATION



From Left to Right...

- Mashed cauliflower
- Cauliflower "rice"
- Roasted cauliflower and broccoli



From Left to Right...

- Sautéed kale with onion, apple cider vinegar, and red pepper flakes
- Sautéed collard greens with coconut aminos, mushroom and sesame seeds
- Roasted spaghetti squash



From Left to Right...

- Roasted parsnips
- Braised butternut squash
- Sweet potato hash