



## 21-Day Transformation Program, Week 3

Created by Cynthia Libert, M.D.



## 21-Day Transformation Program, Week 3

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Blueberry Chia Parfait	Blueberry Chia Parfait	Blueberry Detox Smoothie	Eggs n' Guac Breakfast Bowl	Eggs n' Guac Breakfast Bowl
Lunch	Mediterranean Goddess Bowl	Mediterranean Goddess Bowl	Falafel Salad with Green Tahini Sauce	Coconut Chickpea Curry	Chicken Fingers & Fries
Snack 1	Banana with Peanut Butter	Celery & Hummus	Celery & Hummus	Cantaloupe	Cantaloupe
Dinner	Curried Chicken Slow Cooker Stew	Falafel Salad with Green Tahini Sauce	Coconut Chickpea Curry	Chicken Fingers & Fries	Slow Cooker Vegan Chili
Snack 2	Brown Rice Chips with Salsa	Grapes & Walnuts	Grapes & Walnuts	Orange & Dark Chocolate	Orange & Dark Chocolate

## 21-Day Transformation Program, Week 3

5 days

Mon		Tue		Wed		Thu		Fri	
<b>Calories</b>	1504	<b>Calories</b>	1704	<b>Calories</b>	1737	<b>Calories</b>	1700	<b>Calories</b>	1336
<b>Fat</b>	75g	<b>Fat</b>	104g	<b>Fat</b>	90g	<b>Fat</b>	98g	<b>Fat</b>	69g
Saturated	8g	Saturated	12g	Saturated	26g	Saturated	35g	Saturated	16g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	15g	Polyunsaturated	36g	Polyunsaturated	30g	Polyunsaturated	23g	Polyunsaturated	21g
Monounsaturated	25g	Monounsaturated	33g	Monounsaturated	23g	Monounsaturated	28g	Monounsaturated	24g
<b>Carbs</b>	176g	<b>Carbs</b>	162g	<b>Carbs</b>	199g	<b>Carbs</b>	148g	<b>Carbs</b>	126g
Fiber	39g	Fiber	47g	Fiber	50g	Fiber	34g	Fiber	35g
Sugar	47g	Sugar	38g	Sugar	60g	Sugar	56g	Sugar	54g
<b>Protein</b>	52g	<b>Protein</b>	54g	<b>Protein</b>	54g	<b>Protein</b>	71g	<b>Protein</b>	65g
Cholesterol	27mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	454mg	Cholesterol	454mg
Sodium	1880mg	Sodium	1323mg	Sodium	1224mg	Sodium	891mg	Sodium	1986mg
Potassium	2647mg	Potassium	3076mg	Potassium	3579mg	Potassium	3808mg	Potassium	3536mg
Vitamin A	9293IU	Vitamin A	12932IU	Vitamin A	13579IU	Vitamin A	30294IU	Vitamin A	32510IU
Vitamin C	47mg	Vitamin C	109mg	Vitamin C	193mg	Vitamin C	317mg	Vitamin C	273mg
Calcium	895mg	Calcium	1109mg	Calcium	1023mg	Calcium	433mg	Calcium	431mg
Iron	15mg	Iron	24mg	Iron	23mg	Iron	15mg	Iron	14mg
Vitamin D	88IU	Vitamin D	88IU	Vitamin D	101IU	Vitamin D	83IU	Vitamin D	83IU

Vitamin E	11mg	Vitamin E	9mg	Vitamin E	8mg	Vitamin E	10mg	Vitamin E	8mg
Thiamine	0.7mg	Thiamine	1.3mg	Thiamine	1.3mg	Thiamine	1.0mg	Thiamine	0.9mg
Riboflavin	0.9mg	Riboflavin	1.1mg	Riboflavin	1.1mg	Riboflavin	1.5mg	Riboflavin	1.3mg
Niacin	13mg	Niacin	8mg	Niacin	10mg	Niacin	19mg	Niacin	19mg
Vitamin B6	1.8mg	Vitamin B6	1.4mg	Vitamin B6	2.1mg	Vitamin B6	2.8mg	Vitamin B6	2.5mg
Folate	374µg	Folate	701µg	Folate	857µg	Folate	727µg	Folate	584µg
Vitamin B12	0.1µg	Vitamin B12	0µg	Vitamin B12	0µg	Vitamin B12	1.1µg	Vitamin B12	1.1µg
Phosphorous	787mg	Phosphorous	1155mg	Phosphorous	1207mg	Phosphorous	1138mg	Phosphorous	937mg
Magnesium	466mg	Magnesium	560mg	Magnesium	519mg	Magnesium	407mg	Magnesium	329mg
Zinc	5mg	Zinc	9mg	Zinc	9mg	Zinc	7mg	Zinc	5mg
Selenium	25µg	Selenium	31µg	Selenium	33µg	Selenium	70µg	Selenium	64µg

# 21-Day Transformation Program, Week 3

50 items

## Fruits

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- 2 Avocado
- 4 Banana
- 2 Cantaloupe
- 4 cups Grapes
- 2 1/2 Lemon
- 4 Navel Orange

## Breakfast

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

## Seeds, Nuts & Spices

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- 1 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tbsp Chili Powder
- 1 1/2 tbsps Curry Powder
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 2 cups Walnuts

## Frozen

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- 2 Brown Rice Tortillas
- 4 cups Frozen Blueberries

## Vegetables

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- 22 cups Baby Spinach
- 2 cups Broccoli
- 8 stalks Celery
- 1 cup Coleslaw Mix
- 1 Cucumber
- 5 Garlic
- 1 tbsp Ginger
- 2 1/2 cups Parsley
- 1 Red Bell Pepper
- 1 cup Red Onion
- 2 Sweet Potato
- 1/3 tsp Thyme
- 1 Tomato

## Boxed & Canned

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- 2 cups Chickpeas
- 2 cups Lentils
- 2 cups Organic Coconut Milk
- 1 cup Organic Salsa
- 1 cup Organic Vegetable Broth
- 2 cups Quinoa

## Baking

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- 3 1/2 ozs Dark Organic Chocolate
- 3/4 cup Oats

## Bread, Fish, Meat & Cheese

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- 1 lb Chicken Breast
- 2 cups Hummus

## Condiments & Oils

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- 1 1/2 tpsps Apple Cider Vinegar
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Tahini

## Cold

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- 8 Egg
- 5 1/2 cups Unsweetened Almond Milk

## Other

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- 3 1/4 cups Water



# Blueberry Chia Parfait

5 ingredients · 30 minutes · 4 servings



## Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## Notes

### No Slivered Almonds

Use shredded coconut or hemp seeds instead.

### Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

## Ingredients

**3 1/2 cups** Unsweetened Almond Milk

**3/4 cup** Chia Seeds

**2 tbsps** Maple Syrup

**2 cups** Frozen Blueberries (thawed)

**1/2 cup** Slivered Almonds

## Nutrition

Amount per serving

<b>Calories</b>	351	Calcium	642mg
<b>Fat</b>	22g	Iron	4mg
Saturated	1g	Vitamin D	88IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	1g	Riboflavin	0.2mg
<b>Carbs</b>	35g	Niacin	0mg
Fiber	13g	Vitamin B6	0mg
Sugar	13g	Folate	6µg
<b>Protein</b>	10g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	9mg
Sodium	148mg	Magnesium	126mg
Potassium	356mg	Zinc	0mg
Vitamin A	472IU	Selenium	0µg
Vitamin C	2mg		

# Blueberry Detox Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

### More Protein

Add protein powder, hemp seeds or nut butter.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

## Ingredients

- 2 cups Frozen Blueberries
- 2 cups Baby Spinach
- 2 Banana (peeled, chopped and frozen)
- 2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	280	Calcium	566mg
<b>Fat</b>	8g	Iron	3mg
Saturated	0g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	2g	Riboflavin	0.3mg
<b>Carbs</b>	53g	Niacin	2mg
Fiber	12g	Vitamin B6	0.6mg
Sugar	28g	Folate	93µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	58mg
Sodium	188mg	Magnesium	116mg
Potassium	796mg	Zinc	0mg
Vitamin A	3459IU	Selenium	2µg
Vitamin C	23mg		

# Eggs n' Guac Breakfast Bowl

7 ingredients · 15 minutes · 4 servings



## Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice in half.
2. Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
3. Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

## Notes

### Storage

Keep refrigerated in an air-tight container up to 3 days.

### Prep Ahead

Hard boil your eggs in advance to save time.

### Make it Spicy

Add chili flakes.

### Make it Vegan

Skip the eggs and add cooked chickpeas instead.

### Extra Toppings

Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.

## Ingredients

- 8 Egg
- 2 Avocado
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	386	Calcium	131mg
<b>Fat</b>	31g	Iron	4mg
Saturated	6g	Vitamin D	82IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	5g	Thiamine	0.2mg
Monounsaturated	18g	Riboflavin	0.7mg
<b>Carbs</b>	13g	Niacin	2mg
Fiber	8g	Vitamin B6	0.6mg
Sugar	2g	Folate	250µg
<b>Protein</b>	16g	Vitamin B12	0.9µg
Cholesterol	372mg	Phosphorous	284mg
Sodium	197mg	Magnesium	91mg
Potassium	986mg	Zinc	2mg
Vitamin A	6313IU	Selenium	32µg



Vitamin C 32mg

# Mediterranean Goddess Bowl

14 ingredients · 25 minutes · 4 servings



## Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
3. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
4. Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

## Notes

### On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

## Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 4 cups Baby Spinach
- 1 tbsp Tahini
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Oregano
- 1/2 tsp Black Pepper
- 1/2 Lemon (juiced)
- 1 Tomato (diced)
- 1/4 cup Red Onion (finely diced)
- 1 Cucumber (diced)
- 1/2 cup Parsley (finely chopped)
- 1 cup Hummus
- 1 tbsp Chili Powder

## Nutrition

Amount per serving

<b>Calories</b>	482	Calcium	140mg
<b>Fat</b>	30g	Iron	6mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	9g	Thiamine	0.4mg
Monounsaturated	15g	Riboflavin	0.4mg
<b>Carbs</b>	45g	Niacin	2mg

Fiber	9g	Vitamin B6	0.5mg
Sugar	3g	Folate	198µg
<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	388mg
Sodium	369mg	Magnesium	180mg
Potassium	890mg	Zinc	3mg
Vitamin A	4559IU	Selenium	9µg
Vitamin C	28mg		

# Banana with Peanut Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Spread peanut butter across banana slices. Happy snacking!

## Notes

### No Peanut Butter

Use any nut or seed butter.

### More Protein

Sprinkle with hemp seeds.

## Ingredients

2 Banana (peeled and sliced)

1/4 cup All Natural Peanut Butter

## Nutrition

Amount per serving

<b>Calories</b>	298	Calcium	22mg
<b>Fat</b>	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Thiamine	0.1mg
Monounsaturated	8g	Riboflavin	0.1mg
<b>Carbs</b>	34g	Niacin	5mg
Fiber	5g	Vitamin B6	0.6mg
Sugar	18g	Folate	52µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	134mg
Sodium	7mg	Magnesium	86mg
Potassium	602mg	Zinc	1mg
Vitamin A	76IU	Selenium	3µg
Vitamin C	10mg		



# Celery & Hummus

3 ingredients · 5 minutes · 4 servings



## Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

## Notes

### Make it Yourself

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

## Ingredients

**8 stalks** Celery (cut into sticks)

**1 cup** Hummus

**1 tsp** Paprika (optional)

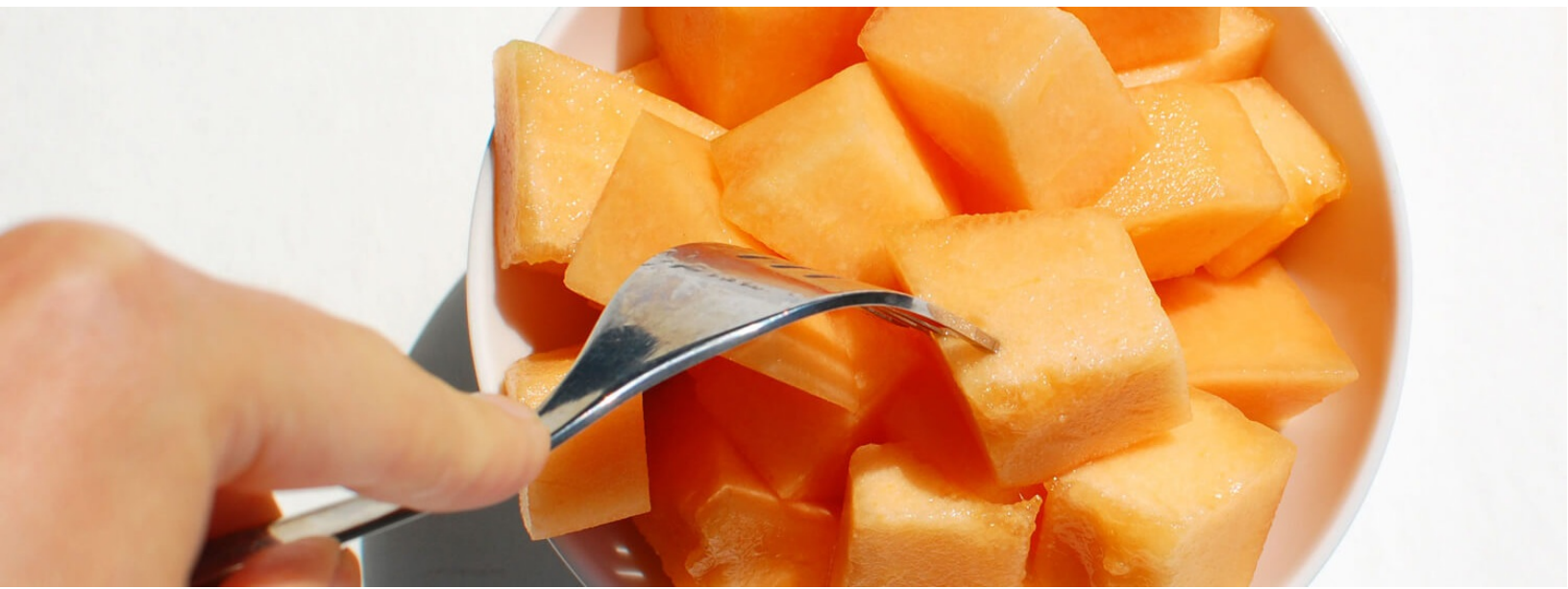
## Nutrition

Amount per serving

<b>Calories</b>	159	Calcium	62mg
<b>Fat</b>	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	6g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	12g	Niacin	1mg
Fiber	5g	Vitamin B6	0.2mg
Sugar	2g	Folate	58µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	133mg
Sodium	327mg	Magnesium	55mg
Potassium	413mg	Zinc	1mg
Vitamin A	658IU	Selenium	3µg
Vitamin C	2mg		

# Cantaloupe

1 ingredient · 5 minutes · 2 servings



## Directions

1. Divide into bowls and enjoy!

## Notes

### Extra Sweetness

Drizzle with a bit of raw honey.

## Ingredients

1 Cantaloupe (chopped and cubed)

## Nutrition

Amount per serving

<b>Calories</b>	94	Calcium	25mg
<b>Fat</b>	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	23g	Niacin	2mg
Fiber	3g	Vitamin B6	0.2mg
Sugar	22g	Folate	58µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	42mg
Sodium	44mg	Magnesium	33mg
Potassium	737mg	Zinc	0mg
Vitamin A	9335IU	Selenium	1µg
Vitamin C	101mg		

# Falafel Salad with Green Tahini Sauce

10 ingredients · 30 minutes · 3 servings



## Directions

1. Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
2. Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
3. Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
4. Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

## Notes

### Speed It Up

Skip making the tahini sauce and serve with hummus instead.

## Ingredients

- 3/4 cup** Oats (quick or traditional)
- 2 cups** Lentils (cooked, drained and rinsed)
- 2** Garlic (cloves, minced)
- 1/2 tsp** Sea Salt
- 2 cups** Parsley (divided)
- 1** Lemon (juiced and divided)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1/4 cup** Tahini
- 1/4 cup** Water
- 4 cups** Baby Spinach (or mixed greens)

## Nutrition

Amount per serving

<b>Calories</b>	459	Calcium	223mg
<b>Fat</b>	22g	Iron	11mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	6g	Thiamine	0.6mg
Monounsaturated	11g	Riboflavin	0.3mg
<b>Carbs</b>	50g	Niacin	4mg
Fiber	17g	Vitamin B6	0.4mg
Sugar	4g	Folate	406µg
<b>Protein</b>	20g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	515mg

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Sodium	476mg	Magnesium	148mg
Potassium	1112mg	Zinc	4mg
Vitamin A	7145IU	Selenium	17µg
Vitamin C	73mg		



# Coconut Chickpea Curry

15 ingredients · 30 minutes · 4 servings



## Directions

1. Cook your quinoa by combining quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside.
2. Heat a sauce pan over medium heat and add oil. Add the onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with sea salt and black pepper to taste. Saute for 5 minutes or until veggies are slightly softened. Then stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
3. Serve over quinoa and garnish with cilantro and chopped peanuts if you wish. Enjoy!

## Notes

### Meat Lover

Add in cooked diced chicken or beef.

## Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 tbsp Extra Virgin Olive Oil (or coconut oil)
- 1/2 cup Red Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 cups Broccoli (chopped into small florets)
- 1 cup Coleslaw Mix
- 1 Red Bell Pepper (de-seeded and sliced)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Curry Powder
- 1/2 tsp Red Pepper Flakes (optional)
- 2 cups Organic Coconut Milk (canned)
- 1 cup Organic Vegetable Broth
- 2 cups Chickpeas (cooked, drained and rinsed)

## Nutrition

Amount per serving

Calories	586	Calcium	130mg
Fat	30g	Iron	6mg
Saturated	19g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Thiamine	0.3mg
Monounsaturated	4g	Riboflavin	0.3mg

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<b>Carbs</b>	64g	Niacin	2mg
Fiber	13g	Vitamin B6	0.6mg
Sugar	10g	Folate	267µg
<b>Protein</b>	18g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	391mg
Sodium	230mg	Magnesium	149mg
Potassium	953mg	Zinc	3mg
Vitamin A	2219IU	Selenium	9µg
Vitamin C	91mg		

# Chicken Fingers & Fries

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper.
2. In a food processor, combine walnuts, sea salt, black pepper and thyme. Pulse until it reaches a coarse, sand-like consistency. Add this mixture to a large ziplock bag.
3. Cut your chicken breasts into long pieces and add them to the bag. Shake until the chicken is well coated. Transfer chicken to one side of your baking sheet. Press any extra walnut mix from the bag into the top of the chicken fingers.
4. Slice your sweet potatoes into thin fry-like pieces. Add to a large mixing bowl with a splash of olive oil and season with sea salt and black pepper to taste. Toss until well coated. Transfer them to the baking sheet beside the chicken. Place the baking sheet in the oven and bake for 30 to 40 minutes or until chicken is cooked through and fries are golden brown. Flip the fries at the halfway point.
5. Meanwhile, toss your mixed greens in vinegar and olive oil.
6. Remove chicken and fries from the oven. Plate with a scoop of greens. Enjoy!

## Notes

### No Walnuts

Use any nut instead. Pistachios, almonds or shredded coconut all work well!

### No Sweet Potato

Make fries from another root vegetable like carrots, beets or parsnips.

## Ingredients

- 1 cup Walnuts
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/3 tsp Thyme (optional)
- 1 lb Chicken Breast (boneless, skinless)
- 2 Sweet Potato (large)
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach (or mixed greens)
- 1 1/2 tsps Apple Cider Vinegar (or balsamic)
- 1 tbsp Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	422	Calcium	87mg
<b>Fat</b>	26g	Iron	3mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	15g	Thiamine	0.3mg
Monounsaturated	6g	Riboflavin	0.3mg
<b>Carbs</b>	19g	Niacin	12mg
Fiber	5g	Vitamin B6	1.3mg
Sugar	4g	Folate	104µg
<b>Protein</b>	32g	Vitamin B12	0.2µg
Cholesterol	82mg	Phosphorous	389mg

Sodium	407mg	Magnesium	119mg
Potassium	900mg	Zinc	2mg
Vitamin A	12081IU	Selenium	28µg
Vitamin C	10mg		



# Brown Rice Chips with Salsa

2 ingredients · 15 minutes · 2 servings



## Directions

1. Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
2. Remove chips from oven. Serve with salsa. Enjoy!

## Notes

### Flavoured Chips

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

### Extra Mexican Flavour

Squeeze a lime wedge over the chips after baking.

### Low FODMAP

Ensure the salsa is onion-free.

## Ingredients

2 Brown Rice Tortillas

1 cup Organic Salsa

## Nutrition

Amount per serving

<b>Calories</b>	188	Calcium	39mg
<b>Fat</b>	3g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	36g	Niacin	1mg
Fiber	6g	Vitamin B6	0.2mg
Sugar	8g	Folate	5µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	43mg
Sodium	1094mg	Magnesium	20mg
Potassium	358mg	Zinc	0mg
Vitamin A	599IU	Selenium	1µg
Vitamin C	3mg		

# Grapes & Walnuts

2 ingredients · 3 minutes · 4 servings



## Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## Notes

### No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

## Ingredients

4 cups Grapes (washed)

1 cup Walnuts

## Nutrition

Amount per serving

<b>Calories</b>	253	Calcium	42mg
<b>Fat</b>	19g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	14g	Thiamine	0.2mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	20g	Niacin	1mg
Fiber	3g	Vitamin B6	0.3mg
Sugar	16g	Folate	33µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	110mg
Sodium	3mg	Magnesium	51mg
Potassium	305mg	Zinc	1mg
Vitamin A	98IU	Selenium	2µg
Vitamin C	4mg		

# Orange & Dark Chocolate

2 ingredients · 3 minutes · 4 servings



## Directions

1. Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

## Notes

### No Oranges

Substitute grapefruit instead.

## Ingredients

4 Navel Orange (peeled or sliced)

3 1/2 ozs Dark Organic Chocolate (broken into pieces)

## Nutrition

Amount per serving

<b>Calories</b>	212	Calcium	60mg
<b>Fat</b>	10g	Iron	1mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	29g	Niacin	1mg
Fiber	5g	Vitamin B6	0.1mg
Sugar	18g	Folate	48µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	32mg
Sodium	13mg	Magnesium	15mg
Potassium	232mg	Zinc	0mg
Vitamin A	346IU	Selenium	0µg
Vitamin C	83mg		