

Week 4 - 2023; The Year of ME!

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Protein Overnight Oats with Blueberries	Protein Overnight Oats with Blueberries	Protein Overnight Oats with Blueberries	Spicy Tomato Scramble	Spicy Tomato Scramble	Poached Eggs & Toast	Poached Eggs & Toast
Lunch	Grain-Free Flax Bread	Coconut Curry Tofu with Sweet Potato Noodles	Greek Kale Chickpea Salad	Chicken, Beet & Carrot Bowl	Parmesan Chicken & Kale Skillet	Chicken & Bok Choy Stir Fry	Turkey Apple Breakfast Hash
Snack 2	Pear Blackberry Smoothie	Pear Blackberry Smoothie	Pear Blackberry Smoothie	Chicken, Lettuce & Tomato Egg Wrap	Chicken, Lettuce & Tomato Egg Wrap	Chicken, Lettuce & Tomato Egg Wrap	Chicken, Lettuce & Tomato Egg Wrap
Dinner	Coconut Curry Tofu with Sweet Potato Noodles	Greek Kale Chickpea Salad	Chicken, Beet & Carrot Bowl	Parmesan Chicken & Kale Skillet	Chicken & Bok Choy Stir Fry	Turkey Apple Breakfast Hash	Sun Dried Tomato & Olive Chicken with Spinach

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1204	Calories 1325	Calories 1369	Calories 1263	Calories 899	Calories 960	Calories 1276
Fat 63g	Fat 67g	Fat 70g	Fat 79g	Fat 46g	Fat 41g	Fat 72g
Carbs 116g	Carbs 138g	Carbs 127g	Carbs 30g	Carbs 20g	Carbs 68g	Carbs 71g
Fiber 34g	Fiber 37g	Fiber 38g	Fiber 13g	Fiber 9g	Fiber 13g	Fiber 14g
Sugar 39g	Sugar 45g	Sugar 49g	Sugar 14g	Sugar 10g	Sugar 26g	Sugar 25g
Protein 57g	Protein 60g	Protein 72g	Protein 110g	Protein 102g	Protein 84g	Protein 92g
Cholesterol 112mg	Cholesterol 36mg	Cholesterol 184mg	Cholesterol 894mg	Cholesterol 798mg	Cholesterol 746mg	Cholesterol 776mg
Sodium 1235mg	Sodium 1268mg	Sodium 1094mg	Sodium 1464mg	Sodium 1242mg	Sodium 1231mg	Sodium 1383mg
Calcium 1002mg	Calcium 1073mg	Calcium 874mg	Calcium 583mg	Calcium 662mg	Calcium 433mg	Calcium 377mg
Iron 11mg	Iron 12mg	Iron 11mg	Iron 9mg	Iron 8mg	Iron 9mg	Iron 14mg
Folate 153µg	Folate 318µg	Folate 425µg	Folate 323µg	Folate 315µg	Folate 304µg	Folate 320µg
Magnesium 185mg	Magnesium 242mg	Magnesium 253mg	Magnesium 191mg	Magnesium 189mg	Magnesium 194mg	Magnesium 237mg
Zinc 4mg	Zinc 6mg	Zinc 8mg	Zinc 7mg	Zinc 5mg	Zinc 7mg	Zinc 7mg

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67 items

Fruits

- 1 Apple
- 3 cups Blackberries
- 1/2 Lemon
- 1 1/2 tsps Lemon Juice
- 3 Pear

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1 1/3 tbsps Cinnamon
- 1/3 tsp Cumin
- 1/2 cup Ground Flax Seed
- 1/3 tsp Paprika
- 1 tbsp Poultry Seasoning
- 1 1/2 tsps Red Pepper Flakes
- 1 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds

Frozen

- 3/4 cup Frozen Blueberries
- 18 Ice Cubes

Vegetables

- 5 cups Baby Spinach
- 1 1/3 cups Bean Sprouts
- 2 1/3 Beet
- 4 cups Bok Choy
- 1 cup Brussels Sprouts
- 1 cup Butternut Squash
- 1 2/3 Carrot
- 1 1/3 cups Cauliflower Rice
- 1/2 cup Cherry Tomatoes
- 3/4 cup Cilantro
- 1/4 Cucumber
- 1 tbsp Fresh Dill
- 2 1/2 Garlic
- 1/2 Green Bell Pepper
- 1 1/2 stalks Green Onion
- 1 Jalapeno Pepper
- 10 cups Kale Leaves
- 2 cups Mushrooms
- 1/2 cup Red Onion
- 4 leaves Romaine
- 1 1/3 Sweet Potato
- 1 1/2 Tomato

Boxed & Canned

- 1 1/3 cups Canned Coconut Milk
- 1 cup Chickpeas

Baking

- 1 tsp Arrowroot Powder
- 1/3 tsp Baking Powder
- 3/4 cup Oats

Bread, Fish, Meat & Cheese

- 1 1/3 lbs Chicken Breast
- 7 ozs Chicken Breast, Cooked
- 10 2/3 ozs Chicken Thighs With Skin
- 8 ozs Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 4 slices Gluten-Free Bread
- 1/4 cup Parmigiano Reggiano
- 6 2/3 ozs Tofu

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1 3/4 tsps Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Pitted Kalamata Olives
- 1/2 tsp Sesame Oil
- 1/4 cup Sun Dried Tomatoes
- 1 1/3 tbsps Tahini
- 1 1/3 tbsps Thai Red Curry Paste

Cold

- 12 1/2 Egg
- 3/4 cup Oat Milk
- 1 1/2 cups Plain Greek Yogurt

Other

- 1/3 cup Vanilla Protein Powder
- 3 1/2 cups Water

Protein Overnight Oats with Blueberries

6 ingredients · 8 hours · 3 servings

Directions

1. Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. Store in the fridge until ready to eat. Serve with blueberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

No Oat Milk

Use any milk or milk alternative.

Additional Toppings

Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

Ingredients

3/4 cup Oat Milk (unsweetened, plain)

3/4 cup Oats (rolled)

1 1/2 cups Plain Greek Yogurt

2 1/4 tsps Cinnamon

1/3 cup Vanilla Protein Powder

3/4 cup Frozen Blueberries

Nutrition

Amount per serving

Calories	264	Sodium	116mg
Fat	6g	Calcium	427mg
Carbs	31g	Iron	2mg
Fiber	5g	Folate	13µg
Sugar	8g	Magnesium	55mg
Protein	24g	Zinc	2mg
Cholesterol	19mg		

Spicy Tomato Scramble

6 ingredients · 10 minutes · 2 servings

Directions

1. Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
2. While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
3. Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup.

More Flavor

Add onions and garlic to the tomato mixture.

Additional Toppings

Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.

Ingredients

1 tbsp Extra Virgin Olive Oil

1/2 cup Cherry Tomatoes (cut in half)

1 Jalapeno Pepper (small, finely chopped)

2 tbsps Cilantro (optional)

4 Egg

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	212	Sodium	440mg
Fat	16g	Calcium	61mg
Carbs	3g	Iron	2mg
Fiber	1g	Folate	55µg
Sugar	2g	Magnesium	17mg
Protein	13g	Zinc	1mg
Cholesterol	372mg		

Poached Eggs & Toast

4 ingredients · 10 minutes · 2 servings

Directions

1. Bring a pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove from the water. Add the eggs onto a plate lined with a paper towel to soak up the excess liquid.
2. Serve eggs with toasted bread and season with salt and pepper. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Apple Cider Vinegar

Use white vinegar instead.

Ingredients

4 Egg

2 tbsps Apple Cider Vinegar

4 slices Gluten-Free Bread

Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	301	Sodium	398mg
Fat	14g	Calcium	87mg
Carbs	25g	Iron	2mg
Fiber	2g	Folate	47µg
Sugar	5g	Magnesium	28mg
Protein	16g	Zinc	2mg
Cholesterol	372mg		

Grain-Free Flax Bread

6 ingredients · 1 hour · 1 serving

Directions

1. Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
2. In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
6. Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size

One serving is one slice of bread.

Ingredients

- 3 1/4 **tbsps** Ground Flax Seed
- 1/3 **tsp** Baking Powder
- 1/16 **tsp** Sea Salt
- 1/2 Egg (room temp)
- 2 1/3 **tsp** Water (room temp)
- 1 1/2 **tsp** Coconut Oil (melted)

Nutrition

Amount per serving

Calories	209	Sodium	359mg
Fat	16g	Calcium	128mg
Carbs	7g	Iron	2mg
Fiber	5g	Folate	12µg
Sugar	0g	Magnesium	4mg
Protein	8g	Zinc	0mg
Cholesterol	93mg		

Pear Blackberry Smoothie

7 ingredients · 10 minutes · 3 servings

Directions

1. Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Ground Flax Seed

Use chia seeds instead.

No Blackberries

Use blueberries instead.

Ingredients

3 Pear

3 cups Blackberries

1/3 cup Ground Flax Seed

1 1/2 tsps Cinnamon

3 cups Baby Spinach

3 cups Water

18 Ice Cubes

Nutrition

Amount per serving

Calories	243	Sodium	32mg
Fat	6g	Calcium	144mg
Carbs	47g	Iron	3mg
Fiber	18g	Folate	107µg
Sugar	25g	Magnesium	70mg
Protein	7g	Zinc	1mg
Cholesterol	0mg		

Chicken, Lettuce & Tomato Egg Wrap

6 ingredients · 15 minutes · 4 servings

Directions

1. In a mixing bowl, whisk the eggs and salt together until well combined.
2. Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
3. Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
4. To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers

Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size

This recipe was tested in a 8-inch non-stick pan.

Serving Size

One serving is approximately one egg wrap with topping evenly divided.

More Flavor

Add garlic powder or dried herbs to the eggs.

Additional Toppings

Add cheese or avocado slices.

No Chicken

Use cooked turkey or additional vegetables and/or avocado instead.

Ingredients

4 Egg

1/4 tsp Sea Salt

1 tsp Extra Virgin Olive Oil (divided)

4 leaves Romaine (large, whole)

1 Tomato (sliced)

7 ozs Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving

Calories	166	Sodium	258mg
Fat	8g	Calcium	41mg
Carbs	2g	Iron	2mg
Fiber	1g	Folate	70µg
Sugar	1g	Magnesium	29mg
Protein	22g	Zinc	1mg
Cholesterol	238mg		

Coconut Curry Tofu with Sweet Potato Noodles

8 ingredients · 20 minutes · 2 servings

Directions

1. Heat half of the water in a large saucepan over medium-high heat. Toss the spiraled sweet potato lightly for about five minutes or until soft. Remove from the pan and set aside.
2. Whisk together the coconut milk and curry paste in the saucepan. Bring to a gentle simmer. Combine the arrowroot powder and remaining water in a small bowl to make a slurry. Add the slurry to the coconut mixture and stir.
3. Gently add the tofu and cook for five more minutes.
4. Divide the spiraled sweet potato and bean sprouts into bowls. Scoop the coconut curry into the bowls and garnish with cilantro. Enjoy!

Notes

Leftovers

Store the curry separate from the spiraled sweet potato, bean sprouts, and cilantro. Refrigerate in airtight containers for up to four days. Freeze the curry for up to two months.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Add ginger, garlic or lemongrass.

Additional Toppings

Thai basil and lime juice and/or lime slices.

Ingredients

- 1 1/3 **tbsps** Water (divided)
- 1 1/3 **Sweet Potato** (medium, spiralized)
- 1 1/3 **cups** Canned Coconut Milk
- 1 1/3 **tbsps** Thai Red Curry Paste
- 1 **tsp** Arrowroot Powder
- 6 2/3 **ozs** Tofu (extra firm, cubed)
- 1 1/3 **cups** Bean Sprouts
- 2/3 **cup** Cilantro (thick stems removed, chopped)

Nutrition

Amount per serving

Calories	488	Sodium	728mg
Fat	35g	Calcium	303mg
Carbs	31g	Iron	4mg
Fiber	6g	Folate	21µg
Sugar	6g	Magnesium	56mg
Protein	18g	Zinc	1mg
Cholesterol	0mg		

Greek Kale Chickpea Salad

11 ingredients · 15 minutes · 2 servings

Directions

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

No Chickpeas

Use lentils or kidney beans instead.

Extra Greek

Add chopped black olives.

No Kale

Use spinach or any dark leafy green instead.

Ingredients

- 1 **tbsp** Fresh Dill (chopped)
- 2 **tbps** Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/8 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 1 **cup** Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Tomato (diced)
- 1/2 Green Bell Pepper (diced)
- 2 **cups** Kale Leaves (finely sliced)
- 1/4 **cup** Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	330	Sodium	392mg
Fat	20g	Calcium	199mg
Carbs	29g	Iron	3mg
Fiber	8g	Folate	177µg
Sugar	6g	Magnesium	61mg
Protein	11g	Zinc	2mg
Cholesterol	17mg		

Chicken, Beet & Carrot Bowl

10 ingredients · 50 minutes · 2 servings

Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, add the chicken thighs, 2/3 of the coconut oil, 1/3 of the salt, paprika, and cumin. Be sure to coat the chicken well. Place the chicken on one half of the baking sheet.
3. Add the beets, carrots, 1/3 of the coconut oil, and 1/3 of the salt to a large bowl and toss the vegetables until they are well coated. Place the vegetables on the other half of the baking sheet. Roast the chicken and the vegetables for 40 minutes, being sure to flip the vegetables halfway.
4. Meanwhile, sauté the cauliflower rice in a large pan with the remaining coconut oil for five to seven minutes.
5. Mix the tahini, water, and remaining salt together to make a dressing.
6. Divide the cauliflower rice, chicken, and vegetables evenly between the bowls and top with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Garnish with fresh herbs like cilantro or parsley. Add lemon, lime, and/or honey to the dressing.

Ingredients

- 10 **2/3 ozs** Chicken Thighs with Skin (bone-in)
- 1 **tbsp** Coconut Oil (divided)
- 1/4 **tsp** Sea Salt (divided)
- 1/3 **tsp** Paprika
- 1/3 **tsp** Cumin
- 2 **1/3 Beet** (small, peeled and quartered)
- 1 **2/3 Carrot** (medium, peeled and quartered)
- 1 **1/3 cups** Cauliflower Rice
- 1 **1/3 tbsps** Tahini
- 2 **2/3 tbsps** Water

Nutrition

Amount per serving

Calories	532	Sodium	554mg
Fat	38g	Calcium	104mg
Carbs	20g	Iron	3mg
Fiber	7g	Folate	128µg
Sugar	10g	Magnesium	67mg
Protein	30g	Zinc	3mg
Cholesterol	148mg		

Parmesan Chicken & Kale Skillet

8 ingredients · 20 minutes · 2 servings

Directions

1. In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
2. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
3. Divide onto plates and sprinkle the red pepper flakes overtop. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

Dairy-Free

Use nutritional yeast instead of parmesan or omit.

More Flavor

Add onions and garlic.

Additional Toppings

Add leftover vegetables or serve over rice, pasta, or quinoa.

Ingredients

1 tbsp Extra Virgin Olive Oil

12 ozs Chicken Breast (skinless, boneless, cut into strips)

Sea Salt & Black Pepper (to taste)

8 cups Kale Leaves (stems removed, torn into pieces, packed)

1/4 cup Water

1 1/2 tsps Lemon Juice

1/4 cup Parmigiano Reggiano (finely grated)

1 1/2 tsps Red Pepper Flakes

Nutrition

Amount per serving

Calories	353	Sodium	212mg
Fat	17g	Calcium	377mg
Carbs	5g	Iron	2mg
Fiber	4g	Folate	70µg
Sugar	1g	Magnesium	78mg
Protein	45g	Zinc	2mg
Cholesterol	136mg		

Chicken & Bok Choy Stir Fry

9 ingredients · 25 minutes · 2 servings

Directions

1. In a large skillet over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
2. In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.
3. Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serve it With

Use rice, quinoa or cauliflower rice as your stir fry base.

No Coconut Aminos

Use tamari or soy sauce instead.

More Flavor

Add chili flakes to taste.

Make it Vegan

Omit the chicken and use tofu instead.

Ingredients

1/4 tsp Avocado Oil

5 ozs Chicken Breast (skinless, boneless, cut into strips)

1 Garlic (cloves, minced)

4 cups Bok Choy (baby, halved)

2 cups Mushrooms (sliced)

1 1/2 tbsps Coconut Aminos

1/2 tsp Sesame Oil (toasted)

1 1/2 stalks Green Onion (sliced)

1 1/2 tsps Sesame Seeds (optional)

Nutrition

Amount per serving

Calories	168	Sodium	332mg
Fat	5g	Calcium	183mg
Carbs	10g	Iron	2mg
Fiber	3g	Folate	120µg
Sugar	6g	Magnesium	65mg
Protein	22g	Zinc	1mg
Cholesterol	52mg		

Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 2 servings

Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use lentils instead of ground turkey.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

8 ozs Extra Lean Ground Turkey

1/2 tsp Cinnamon

1 tbsp Poultry Seasoning

1 1/2 tsps Avocado Oil

1/2 cup Red Onion (diced)

1 Garlic (cloves, minced)

1 cup Brussels Sprouts (trimmed and halved)

1 cup Butternut Squash (peeled and cubed)

1 Apple (cored and diced)

1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	325	Sodium	243mg
Fat	14g	Calcium	122mg
Carbs	31g	Iron	3mg
Fiber	7g	Folate	67µg
Sugar	14g	Magnesium	72mg
Protein	24g	Zinc	3mg
Cholesterol	84mg		

Sun Dried Tomato & Olive Chicken with Spinach

6 ingredients · 35 minutes · 1 serving

Directions

1. Preheat your oven to 350°F (177°) and line a baking dish with parchment. Place the chicken in the center of the dish.
2. Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
3. Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
4. In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
5. To serve, divide the chicken and spinach between plates. Enjoy!

Notes

Add Carbs

Serve with pasta, potatoes, rice, or quinoa.

Leftovers

Keeps well for 2 to 3 days in the fridge.

Ingredients

1/2 Garlic (clove, peeled)

1/3 cup Pitted Kalamata Olives

1/4 cup Sun Dried Tomatoes (oil packed or rehydrated)

2 tbsps Extra Virgin Olive Oil

4 ozs Chicken Breast

2 cups Baby Spinach

Nutrition

Amount per serving

Calories	484	Sodium	484mg
Fat	36g	Calcium	127mg
Carbs	13g	Iron	7mg
Fiber	4g	Folate	136µg
Sugar	5g	Magnesium	108mg
Protein	30g	Zinc	1mg
Cholesterol	82mg		