



Simple Shrimp Fried Brown Rice and more ...

Nutrition Plan

CLIENT PROFILE	NAME Cassie Dimmick	DIETARY PREFERENCE Eats Most Things
	AVOIDANCES X PORK X LAMB	





Easily swap and explore more meal options, visit eatlove.is

Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



Scrambled Eggs & Toast



Hard-Boiled Eggs, AYB Oatmeal, Pumpkin Muffins,



Leftover: Hard-Boiled Egg, AYB Oatmeal, Pumpkin



Simple Huevos Rancheros



Egg White and Spinach Wrap



Scrambled Eggs & Toast



Egg White and Spinach Wrap



Curried Chicken Wrap with Baby Carrots, Veggies &



Thai Peanut Salad, Peas & Hummus



Leftover: Thai Peanut Salad, Peas & Hummus



PB&J Bento, Veggies & Hummus



Zesty Sweet Potato Chicken Salad Jar, Half Banana



Mexican Salmon Salad Jar, Strawberries



Leftover: Mexican Salmon Salad Jar, Strawberries



Fish with Rice, Sautéed Veggies & Salad, Honey



Grilled Rosemary Chicken Skewers, One-Skillet Veggie



No-Bean Chili, Caramelized Onions with Green Beans



Quick Chicken Club Salad



Simple Shrimp Fried Brown Rice, Steamed Broccoli



Zucchini & Pine Nut Tortellini



Leftover: Zucchini & Pine Nut Tortellini



Sunshine Smoothie Bowl



Blueberries, Sunflower Seeds & Greek Yogurt



Grapes, Sunflower Seeds & Greek Yogurt



Egg & Tomatoes



Basil Chia Cucumber Strawberry Cooler



Caprese Salad with Fennel



Fruit & Veggies with Dip



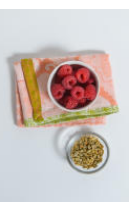
Grape Tomatoes



Raspberries



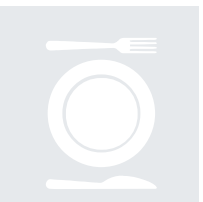
Strawberries



Raspberries & Sunflower



Blueberries





CASSIE'S CARE PLAN OVERVIEW

PHYSICAL ACTIVITY

SUPPLEMENTS

ADDITIONAL RECOMMENDATIONS

NUTRITIONAL OVERVIEW TOTAL 1915 – 2115kcal

Protein 72 – 132	Total Fat 64 – 94	Carbs 192 – 264
Fiber 25 MIN	Sodium 2300 MAX	Saturated Fat 24 MAX
Fruits 3 – 4	Vegetables 6 MIN	Added Sugar 25 MAX



 For more nutritional info, visit eatlove.is/nutrition





Grocery List

☐ 2% Milk

☐ Eggs

BAKING GOODS

☐ 1/8 pounds of Chia Seeds

☐ 1 container (8 oz) of Cocoa Powder

☐ 1 can (15 oz) of Pumpkin Puree

☐ 1 package (7-8 oz) of Unsweetened Coconut Flakes

BEVERAGES

☐ 2 bottles (12 fl oz) of Coconut Water

BREADS / CEREALS

☐ 1/4 pounds of Rolled Oats

☐ 1 loaf of Whole Grain Bread

☐ 1 loaf (24 oz) of Whole Wheat Bread

CANNED / JAR GOODS

☐ 1 can (15 oz) of Canned Black Beans

☐ 2 cans (15 oz) of Canned Garbanzo Beans (Chickpeas)

☐ 1 can (14-15 oz) of Fire Roasted Diced Tomatoes

☐ 1 can (14 fl oz) of Light Coconut Milk

☐ 1 jar (18 oz) of Peanut Butter

☐ 1 jar (8 oz) of Pesto

☐ 1 jar (8-10 oz) of Raspberry Jam

☐ 1 jar (8 oz) of Sun Dried Tomatoes

☐ 1 can (6 oz) of Tomato Paste

DAIRY

☐ 2 cartons (16 oz) of Egg Whites

☐ 1 dozen Eggs

☐ 1 package (16 oz) of Extra Firm Tofu

☐ 1 container (4 oz) of Feta Cheese

☐ 4 packages (9 oz) of Fresh Cheese Tortellini Pasta

☐ 1 package (8 oz) of Fresh Mozzarella Cheese

☐ 1 package (8 oz) of Low-Fat Cream Cheese

☐ 1 7/8 ounces of Parmesan Cheese

☐ 2 containers (6 oz) of Plain Low-Fat Greek Yogurt

☐ 2 containers (8 oz) of Plain Non-Fat Greek Yogurt





Grocery List

DELI

- | | |
|--|---|
| <input type="checkbox"/> 2 Cooked Rotisserie Chicken | <input type="checkbox"/> 1 container (10 oz) Hummus |
|--|---|

FROZEN FOODS

- | | |
|--|---|
| <input type="checkbox"/> 1 package (16 oz) of Frozen Pineapple | <input type="checkbox"/> 1 package (16 oz) of Frozen Strawberries  |
| <input type="checkbox"/> 1 package (12 oz) of Mixed Frozen Berries | |

INTERNATIONAL / ETHNIC

- | | |
|---|--|
| <input type="checkbox"/> 1 jar (16 oz) of Salsa Verde | <input type="checkbox"/> 1 package (8 ct) of Whole Wheat Tortillas |
|---|--|



MEATS / SEAFOOD

- | | |
|--|---|
| <input type="checkbox"/> 1 pound of Boneless Skinless Chicken Breast | <input type="checkbox"/> 1 pound of Cod |
| <input type="checkbox"/> 1 pound of Large Raw Shrimp (Peeled & Deveined) | <input type="checkbox"/> 3/4 pounds of Lean Ground Beef (85%) |
| <input type="checkbox"/> 3/8 pounds of Salmon | |

PASTA / RICE / BEANS

- | | |
|---|---|
| <input type="checkbox"/> 1/2 pounds of Brown Rice | <input type="checkbox"/> 1 package (16 oz) of Whole Wheat Penne |
|---|---|









PRODUCE

- | | |
|--|--|
| <input type="checkbox"/> 6 Avocados | <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots |
| <input type="checkbox"/> 1 Banana | <input type="checkbox"/> 1 pint of Blueberries |
| <input type="checkbox"/> 1 bunch of Broccoli | <input type="checkbox"/> 1 1/8 pounds of Brussels Sprouts |
| <input type="checkbox"/> 3 Carrots | <input type="checkbox"/> 1 bunch of Celery  |
| <input type="checkbox"/> 1 pint of Cherry Tomatoes  | <input type="checkbox"/> 1 Cucumber  |
| <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked) | <input type="checkbox"/> 1 bulb of Fennel |
| <input type="checkbox"/> 1 bunch of Fresh Basil | <input type="checkbox"/> 1 bunch of Fresh Cilantro |
| <input type="checkbox"/> 1 bunch (2 oz) of Fresh Parsley | <input type="checkbox"/> 3 packages (0.5-1 oz) of Fresh Rosemary |
| <input type="checkbox"/> 2 bulbs of Garlic | <input type="checkbox"/> 2 1/4 pounds of Green Beans |
| <input type="checkbox"/> 2 Green Bell Peppers  | |



Grocery List

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 2 heads of Green Leaf Lettuce | <input type="checkbox"/> 1 bunch of Green Onions (Scallions) |
| <input type="checkbox"/> 1 container (12 oz) of Guacamole | <input type="checkbox"/> 1 Lemon |
| <input type="checkbox"/> 2 Limes | <input type="checkbox"/> 4 Oranges |
| <input type="checkbox"/> 2 pints of Raspberries | <input type="checkbox"/> 1 5/8 pounds of Raw Spinach  |
| <input type="checkbox"/> 2 Red Apples  | <input type="checkbox"/> 8 Red Bell Peppers  |
| <input type="checkbox"/> 1 head of Red Cabbage | <input type="checkbox"/> 1 bunch of Red Grapes  |
| <input type="checkbox"/> 16 Roma Tomatoes | <input type="checkbox"/> 1 bag (3 ct) of Romaine Lettuce |
| <input type="checkbox"/> 2 Russet Potatoes  | <input type="checkbox"/> 2 Shallots |
| <input type="checkbox"/> 1 package (5 oz) of Spring Mix Lettuce  | <input type="checkbox"/> 3 pints of Strawberries  |
| <input type="checkbox"/> 3/4 pounds of Sugarsnap Peas  | <input type="checkbox"/> 2 Sweet Potatoes |
| <input type="checkbox"/> 5 Tomatoes | <input type="checkbox"/> 1 package (8 oz) of White Mushrooms |
| <input type="checkbox"/> 1 Yellow Bell Peppers  | <input type="checkbox"/> 5 Yellow Onions |
| <input type="checkbox"/> 10 Zucchini | |

SNACKS

- | | |
|---|--|
| <input type="checkbox"/> 1 package (4-5 oz) of Air-popped Popcorn | <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips |
| <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds | <input type="checkbox"/> 2 packages (2-3 oz) of Pine Nuts |
| <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas) | <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts |
| <input type="checkbox"/> 1/8 pounds of Sliced Almonds | <input type="checkbox"/> 1/8 pounds of Sunflower Seeds |

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 bottle (16 fl oz) of Apple Cider Vinegar | <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder |
| <input type="checkbox"/> 1 jar (2 oz) of Cumin | <input type="checkbox"/> 1 jar (2 oz) of Curry Powder |
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard | <input type="checkbox"/> 1 jar (0.1-1 oz) of Dried Basil |
| <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano | <input type="checkbox"/> 1 bottle (12 fl oz) of French Vinaigrette |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | |



EWG RECOMMENDS TO BUY ORGANIC



Grocery List

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (2 oz) of Ground Ginger | <input type="checkbox"/> 1 bottle (12 oz) of Honey |
| <input type="checkbox"/> 1 bottle (2 oz) of Hot Sauce | <input type="checkbox"/> 1 bottle of Lime Juice |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 jar (2-3 oz) of Onion Powder |
| <input type="checkbox"/> 1 bottle (12 fl oz) of Ranch Dressing | <input type="checkbox"/> 1 jar (1-2 oz) of Red Pepper Flakes |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil |
| <input type="checkbox"/> 1 jar (2-3 oz) of Whole Black Peppercorns | <input type="checkbox"/> 1 bottle (8 oz) of Yellow Mustard |



A DAY IN THE LIFE OF CASSIE



RISE AND SHINE!

Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.



BREAKFAST

Scrambled Eggs & Toast

MINDFULNESS

Take a moment to acknowledge something you're grateful and set a positive tone for the day.

WATER

REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY, MORE IF YOU EXERCISE.

MAKE IT YOUR OWN

Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.



LUNCH

Curried Chicken Wrap with Baby Carrots, Veggies & Hummus

SNACK

EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.



GET MOVING

EXERCISE

Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.



TIME FOR BED

Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

CONNECTION

Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.



DINNER

Fish with Rice, Sauteed Veggies & Salad, Honey Roasted Brussels Sprouts

MEAL PREP



To see your meal plan and grocery list, visit eatlove.is



Scrambled Eggs & Toast

BY INDIAN SIMMER

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 eggs	1 pinch black pepper, to taste
1 dash salt to taste	crushed
1 teaspoon olive oil	1 slice bread
	1 pinch crushed pepper, optional

Serve with (optional)

1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 439mg
Total Fat 16g	Saturated Fat 4.16g
Carbs 43g	Fruits 1 servings
Calories 392kcal	Vegetables 0 servings
Fiber 10g	Added Sugar 2.62g

Method

1. Break eggs in a bowl. Add salt. Whisk well until blended.
2. Add olive oil to a thick bottom pan. Turn up the heat to high and grease the pan.
3. Pour egg mixture. As the eggs begin to set, gently move the eggs across the pan with a spatula, forming large soft curds.
4. Continue the process of pulling and turning until the eggs are cooked through. Turn off the heat.
5. Transfer to a plate. Sprinkle crushed pepper. Serve hot on top of toast.
6. Optional: Serve alongside fresh orange slices.

PORTIONS





Sunshine Smoothie Bowl

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 cup coconut water	2 tablespoons chia seeds
1 avocado pitted and peeled	2 cups frozen pineapple chunks
2 cups spinach	1/4 cup raspberries
	1/4 cup unsweetened coconut flakes

NUTRITION INFORMATION PER SERVING

Protein 7.1g	Sodium 67mg
Total Fat 19g	Saturated Fat 6.1g
Carbs 42g	Fruits 1.13 servings
Calories 343kcal	Vegetables 0.5 servings
Fiber 15g	Added Sugar 0g

Method

1. Place coconut water, avocado, spinach, chia and pineapple into a high performance blender. Make sure the lid is secure and blend for 1 minute. Stop blending and use a wooden spoon to push the ingredients down closer to blades. Continue to blend as needed. Add a few teaspoons of water if needed to reach desired consistency.
2. Top with raspberries and coconut flakes.

PORTIONS





Grape Tomatoes

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash tomatoes and serve.

INGREDIENTS

1 cup cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein 1.31g	Sodium 7.5mg
Total Fat 0.3g	Saturated Fat 0.04g
Carbs 5.8g	Fruits 0 servings
Calories 27kcal	Vegetables 1 servings
Fiber 1.79g	Added Sugar 0g

PORTIONS





Fish with Rice, Sauteed Veggies & Salad

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 pound cod	2 cups mushrooms sliced
1 lemon sliced, juiced	8 cloves garlic peeled, sliced
1 cup brown rice	1/4 cup olive oil, divided
4 cups green beans trimmed	4 dashes salt
	4 dashes pepper

Side Salad

4 cups romaine lettuce chopped
 2 tomatoes sliced
 1/4 cup white wine vinaigrette

NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 603mg
Total Fat 26g	Saturated Fat 4.1g
Carbs 52g	Fruits 0.25 servings
Calories 530kcal	Vegetables 2.34 servings
Fiber 7g	Added Sugar 0g

Method

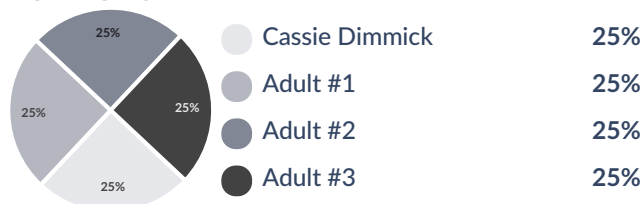
Fish

1. If using grill pan: Heat a nonstick grill pan over medium-high heat and coat pan with cooking spray. Season fish with salt, pepper, oil, and lemon juice. Add fish to pan; grill 4-5 minutes on each side or until fish flakes easily when tested with a fork. Serve with sliced lemon, if desired.
2. If using an oven: Preheat oven to broil. Place foil on baking sheet or roasting pan. Drizzle oil and lemon juice over fish and season with salt and pepper. Place the fish in the roasting pan. Broil for 10-12 minutes or until fish flakes easily with a fork. Serve with sliced lemon, if desired.

Brown Rice & Veggies

1. Cook brown rice according to package directions.
2. Blanch green beans in boiling water until just cooked, about 1-2 minutes. Drain.
3. Meanwhile, saute sliced mushrooms and garlic in olive oil over medium-high heat until golden (about 3-5 minutes), then toss with the drained, blanched beans and season with some salt and pepper. Saute for another 1-2 minutes.
4. Serve with side salad.

PORCTIONS





Honey Roasted Brussels Sprouts

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

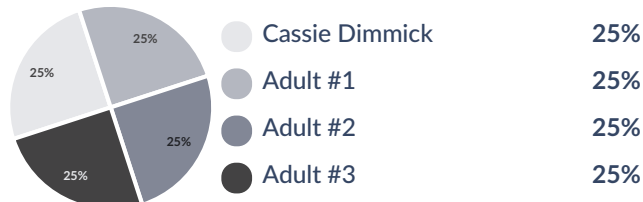
4 cups Brussels Sprouts halved
 4 teaspoons olive oil
 6 teaspoons honey
 2 teaspoons mustard
 1 teaspoon onion powder

NUTRITION INFORMATION PER SERVING

Protein 3.15g	Sodium 50mg
Total Fat 4.85g	Saturated Fat 0.68g
Carbs 13g	Fruits 0 servings
Calories 97kcal	Vegetables 1 servings
Fiber 3.55g	Added Sugar 4.33g

1. Preheat oven to 425°F.
2. Mix together olive oil, honey, mustard, and onion powder and set aside.
3. Spread Brussels sprouts on a baking sheet and roast for 10-15 minutes until tender.
4. Toss roasted sprouts with the mustard mixture and serve.

PORTIONS





Curried Chicken Wrap with Baby Carrots

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

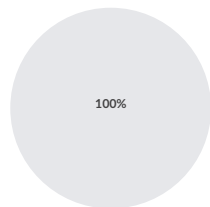
INGREDIENTS

3 ounces rotisserie chicken chopped	2 tablespoons low fat Greek yogurt
$\frac{1}{4}$ cup red grapes rinsed and halved	$\frac{1}{2}$ teaspoon curry powder
1 tablespoon sliced almonds	1 whole wheat tortilla
	1 cup baby carrots

NUTRITION INFORMATION PER SERVING

Protein 33g	Sodium 517mg
Total Fat 15g	Saturated Fat 4.46g
Carbs 39g	Fruits 0.45 servings
Calories 411kcal	Vegetables 1 servings
Fiber 9.1g	Added Sugar 0g

PORTIONS



● Cassie Dimmick

100%

1. In a bowl, combine chicken, grapes, almonds, yogurt, and curry powder.
2. Spread chicken mixture on tortilla and roll up. Serve with baby carrots.





Veggies & Hummus

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash baby carrots and remove edamame from shells. Serve with hummus.

INGREDIENTS

- 1/2 cup edamame
- 1 cup baby carrots
- 2 tablespoons hummus

NUTRITION INFORMATION PER SERVING

Protein 13g	Sodium 207mg
Total Fat 7.7g	Saturated Fat 1.02g
Carbs 23g	Fruits 0 servings
Calories 202kcal	Vegetables 1 servings
Fiber 8.2g	Added Sugar 0g

PORTIONS





Hard-Boiled Egg

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Place egg in a saucepan and cover with water.
2. Bring water to a boil. Once boiling, cover the pan with a lid and turn off the stove. Let stand for 10-12 minutes.
3. Strain water, and run egg under cool water.
4. Peel egg and serve.

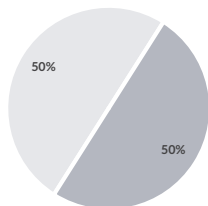
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 eggs hard boiled

NUTRITION INFORMATION PER SERVING

Protein 6.3g	Sodium 62mg
Total Fat 4.76g	Saturated Fat 1.56g
Carbs 0.36g	Fruits 0 servings
Calories 72kcal	Vegetables 0 servings
Fiber 0g	Added Sugar 0g

PORTIONS



● Cassie Dimmick 50%

● Leftovers 50%





AYB Oatmeal Pumpkin Muffins

🕒 | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

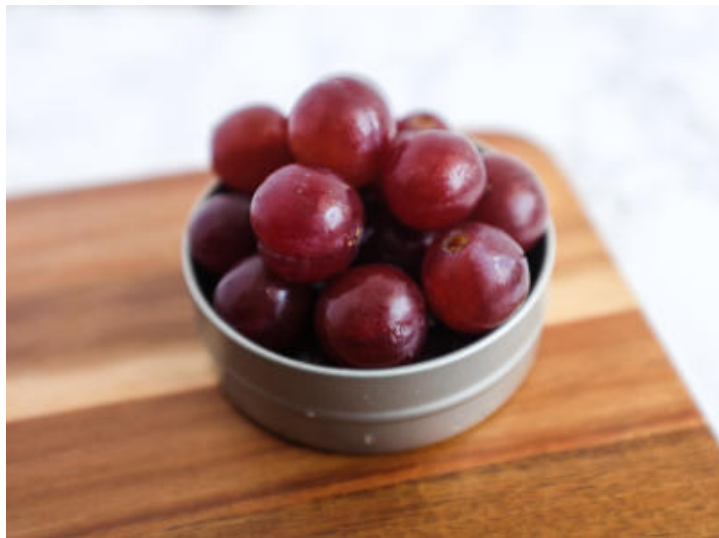
$\frac{2}{3}$ cup Rolled Oats	$\frac{2}{3}$ cup 2% Milk
$\frac{1}{2}$ cup Pumpkin Puree	10 Egg Whites
4 eggs Eggs	$\frac{1}{2}$ cup Mixed Frozen Berries

NUTRITION INFORMATION PER SERVING

Protein 38g	Sodium 461mg
Total Fat 14g	Saturated Fat 4.47g
Carbs 40g	Fruits 0.83 servings
Calories 444kcal	Vegetables 0 servings
Fiber 7.1g	Added Sugar 0g

PORTIONS





Grapes

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash grapes and serve.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

30 red grapes

NUTRITION INFORMATION PER SERVING

Protein 0.53g	Sodium 1.47mg
Total Fat 0.12g	Saturated Fat 0.04g
Carbs 13g	Fruits 0.88 servings
Calories 51kcal	Vegetables 0 servings
Fiber 0.66g	Added Sugar 0g

PORTIONS





Thai Peanut Salad

BY A COUPLE COOKS

🕒 30 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Remove the tofu from the package and blot it dry with a clean dish towel. With tofu block flat, slice it into 3 long strips, and cut the strips in half crosswise. Slice each piece into thirds.
2. On a non-stick griddle or large skillet over low heat, warm olive oil. Place the tofu on the griddle, sprinkle with kosher salt and fresh ground pepper, and cook for 10 to 15 minutes, flipping every few minutes, until light brown and crisp on both sides. Remove from the heat and allow to cool for a few minutes, and then cut into smaller bite-sized pieces if desired.
3. In a small bowl, whisk together coconut milk, peanut butter, soy, lime, honey, and kosher salt. Taste, and add additional peanut butter if desired.
4. Thinly slice the peppers, green onions and cabbage. Shred the carrots (using a julienne peeler, or us a vegetable peeler to make ribbons).
5. To serve, place greens in a bowl. Top with vegetables and tofu and drizzle with dressing, then garnish with crushed peanuts, cilantro leaves, and a squeeze of lime.

INGREDIENTS

7 ounces extra-firm tofu cut into strips	1/2 yellow bell pepper sliced
1 tablespoon olive oil	1 green onion sliced
1/4 cup canned light coconut milk	1/8 head red cabbage sliced
2 tablespoons peanut butter	2 carrots shredded
1 tablespoon low sodium soy sauce	5 ounces spring mix lettuce
1/2 tablespoon lime juiced	2 tablespoons peanuts crushed
1 teaspoon honey	2 tablespoons cilantro (for garnish) chopped
1/2 red bell pepper sliced	1/2 lime (for garnish) cut into wedges

NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 365mg
Total Fat 28g	Saturated Fat 5.5g
Carbs 29g	Fruits 0.31 servings
Calories 414kcal	Vegetables 3.24 servings
Fiber 8g	Added Sugar 1.44g

PORCTIONS





Peas & Hummus

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash snap peas and serve with hummus.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

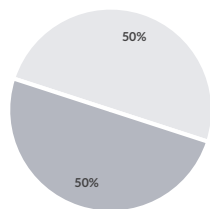
2 cups snap peas

1/4 cup hummus

NUTRITION INFORMATION PER SERVING

Protein 10g	Sodium 121mg
Total Fat 3.46g	Saturated Fat 0.53g
Carbs 25g	Fruits 0 servings
Calories 167kcal	Vegetables 1 servings
Fiber 7.4g	Added Sugar 0g

PORTIONS



● Cassie Dimmick	50%
● Leftovers	50%





Grilled Rosemary Chicken Skewers

BY EATING BIRD FOOD

🕒 15 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

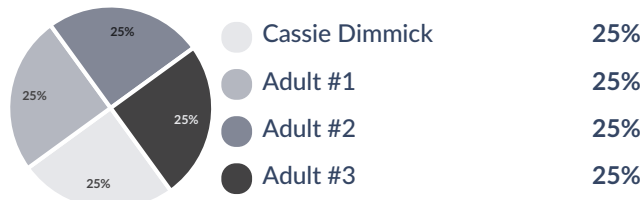
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 2 SERVINGS

1 pound boneless skinless chicken breast cut into chunks	2 tablespoons fresh rosemary minced
1/4 cup apple cider vinegar	1 teaspoon black pepper
2 tablespoons olive oil	1/2 teaspoon salt
1 tablespoon garlic minced	4 sprigs fresh rosemary

NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 346mg
Total Fat 10g	Saturated Fat 1.89g
Carbs 3.45g	Fruits 0 servings
Calories 218kcal	Vegetables 0 servings
Fiber 1.72g	Added Sugar 0g

PORTIONS



Method

Marinate Chicken

1. Mix together apple cider vinegar, olive oil, garlic, minced rosemary, salt and pepper in a large bowl. Add chicken to the bowl, cover and marinate in the fridge for 30 minutes.

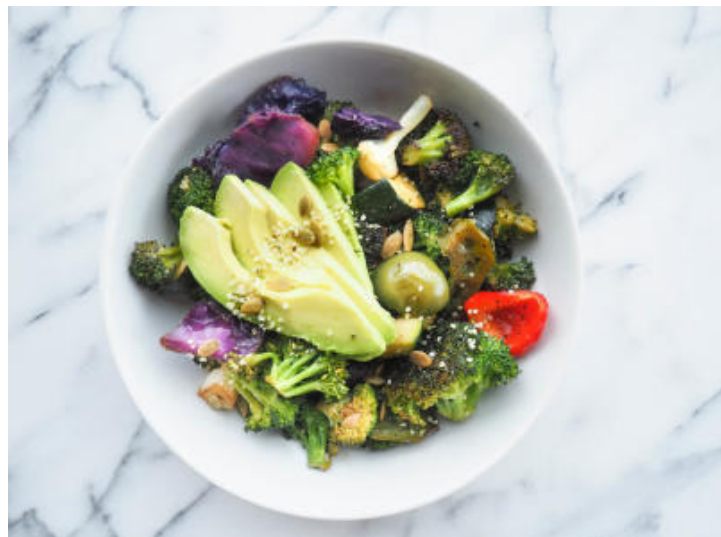
Prep Rosemary Sprigs

1. Prep the rosemary sprigs by stripping off most of the leaves, leaving a few inches at the top for garnish. Place skewers in water to soak for 10-20 minutes while chicken is marinating.

Grill Chicken

1. Preheat grill. Remove the chicken from the marinade and thread the pieces onto the rosemary skewers. Discard the marinade.
2. Oil the grill grate and grill the chicken over medium heat, turning occasionally until golden and cooked through, 10-15 minutes total. Don't worry if the heat from the grill causes the rosemary leaves to get a little charred. You can always remove the charred pieces and stick a fresh sprig at the top of each skewer as a garnish.





One-Skillet Veggie Hash

BY LET'S REGALE

🕒 20 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

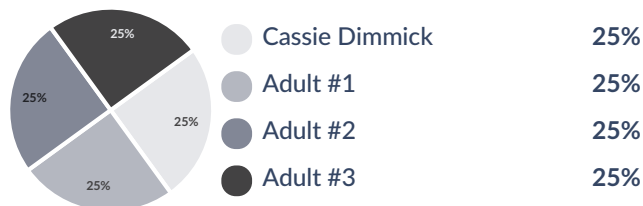
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 2 SERVINGS

2 tablespoons olive oil	2 cups red cabbage chopped
2 potatoes peeled, diced	2 teaspoons fresh parsley chopped
1 onion diced	4 cloves garlic minced
2 shallots diced	2 pinches salt
2 red bell peppers diced	2 pinches pepper
3 cups broccoli cut into florets	2 tablespoons raw pumpkin seeds
2 zucchinis chopped	2 tablespoons hemp hearts
	1 avocado sliced

NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 258mg
Total Fat 17g	Saturated Fat 2.42g
Carbs 46g	Fruits 0 servings
Calories 358kcal	Vegetables 3.59 servings
Fiber 10g	Added Sugar 0g

PORTIONS





Blueberries, Sunflower Seeds & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup blueberries
- $\frac{3}{4}$ cup plain Greek yogurt
- 1 sprinkle cinnamon
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 97mg
Total Fat 13g	Saturated Fat 2.82g
Carbs 30g	Fruits 1.13 servings
Calories 294kcal	Vegetables 0 servings
Fiber 4.51g	Added Sugar 0g

Method

1. Wash blueberries.
2. Serve with sunflower seeds and Greek yogurt.
3. Sprinkle yogurt with cinnamon if desired.

PORTIONS





Grapes, Sunflower Seeds & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/2 cup red grapes
- 3/4 cup plain Greek yogurt
- 1 sprinkle cinnamon
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 97mg
Total Fat 12g	Saturated Fat 2.83g
Carbs 25g	Fruits 0.91 servings
Calories 275kcal	Vegetables 0 servings
Fiber 2.19g	Added Sugar 0g

Method

1. Wash grapes.
2. Serve with sunflower seeds and Greek yogurt.

PORTIONS





Raspberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, dry and serve.

INGREDIENTS

1 cup raspberries

NUTRITION INFORMATION PER SERVING

Protein 1.48g	Sodium 1.23mg
Total Fat 0.8g	Saturated Fat 0.02g
Carbs 15g	Fruits 1 servings
Calories 64kcal	Vegetables 0 servings
Fiber 8g	Added Sugar 0g

PORTIONS





No-Bean Chili

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

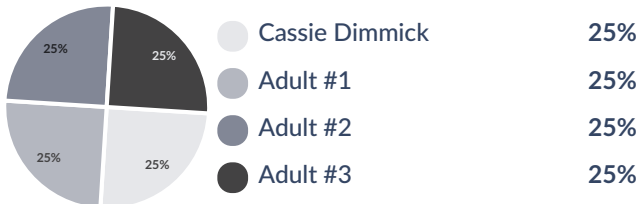
INGREDIENTS

2 teaspoons olive oil	1 tablespoon cumin
$\frac{3}{4}$ pound ground beef	1 tablespoon cocoa powder
1 pinch Salt divided	2 teaspoons dried oregano
1 yellow onion diced	$\frac{1}{4}$ teaspoon black pepper
2 green bell peppers diced	15 ounces fire-roasted tomatoes
3 cloves garlic minced	1 $\frac{1}{2}$ cups water
2 tablespoons tomato paste	1 tablespoon lime juiced
2 tablespoons chili powder	1 avocado diced

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 466mg
Total Fat 22g	Saturated Fat 6.2g
Carbs 20g	Fruits 0.06 servings
Calories 342kcal	Vegetables 2.23 servings
Fiber 9.1g	Added Sugar 0g

PORTIONS





Caramelized Onions with Green Beans

BY RANELLE KIRCHNER, CHEF RDN

🕒 10 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

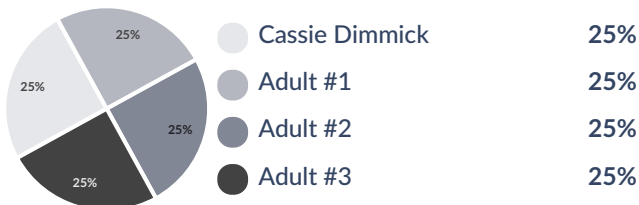
2 onions sliced	2 cups garbanzo beans drained & rinsed
2 teaspoons olive oil	1/4 cup sliced almonds toasted
6 cups green beans	4 dashes salt

NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 365mg
Total Fat 7.8g	Saturated Fat 0.81g
Carbs 36g	Fruits 0 servings
Calories 239kcal	Vegetables 2 servings
Fiber 11g	Added Sugar 0g

1. Caramelize onions by heating a large saute pan with oil on medium-high heat. Add half the sliced onions into the pan and cook until translucent, 1-2 minutes.
2. Add the other half of the onions and mix thoroughly, cooking another 2 minutes.
3. Reduce heat to medium low and stir every few minutes. If the onions start to stick too much and brown around the edges, reduce your heat. Continue to stir for 30-40 minutes, depending on how soft you prefer your onions to be. If the pot starts to burn, add a bit of liquid (water will do).
4. Just before the onions finish cooking, about 5-8 minutes, toss in the green beans with garbanzo beans along with salt.
5. Top with sliced almonds.

PORTIONS





Simple Huevos Rancheros

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 eggs whisked	1/4 cup salsa verde
1 teaspoon olive oil	8 tortilla chips broken up lightly
1/4 cup black beans drained & rinsed	2 tablespoons guacamole
	1 dash hot sauce

NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 709mg
Total Fat 24g	Saturated Fat 4.84g
Carbs 30g	Fruits 0 servings
Calories 410kcal	Vegetables 0.5 servings
Fiber 7.7g	Added Sugar 0g

1. Heat oil in a skillet over medium heat and scramble the eggs. Stir in beans, salsa and chips. Top with guacamole and hot sauce.

PORTIONS





PB&J Bento

BY EVERYDAY EATLOVE

🕒 7 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and prepare carrots, celery, and strawberries.
2. Toast bread if desired.
3. Spread peanut butter onto one slice of bread and jam onto the other. Press the two slices together.
4. Serve altogether with popcorn, and hummus. Alternatively, pack into a lunch box for later consumption.

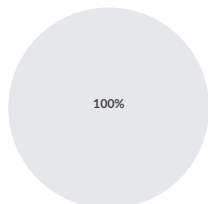
INGREDIENTS

1/2 cup carrots sliced	1 tablespoon peanut butter
1/2 cup celery sliced	1 tablespoon jam
1/2 cup strawberries	1 cup popcorn
2 slices whole wheat bread	1 tablespoon hummus

NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 489mg
Total Fat 13g	Saturated Fat 2.47g
Carbs 68g	Fruits 0.5 servings
Calories 437kcal	Vegetables 1 servings
Fiber 6.3g	Added Sugar 7.9g

PORTIONS



● Cassie Dimmick 100%





Quick Chicken Club Salad

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

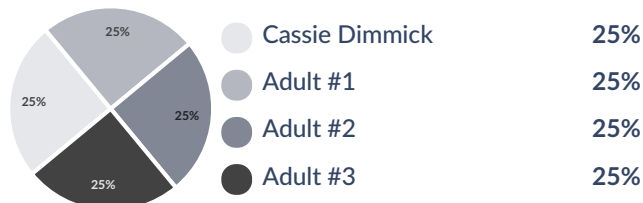
INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

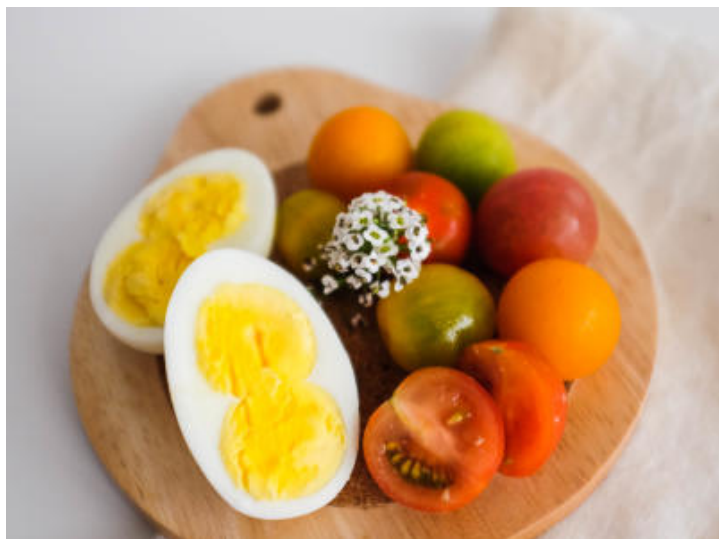
1 gallon green leaf lettuce chopped 4 cups rotisserie chicken chopped
 1 cup whole wheat penne cooked 1/4 cup ranch dressing
 4 red bell peppers finely chopped 2 avocados sliced
 2 tomatoes chopped 2 apples sliced

NUTRITION INFORMATION PER SERVING

Protein 47g	Sodium 512mg
Total Fat 30g	Saturated Fat 5.6g
Carbs 49g	Fruits 0.5 servings
Calories 631kcal	Vegetables 3.14 servings
Fiber 14g	Added Sugar 0.7g

PORTIONS





Egg & Tomatoes

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Place egg in a saucepan and cover with water. Bring water to a boil. Once boiling, cover the pan with a lid and turn off the stove. Let stand for 10-12 minutes.
2. Strain water, and run egg under cool water. Peel egg and serve with tomatoes.

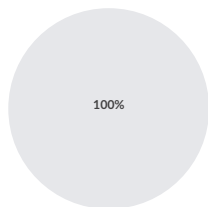
INGREDIENTS

1 egg hard boiled
 1/2 cup cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein 6.9g	Sodium 66mg
Total Fat 4.9g	Saturated Fat 1.58g
Carbs 3.26g	Fruits 0 servings
Calories 85kcal	Vegetables 0.5 servings
Fiber 0.89g	Added Sugar 0g

PORTIONS



● Cassie Dimmick 100%





Strawberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, slice and serve.

INGREDIENTS

1 1/4 cups whole strawberries

NUTRITION INFORMATION PER SERVING

Protein 1.27g	Sodium 1.9mg
Total Fat 0.57g	Saturated Fat 0.03g
Carbs 15g	Fruits 1.25 servings
Calories 61kcal	Vegetables 0 servings
Fiber 3.8g	Added Sugar 0g

PORTIONS





Egg White and Spinach Wrap

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

1 whole wheat tortilla	1 tablespoon Low-Fat Cream Cheese softened
1 tablespoon sun-dried tomatoes drained and chopped	1/2 teaspoon oregano
2 cups spinach	1 tablespoon feta crumbled
3 egg whites	1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein 21g	Sodium 583mg
Total Fat 10g	Saturated Fat 5g
Carbs 50g	Fruits 1 servings
Calories 363kcal	Vegetables 1.25 servings
Fiber 13g	Added Sugar 0g

1. In a small frying pan, heat sun-dried tomatoes over medium-low heat. Cook, stirring frequently, until tomatoes are softened.
2. Add spinach and cover for 1-2 minutes or until spinach is wilted, stirring once or twice as needed. Remove from pan and set aside.
3. Return pan to medium-low heat. Add egg whites, stir once, and cover and cook for 4-5 minutes or until set.
4. Meanwhile, combine oregano and cream cheese. Spread on tortilla and top with tomatoes/spinach and feta.
5. Place cooked egg whites on top of feta and wrap tightly into a roll.
6. If desired, crisp the outside of the wrap by placing on a dry skillet over medium heat. Start seam side down and flip after 2-3 minutes or until golden brown on each side.
7. Serve with orange slices.

PORTIONS





Basil Chia Cucumber Strawberry Cooler

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup cucumber peeled and sliced
- 1 cup frozen strawberries
- 1 cup coconut water
- 2 tablespoons chia seeds
- 1 serving Fresh Basil

NUTRITION INFORMATION PER SERVING

Protein 9.3g	Sodium 74mg
Total Fat 6.6g	Saturated Fat 0.75g
Carbs 39g	Fruits 1 servings
Calories 242kcal	Vegetables 1.94 servings
Fiber 14g	Added Sugar 0g

Method

1. Combine everything into a blender and blend until well combined, about 30 to 60 seconds.

PORTIONS





Raspberries & Sunflower

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash raspberries. Serve with sunflower seeds.

INGREDIENTS

- 1 cup raspberries
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 5.1g	Sodium 2.81mg
Total Fat 9.8g	Saturated Fat 0.8g
Carbs 18g	Fruits 1 servings
Calories 166kcal	Vegetables 0 servings
Fiber 9.5g	Added Sugar 0g

PORTIONS





Simple Shrimp Fried Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

5 cups cooked brown rice	8 cloves garlic minced
4 eggs whisked	4 teaspoons ground ginger
1/4 cup sesame oil	1 pound shrimp cooked
8 teaspoons low-sodium soy sauce	1 gallon spinach chopped

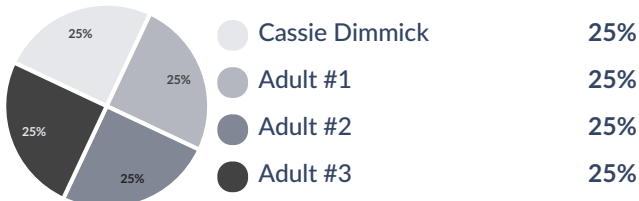
Cooked Brown Rice

1 cup brown rice
 2 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 39g	Sodium 763mg
Total Fat 21g	Saturated Fat 4.02g
Carbs 66g	Fruits 0 servings
Calories 602kcal	Vegetables 2 servings
Fiber 5.6g	Added Sugar 0g

PORTIONS





Steamed Broccoli

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 cups broccoli cut into florets

NUTRITION INFORMATION PER SERVING

Protein 2.48g	Sodium 29mg
Total Fat 0.33g	Saturated Fat 0.03g
Carbs 5.8g	Fruits 0 servings
Calories 30kcal	Vegetables 1 servings
Fiber 2.29g	Added Sugar 0g

Method

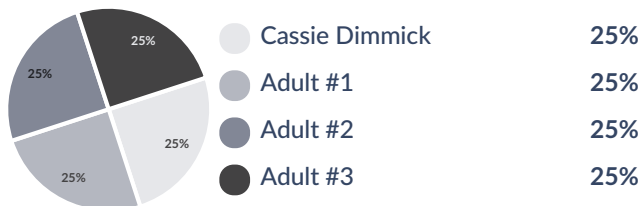
With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add broccoli to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 5 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add broccoli and cover with lid.
3. Steam for about 5 minutes or until tender.

PORTIONS





Zesty Sweet Potato Chicken Salad Jar

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

Citrus Dressing

- 1 tablespoon lime juice juiced
- 1 tablespoon olive oil
- 1 dash mustard
- 1 dash salt
- 1 dash pepper

Salad Jar

- | | |
|-------------------------------|--------------------------------------|
| 1 teaspoon olive oil | 1 cup sweet potato peeled, cubed |
| 1 dash salt | 3 ounces rotisserie chicken shredded |
| 1 dash pepper | 1 tablespoon feta crumbled |
| 1 cup brussels sprouts halved | 2 cups spinach |

NUTRITION INFORMATION PER SERVING

Protein 32g	Sodium 752mg
Total Fat 28g	Saturated Fat 5.8g
Carbs 42g	Fruits 0 servings
Calories 525kcal	Vegetables 2 servings
Fiber 9.3g	Added Sugar 0.01g

Method

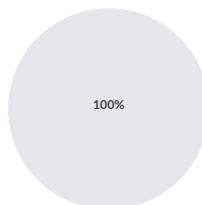
Prep Salad Jar Ingredients

1. Pre-heat oven to 400 F degrees.
2. Cut brussels sprouts in half lengthwise and cube sweet potatoes into 1" pieces. Toss together with oil and season with salt/pepper to taste. Spread evenly on sheet pan and bake for 30-40 minutes, or until crisp outside and tender inside. Set aside and let cool.
3. Whisk dressing ingredients together. Set aside.

Assemble Salad Jar

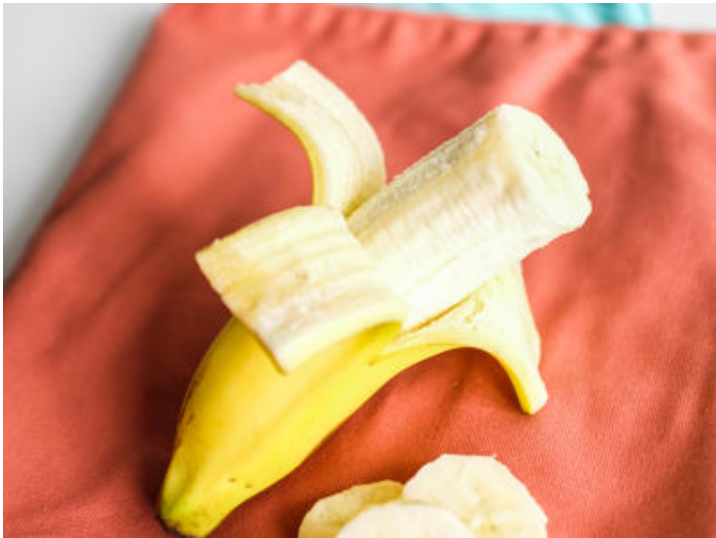
1. First layer: Pour dressing into a 32 ounce mason jar/container.
2. Second layer: Next, layer roasted brussels sprouts and sweet potatoes.
3. Third layer: Then place shredded chicken into jar and sprinkle with feta cheese on top.
4. Fourth layer: Lastly, pile spinach on top.
5. Note: Salad jars can be prepped and stored overnight. If making more than one salad jar, evenly divide ingredients amongst all jars.
6. To serve: shake jar before serving - eat directly out of jar or pour into serving bowl.

PORTIONS



● Cassie Dimmick





Half Banana

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Cut banana in half and serve.

INGREDIENTS

1/2 banana

NUTRITION INFORMATION PER SERVING

Protein 0.63g	Sodium 0.58mg
Total Fat 0.19g	Saturated Fat 0.06g
Carbs 13g	Fruits 0.98 servings
Calories 52kcal	Vegetables 0 servings
Fiber 1.51g	Added Sugar 0g

PORTIONS





Mexican Salmon Salad Jar

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Citrus Dressing

2 tablespoons lime juiced
 2 tablespoons olive oil
 2 dashes dijon mustard
 2 dashes salt
 2 dashes pepper

Salad Jar

2 3-oz fillets salmon	1 cup red bell pepper sliced
2 dashes salt	1/2 cup onion sliced
2 dashes pepper	1 cup black beans drained & rinsed
3 teaspoons oil, divided	1/2 avocado cubed
	4 cups romaine chopped

NUTRITION INFORMATION PER SERVING

Protein 29g	Sodium 632mg
Total Fat 31g	Saturated Fat 4.72g
Carbs 36g	Fruits 0.22 servings
Calories 531kcal	Vegetables 1.86 servings
Fiber 15g	Added Sugar 0.01g

Method

Prep Salad Jar Ingredients

1. Preheat oven to 450 F degrees.
2. Season salmon with salt and pepper. Drizzle half of the oil on top. Bake until salmon is cooked through, about 12-15 minutes. Set aside and let cool.
3. Heat the remaining oil in pan. Saute sliced peppers and onions for 5 minutes. Set aside and let cool.
4. Whisk dressing ingredients together.

Assemble Salad Jar

1. First layer: Pour dressing into a 32 ounce or larger mason jar/container.
2. Second layer: Arrange sauteed bell peppers and onions.
3. Third layer: Next, spoon in drained black beans.
4. Fourth layer: Flake salmon into bite-sized pieces and place on top of black beans.
5. Fifth layer: Top with avocado and chopped romaine.
6. Note: Salad jars can be prepped and stored overnight. If making more than one salad jar, evenly divide ingredients amongst all jars.
7. To serve: shake jar before serving - eat directly out of jar or pour into serving bowl.





Zucchini & Pine Nut Tortellini

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 8 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 4 SERVINGS

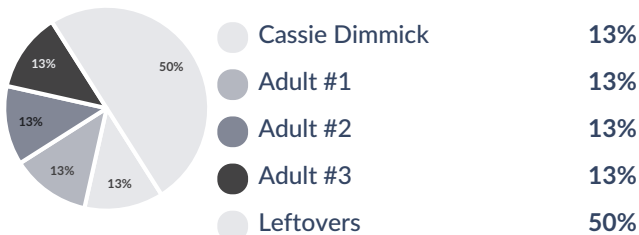
2 pounds cheese tortellini	1 teaspoon dried basil
16 roma tomatoes chopped	1 teaspoon oregano
8 zucchinis chopped	1/2 cup Parmesan cheese shredded
4 cloves garlic minced	2 cups Greek Yogurt
	1 cup pine nuts

NUTRITION INFORMATION PER SERVING

Protein 29g	Sodium 589mg
Total Fat 22g	Saturated Fat 6.2g
Carbs 69g	Fruits 0 servings
Calories 578kcal	Vegetables 2.42 servings
Fiber 6.4g	Added Sugar 0g

1. Cook tortellini as directed on package.
2. Heat tomatoes, zucchini, garlic, basil, and oregano in a medium skillet 3 to 5 minutes until zucchini is tender. Swirl in Greek Yogurt for an extra creamy texture.
3. Stir in tortellini, cooking 2 to 3 minutes.
4. Serve topped with Parmesan cheese and pine nuts.

PORCTIONS





Caprese Salad with Fennel

BY RANELLE KIRCHNER, CHEF RDN

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 tablespoons pesto	2 tablespoons basil
1½ bulb fennel shaved	1 tomato sliced
4 ounces mozzarella sliced	1 teaspoon olive oil
	1 pinch pepper

NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 547mg
Total Fat 22g	Saturated Fat 8.2g
Carbs 7.3g	Fruits 0 servings
Calories 297kcal	Vegetables 1.07 servings
Fiber 2.87g	Added Sugar 0g

1. Shave fennel and slice mozzarella and tomatoes.
2. On each plate, spread pesto evenly. Place shaved fennel on top.
3. To plate the caprese salad: Alternate placing mozzarella, basil, and tomato on the fennel.
4. Drizzle with olive oil and freshly cracked black pepper.

PORTIONS





Blueberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and serve.

INGREDIENTS

$\frac{3}{4}$ cup blueberries

NUTRITION INFORMATION PER SERVING

Protein 0.69g	Sodium 0.94mg
Total Fat 0.31g	Saturated Fat 0.03g
Carbs 14g	Fruits 0.84 servings
Calories 53kcal	Vegetables 0 servings
Fiber 2.25g	Added Sugar 0g

PORTIONS





Fruit & Veggies with Dip

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/2 cup celery sliced
- 1/2 cup baby carrots
- 2 tablespoons ranch dressing
- 1/2 cup red grapes

NUTRITION INFORMATION PER SERVING

Protein 1.67g	Sodium 359mg
Total Fat 14g	Saturated Fat 2.16g
Carbs 22g	Fruits 0.91 servings
Calories 207kcal	Vegetables 1 servings
Fiber 3.23g	Added Sugar 1.41g

1. Wash celery, carrots, and grapes. Slice celery into bite size pieces.
2. Serve altogether with ranch dressing.

PORTIONS

