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JULY MEAL  
PLAN

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BREAKFAST

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5.3 oz cottage cheese

1/4 c walnuts

1/2 c blueberries

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SNACK

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2 hemp protein bites

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LUNCH

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Tamari Roasted  
Chickpea Salad\*

1 peach

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DINNER

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Thai Turkey Lettuce  
Wraps\*

2 grilled zucchini

78 grams **protein**

32 grams **fiber**

# Recipes

## Tamari Roasted Chickpea Salad

2 c romaine lettuce  
1 c spinach  
1/2 c cherry tomatoes, sliced in half  
1/4 c sunflower seeds  
1 14 oz can chickpeas, rinsed and drained  
2 TB olive oil  
2 TB tamari  
1 tsp sea salt  
dressing:  
4 TB olive oil  
2 TB lemon juice

- Preheat oven to 375°F. Toss chickpeas to coat with oil and tamari in a large bowl. Transfer to a baking sheet and bake for 25 minutes until slightly crispy.
- Combine greens, tomatoes, and sunflower seeds in a salad bowl.
- Whisk olive oil and lemon juice together.
- Arrange chickpeas over salad ingredients and toss with dressing.

serves 2

## Thai Turkey Lettuce Wraps

2 tablespoons coconut oil  
1 lb. ground turkey  
1 small yellow onion diced  
1 large stalk celery diced  
4 cloves garlic minced  
1 tablespoon ginger minced  
2 tablespoons tamari  
2 tablespoons rice vinegar  
1 tablespoon coconut sugar  
2 teaspoons chili garlic sauce  
1 teaspoon fish sauce  
½ cup chicken broth  
8 large butter lettuce leaves  
½ cup green onion sliced  
¼ cup fresh cilantro  
3 tablespoons peanuts  
1 pinch red pepper flakes

- Heat oil in a large pan. Add turkey, onion, and celery. Cook until turkey is cooked through and the vegetables are tender, about 10 minutes.
- Add garlic and ginger, cook 1 minute.
- Add tamari, vinegar, sugar, chili garlic sauce, fish sauce, and broth. Cook, stirring occasionally, for 8 minutes.
- Before serving, divide the turkey between the 8 lettuce leaves. Top with green onion, cilantro, peanuts, and crushed red pepper flakes.

serves 4