






















YOUR GET-MORE-ENERGY MEAL PLAN

Feeling a little... blah? Give your body the nutrients it craves and watch yourself feel more energized by the day. This one-week plan is streamlined and flavorful, so you don't need to waste any energy worrying about what to eat.

RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>1 serving Chocolate Peanut Butter Energy Bars (p. 2, save leftovers)</p>	 <p>1 serving Tuna & White Bean Salad (p. 3, save leftovers)</p>	 <p>1 serving New-Fashioned Chicken Alfredo (p. 4, save leftovers)</p>	<p>Calories: 1,325, Fat: 65 g, Sat. Fat: 12 g, Carbs: 131 g, Fiber: 25 g, Sugars: 28 g, Protein: 57 g, Sodium: 720 mg, Cholesterol: 58 mg</p>
TUESDAY	 <p>Peanut Butter Cup Smoothie (p. 4)</p>	 <p>1 serving Tuna & White Bean Salad (leftovers, p. 3)</p>	 <p>1 serving New-Fashioned Chicken Alfredo (leftovers, p. 4)</p>	<p>Calories: 1,541, Fat: 75 g, Sat. Fat: 13 g, Carbs: 149 g, Fiber: 37 g, Sugars: 30 g, Protein: 66 g, Sodium: 1,039 mg, Cholesterol: 58 mg</p>
WEDNESDAY	 <p>1 serving Chocolate Peanut Butter Energy Bars (leftovers, p. 2)</p>	 <p>1 serving New-Fashioned Chicken Alfredo (leftovers, p. 4)</p>	 <p>1 serving Salmon Burgers with Sweet Potato Fries (p. 5, save leftovers)</p>	<p>Calories: 1,419, Fat: 58 g, Sat. Fat: 13 g, Carbs: 156 g, Fiber: 24 g, Sugars: 32 g, Protein: 64 g, Sodium: 849 mg, Cholesterol: 173 mg</p>
THURSDAY	 <p>Peanut Butter Cup Smoothie (p. 4)</p>	 <p>1 serving Salmon Burgers with Sweet Potato Fries (leftovers, p. 5)</p>	 <p>1 serving New-Fashioned Chicken Alfredo (leftovers, p. 4)</p>	<p>Calories: 1,635, Fat: 68 g, Sat. Fat: 14 g, Carbs: 174 g, Fiber: 36 g, Sugars: 34 g, Protein: 73 g, Sodium: 1,168 mg, Cholesterol: 173 mg</p>
FRIDAY	 <p>1 serving Chocolate Peanut Butter Energy Bars (leftovers, p. 2)</p>	 <p>1 serving Hearty Mushroom Beef Bowls (p. 6, save leftovers)</p>	 <p>1 serving Salmon Burgers with Sweet Potato Fries (leftovers, p. 5)</p>	<p>Calories: 1,581, Fat: 69 g, Sat. Fat: 17 g, Carbs: 163 g, Fiber: 31 g, Sugars: 35 g, Protein: 77 g, Sodium: 946 mg, Cholesterol: 204 mg</p>
SATURDAY	 <p>Peanut Butter Cup Smoothie (p. 4)</p>	 <p>1 serving Egg Salad Lettuce Cups & Dill Roasted Potatoes (p. 7, save leftovers)</p>	 <p>1 serving Salmon Burgers with Sweet Potato Fries (leftovers, p. 5)</p>	<p>Calories: 1,760, Fat: 93 g, Sat. Fat: 19 g, Carbs: 165 g, Fiber: 37 g, Sugars: 33 g, Protein: 62 g, Sodium: 1,516 mg, Cholesterol: 510.5 mg</p>
SUNDAY	 <p>1 serving Chocolate Peanut Butter Energy Bars (leftovers, p. 2)</p>	 <p>1 serving Egg Salad Lettuce Cups & Dill Roasted Potatoes (leftovers, p. 7)</p>	 <p>1 serving Hearty Mushroom Beef Bowls (leftovers, p. 6)</p>	<p>Calories: 1,599, Fat: 84 g, Sat. Fat: 19 g, Carbs: 152 g, Fiber: 28 g, Sugars: 29 g, Protein: 69 g, Sodium: 1,036 mg, Cholesterol: 454.5 mg</p>

Chocolate Peanut Butter Energy Bars

F Q V GF

SERVES 4. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 30 MINUTES.

With plenty of fiber to slow down the release of sugar from the dates, these quick-assembly bars provide lasting energy and are a grab-and-go breakfast treat.

¾ cup old-fashioned rolled oats
¼ cup unsalted peanuts
¼ cup shredded unsweetened coconut
3 tbsp raw cacao nibs
½ tsp ground cinnamon
7 Medjool dates, pitted
2 tbsp water
3 tbsp peanut butter
½ tsp pure vanilla extract

1. Preheat oven to 350°F and line a 9- x 5-inch loaf pan with parchment paper.

2. In a food processor, place oats and peanuts; process until mixture reaches a coarse consistency; transfer to a large bowl. Add coconut, cacao nibs and cinnamon to the oat mixture; stir until mixed.

3. To food processor, add dates, water, peanut butter and vanilla; process until smooth. Add date mixture to oat mixture, using hands to mix together.

4. Transfer mixture to loaf pan and, using slightly wet hands, press down on mixture to create an even layer. Bake until firm and golden along edges, about 20 minutes. Cool and cut into 4 large bars.

NOTE: If following our Meal Plan, freeze two servings for later in the week. Keep remaining in an airtight container at room temperature.

PER SERVING (1 bar): Calories: 362, Fat: 18 g, Sat. Fat: 6 g, Carbs: 42 g, Fiber: 10 g, Sugars: 19 g, Protein: 9 g, Sodium 11 mg, Cholesterol: 0 mg

Tuna & White Bean Salad



SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

This quick and filling lunch packs an energy trifecta of protein, fiber-containing carbs and healthful fats.

DRESSING

- ¼ cup** avocado oil
- 1 tsp** lemon zest
- ¼ cup** fresh lemon juice
- 1 tsp** Dijon mustard
- ⅛ tsp** each sea salt and ground black pepper

1. In a jar, combine all dressing ingredients; shake until well combined. Set aside.

2. In a large bowl, place tuna, spinach beans, cucumber, tomato and onion. Pour dressing over top and toss to coat. Top with dill and cashews.

NOTE: If following our Meal Plan, refrigerate one-half salad and one-half dressing in separate containers; toss together before eating.

PER SERVING (½ of recipe): Calories: 488, Fat: 32 g, Sat. Fat: 4 g, Carbs: 33 g, Fiber: 10 g, Sugars: 5 g, Protein: 19 g, Sodium: 419 mg, Cholesterol: 15 mg

SALAD

- 1 3.5-oz** can tuna packed in water, drained and flaked
- 4 cups** baby spinach
- 1 cup** canned white beans, drained
- 1 cup** diced cucumber
- 1** tomato, diced
- ¼** red onion, thinly sliced
- ¼ cup** chopped fresh dill
- 2 tbsp** raw cashews

New-Fashioned Chicken Alfredo

F Q

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

Our version of alfredo pasta takes advantage of plant-based ingredients, such as mushrooms, cashews, nutritional yeast and tahini to amp up the flavor and the nutrition. You can easily keep this recipe dairy-free by using almond milk or another non-dairy milk.

- 8 oz** dry whole-grain penne pasta
- 1 tbsp** avocado oil
- 1** yellow onion, diced
- 2** boneless skinless chicken breasts, diced
- 2 cups** sliced cremini mushrooms
- ½ cup** raw cashews
- 2 cloves** garlic
- 1 cup** non-dairy or whole milk
- ¼ cup** nutritional yeast
- 2 tbsp** fresh lemon juice
- 1 tbsp** tahini
- 2 tsp** Dijon mustard
- ½ tsp** paprika
- ¼ tsp** each sea salt and ground black pepper
- 2 cups** baby spinach
- Pinch** red pepper flakes

1. In a pot of boiling water, prepare pasta al dente according to package directions. Drain.

2. In a large skillet, heat oil. Add onion and cook 5 minutes. Add chicken and mushrooms; cook an additional 10 minutes.

3. Meanwhile, prepare sauce: To a food processor, add cashews and garlic; pulse until minced. Add milk, nutritional yeast, lemon juice, tahini, mustard, paprika, salt and pepper; process until smooth.

4. In a large pot on medium, place spinach, cooked mushrooms and chicken. Pour sauce over spinach mixture; cook and stir until heated through and spinach is wilted, 3 to 5 minutes. Add drained pasta to pot; heat and stir until combined, about 3 minutes. Serve with pepper flakes.

NOTE: If following our Meal Plan, refrigerate leftovers in containers and reheat when called for.

PER SERVING (¼ of recipe): Calories: 475, Fat: 15 g, Sat. Fat: 2 g, Carbs: 56 g, Fiber: 5 g, Sugars: 4 g, Protein: 29 g, Sodium: 290 mg, Cholesterol: 43 mg

Peanut Butter Cup Smoothie

F Q V GF

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

This nutritious smoothie tastes like you're eating a peanut butter cup, but it's also filled with spinach and beans for added iron, fiber and protein. Those additions may seem odd, but don't worry, you can't taste them.

- 1 cup** non-dairy or whole milk
- 1 cup** baby spinach
- ⅓ cup** canned white beans
- 2 tbsp** peanut butter
- 2 tbsp** raw cacao nibs
- 2** Medjool dates, pitted
- ½ tsp** pure vanilla extract
- ½ tsp** ground cinnamon
- ice cubes, as desired

In a blender, place all ingredients; blend until smooth.

PER SERVING (1 recipe): Calories: 578, Fat: 28 g, Sat. Fat: 7 g, Carbs: 60 g, Fiber: 22 g, Sugars: 21 g, Protein: 18 g, Sodium: 330 mg, Cholesterol: 0 mg

Salmon Burgers with Sweet Potato Fries

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Salmon provides many health benefits, including omega-3 fatty acids to boost immunity and lower blood pressure, as well as B vitamins to boost brain power. Make sure to soak the cashews prior to starting the recipe.

BURGERS & SAUCE

- ½ cup** raw cashews
- 1 cup** old-fashioned rolled oats
- 2 large** eggs
- 1 large** wild salmon fillet (10- to 12-oz), skin removed and diced
- ¼ cup** water, divided
- 4** green onions, chopped
- ¼ tsp** each sea salt and ground black pepper, divided
- 1 tbsp** avocado oil
- ½ cup** chopped fresh dill
- 2 tbsp** fresh lemon juice
- 4** whole-grain hamburger buns
- ½** red onion, thinly sliced
- 1** tomato, sliced
- 4** romaine lettuce leaves

FRIES

- 2** sweet potatoes, cut into ¼-inch-wide fries
- 2 tbsp** avocado oil
- ¼ tsp** each sea salt and ground black pepper, divided
- ⅛ tsp** paprika, to taste, optional

- 1.** Soak cashews in water for 1 hour.
- 2.** Meanwhile prepare fries: Preheat oven to 425°F. In a large bowl, toss sweet potatoes with oil, salt, pepper and paprika (if using). On a parchment-lined baking sheet, spread sweet potatoes in an even layer and bake 35 minutes or until tender, flipping every 10 minutes.
- 3.** Prepare burgers: In a food processor, place oats; pulse to a flour consistency.
- 4.** Wipe out bowl used for sweet potatoes and whisk eggs in bowl. Add oat flour, salmon, one-half of water, green onions, salt and pepper; stir until well combined.
- 5.** In a large skillet on medium, heat oil. Shape salmon mixture into 4 patties and cook 10 minutes, turning once, until golden on each side.

6. Meanwhile, prepare sauce: In a food processor, combine soaked and drained cashews, remaining one-half water, dill and lemon juice.

7. To assemble burgers, spread ¼ sauce on each bun; top with red onion, tomato, lettuce and patty. Serve with sweet potato fries.

NOTE: If following our Meal Plan, refrigerate burger components and fries separately; reheat and assemble when called for.

PER SERVING (1 burger and ¼ of fries):
Calories: 582, Fat: 25 g, Sat. Fat: 5 g, Carbs: 58 g,
Fiber: 9 g, Sugars: 9 g, Protein: 26 g,
Sodium: 548 mg, Cholesterol: 130 mg

Hearty Mushroom Beef Bowls

F GF

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 55 MINUTES.

This energy bowl is full of flavor and color. The beef provides iron, which helps transport oxygen through your body, increasing energy, mood and concentration.

- ½ cup** brown rice
- ½ tbsp** avocado oil
- 1** yellow onion, diced
- 2 cups** sliced cremini mushrooms
- 8 oz** lean ground beef
- ¼ tsp** sea salt
- 1 cup** sliced cucumber
- 1 cup** grated carrot
- 2** green onions, chopped

DRESSING

- ¼ cup** water
- ¼ cup** nutritional yeast
- 2 tbsp** apple cider vinegar
- 2 tbsp** tahini
- ½ tbsp** minced fresh ginger
- 1 clove** garlic, minced

1. Prepare rice according to package directions.

2. Meanwhile, in a large skillet on medium, heat oil. Add yellow onion and sauté 5 minutes. Add mushrooms and sauté an additional 5 minutes. Stir in beef and salt; sauté until beef is no longer pink, about 10 minutes.

3. Meanwhile, prepare dressing: In a jar with a tight-fitting lid, place all dressing ingredients; cover and shake until well mixed.

4. To assemble bowls, divide rice, beef mixture, cucumber and carrot among servings. Drizzle with dressing and sprinkle with green onions.

NOTE: If following our Meal Plan, refrigerate leftover bowl components in separate containers; reheat and assemble when called for.

PER SERVING (½ of recipe): Calories: 637, Fat: 26 g, Sat. Fat: 6 g, Carbs: 63 g, Fiber: 12 g, Sugars: 7 g, Protein: 42 g, Sodium: 387 mg, Cholesterol: 74 mg

Egg Salad Lettuce Cups & Dill Roasted Potatoes



SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 55 MINUTES.

This lemony meal will brighten your vibe, as well as your energy, thanks to the hard-boiled eggs, a great source of protein and B vitamins.

POTATOES & DIPPING SAUCE

- 1 lb** baby potatoes, scrubbed and quartered
- 2 tbsp** avocado oil
- 1 tbsp** minced fresh dill
- 1/8 tsp** each sea salt and ground black pepper
- 2 tbsp** mayonnaise
- 1 tbsp** fresh lemon juice
- 1 tsp** lemon zest

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. In a bowl, toss potatoes with oil, dill, salt and pepper; spread evenly on prepared baking sheet; bake 45 minutes, turning once.

3. Meanwhile, prepare dipping sauce by combining mayonnaise, lemon juice and lemon zest; set aside.

4. In a large pot, place eggs and add water to cover eggs by 1 inch. Cover pot and bring water to a boil. When water is boiling, turn off burner and let pot sit, covered, 10 minutes. Drain eggs and place in cool water before peeling.

5. Prepare egg salad: In a large bowl, mash peeled eggs with mayonnaise, Dijon, paprika, salt and pepper. Stir in red onion and cucumber. Divide mixture among lettuce leaves and sprinkle with dill. Serve with roasted potatoes and dipping sauce.

NOTE: If following our Meal Plan, refrigerate one-half egg salad, lettuce leaves, potatoes and dipping sauce in separate containers. Assemble when called for.

PER SERVING (1/2 of recipe): Calories: 600, Fat: 40 g, Sat. Fat: 7 g, Carbs: 47 g, Fiber: 6 g, Sugars: 3 g, Protein: 18 g, Sodium: 638 mg, Cholesterol: 380.5 mg

EGG SALAD

- 4 large** eggs
- 1 tbsp** mayonnaise
- 1 tsp** Dijon mustard
- 1/4 tsp** paprika
- 1/8 tsp** each sea salt and ground black pepper
- 1/4** red onion, thinly sliced
- 1/2 cup** diced cucumber
- 4** romaine lettuce leaves
- 2 tbsp** minced fresh dill

GROCERY LIST

PROTEINS & DAIRY

- 1 qt non-dairy or whole milk
- 6 large eggs
- 2 boneless, skinless chicken breasts
- 8 oz lean ground beef
- 1 3.5-oz can tuna packed in water
- 1 10- to 12-oz wild salmon fillet

VEGGIES & FRUITS

- 1 carrot
- 1 large cucumber
- 1 red onion
- 2 yellow onions
- 4 cups sliced cremini mushrooms
- 9 cups baby spinach
- 1 heart romaine lettuce
- 1 large bunch fresh dill
- 1 bunch green onions
- 3 cloves garlic
- 1-inch piece fresh ginger
- 3 lemons
- 13 Medjool dates
- 2 sweet potatoes
- 1 lb baby potatoes
- 2 vine-ripened tomatoes

WHOLE GRAINS

- 1¾ cups old-fashioned rolled oats
- 8 oz dry penne pasta
- 1 bag brown rice
- 4 whole-grain hamburger buns

NUTS, SEEDS & OILS

- 1 oz unsalted peanuts
- 5 oz raw unsalted cashews
- ¼ cup shredded unsweetened coconut
- 1 jar natural peanut butter
- 1 jar tahini
- 1 bottle avocado oil
- 1 jar mayonnaise

PANTRY STAPLES

- 1 19-oz can white beans
- 1 bottle apple cider vinegar
- 1 bottle Dijon mustard
- 1 bag raw cacao nibs
- 1 bag nutritional yeast
- 1 bottle pure vanilla extract
- 1 bottle ground cinnamon
- 1 bottle paprika
- 1 bottle red pepper flakes
- 1 bottle ground black pepper
- 1 bottle sea salt