



# Constipation Diet - Week 1

PEAK BIOME



## MON



**BREAKFAST**  
Detox Green Smoothie



**LUNCH**  
Turkey Pineapple Quinoa Bowl



**DINNER**  
Turkey Cranberry Squash Bowls

## TUE



**BREAKFAST**  
Kiwi Green Smoothie



**LUNCH**  
Spicy Tuna Wrap



**DINNER**  
Turkey Cranberry Squash Bowls

## WED



**BREAKFAST**  
Banana Cinnamon Smoothie



**LUNCH**  
Tuna Salad Stuffed Avocado with Hot Sauce



**DINNER**  
Spicy Sweet Potato, Turkey & Kale Bowl

## THU



**BREAKFAST**  
Bloat-Fighting Tropical Smoothie



**LUNCH**  
Turkey Pineapple Quinoa Bowl



**DINNER**  
One Pan Salmon, Kale & Cabbage

## FRI



**BREAKFAST**  
Bloat-Fighting Tropical Smoothie



**LUNCH**  
Peanut Butter & Raspberry Sandwich



**DINNER**  
15 Minute Shrimp & Cabbage Stir Fry

## SAT



**BREAKFAST**  
Chocolate Chip Cookie Dough Overnight Oats



**LUNCH**  
One Pan Salmon, Kale & Cabbage



**DINNER**  
Spicy Sweet Potato, Turkey & Kale Bowl

## SUN



**BREAKFAST**  
Chocolate Chip Cookie Dough Overnight Oats



**LUNCH**  
Chopped Salad Pitais



**DINNER**  
One Pan Teriyaki Chicken

### MON

FAT 34% CARBS 42% PROTEIN 24%

Calories 850 Fiber 19g  
Fat 34g Sugar 32g  
Carbs 94g Protein 55g

### TUE

FAT 33% CARBS 37% PROTEIN 30%

Calories 1116 Fiber 21g  
Fat 42g Sugar 30g  
Carbs 107g Protein 85g

### WED

FAT 41% CARBS 29% PROTEIN 30%

Calories 867 Fiber 21g  
Fat 41g Sugar 19g  
Carbs 65g Protein 66g

### THU

FAT 46% CARBS 30% PROTEIN 24%

Calories 922 Fiber 19g  
Fat 49g Sugar 32g  
Carbs 72g Protein 57g

### FRI

FAT 39% CARBS 35% PROTEIN 26%

Calories 993 Fiber 23g  
Fat 46g Sugar 38g  
Carbs 91g Protein 67g

### SAT

FAT 50% CARBS 27% PROTEIN 23%

Calories 950 Fiber 17g  
Fat 53g Sugar 24g  
Carbs 65g Protein 55g

### SUN

FAT 28% CARBS 50% PROTEIN 22%

Calories 951 Fiber 22g  
Fat 31g Sugar 48g  
Carbs 121g Protein 53g



## FRUITS

- 1/2 Avocado
- 1 1/2 Banana
- 1 Kiwi
- 1 2/3 Lemon
- 1/4 Navel Orange
- 1 cup Papaya
- 1 Pear
- 1 1/2 cups Pineapple
- 1/4 cup Raspberries

## BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/3 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1 1/2 tsps Chili Powder
- 3/4 tsp Cinnamon
- 1 1/2 tsps Curry Powder
- 1 1/2 tbsps Ground Flax Seed
- 1/8 tsp Nutmeg
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tbsps Sesame Seeds

## FROZEN

- 1 Brown Rice Tortilla
- 1/4 cup Frozen Cranberries

## VEGETABLES

- 3 cups Baby Spinach
- 1 cup Broccoli
- 3 1/2 Carrot
- 1/2 stalk Celery
- 1/2 cup Cherry Tomatoes
- 2 1/8 Cucumber
- 1 Delicata Squash
- 1/4 cup Fresh Dill
- 5 1/4 Garlic
- 1 1/2 tbsps Ginger
- 14 cups Green Cabbage
- 10 cups Kale Leaves
- 2 cups Microgreens
- 1/2 cup Mint Leaves
- 1 cup Snap Peas
- 1 Sweet Potato
- 1/2 White Onion
- 1/2 Zucchini

## BOXED & CANNED

- 1/2 cup Chickpeas
- 1/2 cup Quick Oats
- 1/4 cup Quinoa
- 1 1/2 cans Tuna

## BAKING

- 1 tbsp Organic Dark Chocolate Chips
- 1 tbsp Raw Honey
- 1 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 5 ozs Chicken Breast
- 1 1/2 lbs Extra Lean Ground Turkey
- 2 slices Gluten Free Bread
- 8 ozs Salmon Fillet
- 1 lb Shrimp
- 1/2 Whole Wheat Pita

## CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 3 tbsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 tbsp Coconut Aminos
- 2 1/2 tbsps Coconut Oil
- 2 1/2 tsps Dijon Mustard
- 2 1/8 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Mayonnaise
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 1/4 tsp Tabasco Sauce
- 1 1/2 tsps Tamari

## COLD

- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt

## OTHER

- 11 1/2 Ice Cubes
- 1/2 cup Vanilla Protein Powder
- 4 1/4 cups Water



# Detox Green Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Kale Leaves  
1/2 Cucumber (chopped)  
1/2 Lemon (juiced)  
1 Pear (peeled and chopped)  
1 1/2 tsps Ginger (grated)  
1 1/2 tsps Ground Flax Seed  
3/4 cup Water  
2 1/2 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Fiber	9g
Fat	2g	Sugar	21g
Carbs	38g	Protein	4g

## DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

## NOTES

### NO KALE

Use spinach.

### NO PEAR

Use apples.

### METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

### MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

### MORE PROTEIN

Add a scoop of protein powder or hemp seeds.



# Kiwi Green Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Fiber	8g
Fat	5g	Sugar	14g
Carbs	31g	Protein	23g

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO CHIA SEEDS

Use flax seed instead.

### NO PROTEIN POWDER

Use hemp seeds instead.



# Banana Cinnamon Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Vanilla Protein Powder  
1 tbsp Ground Flax Seed  
1 tbsp Chia Seeds  
1 Banana (frozen)  
2 Ice Cubes  
1 cup Water  
1/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Fiber	9g
Fat	7g	Sugar	14g
Carbs	36g	Protein	24g

## DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

## NOTES

### NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

### LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### MAKE IT GREEN

Add spinach.



# Bloat-Fighting Tropical Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	162	Fiber	7g
Fat	5g	Sugar	16g
Carbs	30g	Protein	4g

## DIRECTIONS

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

## NOTES

### LIKES IT SWEET

Add raw honey.

### MORE PROTEIN

Add hemp seeds or a scoop of vanilla protein powder.

### NO PAPAYA

Use extra pineapple or other fruit like mango or oranges.



# Chocolate Chip Cookie Dough Overnight Oats

2 SERVINGS 3 HOURS



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1/2 cup Quick Oats  
1 tbsp Maple Syrup  
1 tbsp Chia Seeds  
1 tbsp Organic Dark Chocolate Chips  
1 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/8 tsp Nutmeg

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Fiber	4g
Fat	7g	Sugar	10g
Carbs	28g	Protein	4g

## DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### DAIRY-FREE

Use dairy-free chocolate chips.

### ADDITIONAL TOPPINGS

Top with chopped nuts or additional chocolate chips or cinnamon.

### MORE PROTEIN

Stir in your favourite protein powder or collagen powder.



# Turkey Pineapple Quinoa Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Quinoa  
1/2 cup Water  
1 1/2 tsps Extra Virgin Olive Oil  
8 ozs Extra Lean Ground Turkey  
1 1/2 tsps Curry Powder  
1/16 tsp Cayenne Pepper  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Ginger (peeled and grated)  
1/2 cup Pineapple (cored and sliced into chunks)  
1/2 Carrot (grated)  
1/2 Zucchini (grated)  
1 1/2 tsps Tamari  
1/2 cup Baby Spinach

## DIRECTIONS

- 01 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 02 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 03 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 04 Spoon into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Fiber	4g
Fat	15g	Sugar	6g
Carbs	24g	Protein	26g



# Spicy Tuna Wrap

1 SERVING 10 MINUTES



## INGREDIENTS

1 can Tuna  
1 1/2 tbsps Mayonnaise  
1/4 tsp Chili Flakes  
Sea Salt & Black Pepper (to taste)  
1 Brown Rice Tortilla  
2 Carrot (shredded)  
1/2 Cucumber (small, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Fiber	7g
Fat	20g	Sugar	11g
Carbs	44g	Protein	37g

## DIRECTIONS

- 01 In a small bowl add the tuna, mayonnaise, chili flakes, salt and pepper. Mix together until well combined.
- 02 Lay the tortilla flat and spread the tuna in the middle. Top with carrots and cucumber. Roll the wrap tightly while folding the ends in.
- 03 For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

### MORE FLAVOR

Add fresh herbs such as chives, parsley, dill and/or basil.

### ADDITIONAL TOPPINGS

Romaine, spinach or green lettuce.

### NO SPICE

Omit the chili flakes.



# Tuna Salad Stuffed Avocado with Hot Sauce

1 SERVING 20 MINUTES



## INGREDIENTS

1/2 Avocado  
1/2 can Tuna (drained and flaked)  
1/2 stalk Celery (finely diced)  
1/4 cup Baby Spinach (finely chopped)  
1/4 Garlic (clove, minced)  
1 1/2 tsp Dijon Mustard  
1/3 tsp Extra Virgin Olive Oil  
1/8 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
1/4 tsp Tabasco Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Fiber	7g
Fat	17g	Sugar	1g
Carbs	10g	Protein	18g

## DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

## NOTES

### MORE PROTEIN & CRUNCH

Add 1/4 cup sunflower seeds.

### DON'T LIKE AVOCADOS

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

### DON'T EAT FISH

Use a can of white beans instead.



# Peanut Butter & Raspberry Sandwich

1 SERVING 5 MINUTES



## INGREDIENTS

2 slices Gluten-Free Bread  
2 tbsps All Natural Peanut Butter  
1/4 cup Raspberries (mashed)

## NUTRITION

### AMOUNT PER SERVING

Calories	363	Fiber	6g
Fat	21g	Sugar	10g
Carbs	35g	Protein	11g

## DIRECTIONS

01 Toast the bread (optional). Spread the peanut butter onto the bread and top with mashed raspberries. Close the sandwich and slice. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed the same day. Refrigerate in an airtight container for up to two days.

### NUT-FREE

Use sunflower seed butter or tahini instead of peanut butter.

### ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.



# Chopped Salad Pitas

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Chickpeas (cooked)  
1/2 cup Cherry Tomatoes (sliced into quarters)  
1/8 Cucumber (chopped)  
1/8 tsp Sea Salt  
1/2 Whole Wheat Pita (halved)  
2 tbsps Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	251	Fiber	10g
Fat	4g	Sugar	8g
Carbs	46g	Protein	11g

## DIRECTIONS

- 01 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 02 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 03 Stuff the pita pockets with the chickpea mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

### SERVING SIZE

Each serving equals one pita half stuffed with the chickpea mixture.

### GLUTEN-FREE

Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

### MORE FLAVOR

Add lime juice, fresh herbs or spices.

### ADDITIONAL TOPPINGS

Bell peppers, feta cheese, red onions and/or black olives.

### NO CHICKPEAS

Use marinated tofu, white beans, lentils, chicken breast or turkey instead.



# Turkey Cranberry Squash Bowls

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 Delicata Squash (small)
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Sea Salt
- 1/4 cup Frozen Cranberries (thawed, or use fresh)
- 2 cups Microgreens
- 1 tbsp Balsamic Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	362	Fiber	6g
Fat	17g	Sugar	5g
Carbs	32g	Protein	25g

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 03 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

## NOTES

### VEGAN & VEGETARIAN

Use lentils or chickpeas instead of ground meat.

### NO MICROGREENS

Use any leafy green like baby spinach, kale, or arugula.

### LEFTOVERS

Keeps well in the fridge up to 3 days.



# Spicy Sweet Potato, Turkey & Kale Bowl

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 Sweet Potato (medium)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cayenne Pepper (optional)
- 1 1/2 tsps Coconut Oil
- 1/2 White Onion (diced)
- 8 ozs Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper (optional)
- 4 cups Kale Leaves (finely diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	319	Fiber	5g
Fat	17g	Sugar	4g
Carbs	19g	Protein	24g

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 04 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

## NOTES

### SAVE TIME

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

### VEGAN & VEGETARIAN

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.



# One Pan Salmon, Kale & Cabbage

2 SERVINGS 20 MINUTES



## INGREDIENTS

6 cups Green Cabbage (roughly chopped)  
4 cups Kale Leaves (roughly chopped)  
3 tbsps Avocado Oil  
8 ozs Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
1/4 cup Fresh Dill (finely chopped)  
2 tbsps Apple Cider Vinegar  
1 tsp Dijon Mustard

## NUTRITION

### AMOUNT PER SERVING

Calories	436	Fiber	8g
Fat	29g	Sugar	10g
Carbs	18g	Protein	27g

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 02 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 03 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 04 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 05 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

## NOTES

### NO AVOCADO OIL

Use olive oil instead.

### NO APPLE CIDER VINEGAR

Use lemon juice instead.

### LEFTOVERS

Keep covered in the fridge up to two days.



# 15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Coconut Oil (divided)  
1 lb Shrimp (raw, peeled and deveined)  
3 Garlic (cloves, minced)  
1 Lemon (juiced)  
1/2 tsp Red Pepper Flakes  
8 cups Green Cabbage (finely sliced)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Fiber	10g
Fat	20g	Sugar	12g
Carbs	26g	Protein	52g

## DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

## NOTES

### MORE CARBS

Serve with brown rice or quinoa.

### LEFTOVERS

Store in an airtight container in the fridge up to 2 days.



# One Pan Teriyaki Chicken

1 SERVING 40 MINUTES



## INGREDIENTS

- 5 ozs Chicken Breast
- 1 cup Broccoli (chopped into florets)
- 1 Carrot (medium, sliced on the diagonal)
- 1 cup Snap Peas
- 1 tbsp Coconut Aminos
- 1 tbsp Sesame Oil
- 1/4 Navel Orange (juiced)
- 1 tbsp Raw Honey
- 1 tbsp Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	Protein	38g

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

## NOTES

### SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

### LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

### LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

### NO COCONUT AMINOS

Use tamari instead.

