Lipera

THE COMPLETE LIPEDEMA DIET & RECIPE GUIDE

An Evidence-Based Approach to Eating Well With Lipedema



WELCOME TO

EATING WELL WITH LIPEDEMA



Living with lipedema can make nutrition confusing. You may have been told to lose weight, eliminate entire food groups, follow an extremely restrictive diet, or simply "eat less"—even when those approaches haven't changed the areas of your body most affected by lipedema.

The reality is more nuanced.

There is no single diet proven to cure lipedema, and lipedema tissue is not simply the result of overeating. However, the foods you eat can still play an important role in your overall health, body composition, energy, and day-to-day well-being.

The goal of this guide isn't restriction. It's to build a sustainable way of eating centered around nutrient-dense foods, adequate protein, fiber-rich plants, healthy fats, and minimally processed ingredients—while still leaving room to enjoy food and live your life.

WHAT YOU'LL FIND INSIDE

Foods to Eat More Often
Simple, nutrient-dense choices to build your everyday meals around.

Foods to Limit
Foods that may be worth reducing without creating an unnecessarily restrictive diet.

Protein, Carbs & Healthy Fats
How to build balanced meals that are filling, nutritious, and sustainable.

Hydration & Sodium
Practical guidance for supporting healthy fluid balance.

60 LIPEDEMA-FRIENDLY RECIPES



10 Breakfasts | **10** Lunches | **10** Dinners | **10** Snacks | **10** Smoothies & Drinks | **10** Desserts & Treats

Delicious, approachable recipes designed around the nutrition principles you'll learn throughout this guide.

PLUS:

A COMPLETE 30-DAY MEAL PLAN

We've taken the guesswork out of putting everything together. Your 30-day plan combines recipes from the guide into simple daily meal ideas you can actually follow.



ONE IMPORTANT RULE

There is no "perfect" lipedema diet.

Your diet should be something you can maintain—not something you survive for two weeks and abandon. Throughout this guide, we'll focus on practical changes that can become part of your everyday life.

Let's build a healthier way of eating—without making food your enemy.

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Your Guide to Eating Well With Lipedema

Everything you need—from the foundations of balanced nutrition to 60 recipes, a complete 30-day meal plan, and targeted nutritional support.

Simple, Evidence-Informed Nutrition for a Healthier, Happier You.



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32 PAGES • 60 RECIPES • 30 DAYS OF MEALS

A practical guide designed to make nutrition with lipedema simpler, more enjoyable, and easier to maintain.

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THE LIPEDEMA PLATE

A Simple Formula for Building Better Meals



You don't need to count every calorie, eliminate carbohydrates, or follow a complicated list of food rules to improve the quality of your diet.

Instead, start with a simple framework you can use for almost any meal.

1/2 YOUR PLATE: COLORFUL VEGETABLES

Build roughly half of your plate around non-starchy vegetables whenever practical.



Great choices include:
Leafy greens • Broccoli • Cauliflower • Bell peppers
Tomatoes • Cucumbers • Zucchini • Asparagus
Green beans • Mushrooms • Brussels sprouts

Vegetables provide fiber, vitamins, minerals, and a wide range of naturally occurring plant compounds while adding volume to meals without excessive calories.

1/4 YOUR PLATE: QUALITY PROTEIN

Protein helps maintain muscle mass, supports recovery, and can make meals more satisfying.



Great choices include:
Salmon • Chicken • Turkey • Eggs • Greek yogurt
Cottage cheese • Tuna • Shrimp • Lean beef
Tofu • Tempeh • Beans & lentils

Aim to include a meaningful source of protein at every meal.

1/4 YOUR PLATE: HIGH-QUALITY CARBOHYDRATES

Carbohydrates don't need to be your enemy. Prioritize minimally processed, fiber-rich sources most often.



Great choices include:
Oats • Quinoa • Brown or wild rice • Sweet potatoes
Potatoes • Beans • Lentils • Fruit • Whole grains

Portion size can be adjusted based on your hunger, activity level, goals, and individual response.

ADD HEALTHY FATS

Include moderate amounts of unsaturated fats to add flavor, nutrients, and satisfaction.



Try:
Extra-virgin olive oil • Avocado • Walnuts • Almonds
Chia seeds • Flaxseed • Pumpkin seeds • Fatty fish

DON'T FORGET HYDRATION

Water should be your primary beverage throughout the day.
There is no need to intentionally dehydrate yourself because you experience swelling—adequate hydration is part of normal healthy fluid regulation.



THE BIG PICTURE

PROTEIN + PLANTS + QUALITY CARBS + HEALTHY FATS

That's the foundation.

You don't need every meal to look perfect. What matters most is the overall pattern of foods you eat consistently over time.

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FOODS TO EAT MORE OFTEN

Build Your Diet Around These Nutrient-Dense Staples



There is no single "lipedema food." Instead, focus on an overall eating pattern rich in whole and minimally processed foods that provide protein, fiber, healthy fats, vitamins, minerals, and beneficial plant compounds.

Think abundance first: rather than obsessing over everything you should remove, start by adding more of the foods that support a nutritious, balanced diet.

COLORFUL VEGETABLES

Eat a variety—the more colors, the better.

Leafy greens • Broccoli • Cauliflower • Brussels sprouts • Bell peppers
Tomatoes • Cucumbers • Zucchini • Asparagus • Mushrooms • Cabbage
Green beans • Carrots

Vegetables provide fiber and micronutrients while helping create satisfying, nutrient-dense meals.



FRUIT & BERRIES

Whole fruit absolutely has a place in this diet.

Blueberries • Strawberries • Raspberries • Blackberries • Cherries
Apples • Oranges • Kiwi • Pineapple • Peaches • Pears

Berries are especially useful because they pack fiber and polyphenols into a relatively small serving.



QUALITY PROTEIN

Make protein a centerpiece of your meals.

Salmon • Sardines • Tuna • Chicken • Turkey • Eggs • Shrimp
Greek yogurt • Cottage cheese • Lean beef • Tofu • Tempeh
Beans • Lentils

Adequate protein supports muscle maintenance and helps meals stay satisfying.



HEALTHY FATS

Favor unsaturated fats most often.

Extra-virgin olive oil • Avocado • Walnuts • Almonds • Pistachios
Chia seeds • Ground flaxseed • Pumpkin seeds • Natural nut butters
Salmon

Fat is an important part of a balanced diet—the type and portion matter.



FIBER-RICH CARBOHYDRATES

Carbohydrates don't automatically need to be eliminated.

Oats • Quinoa • Brown rice • Wild rice • Barley • Sweet potatoes
Potatoes • Beans • Lentils • Chickpeas • Whole-grain breads and wraps

Choose minimally processed, fiber-rich carbohydrate sources most often and adjust portions to your individual needs.



HERBS, SPICES & FLAVOR

Healthy food does not have to be bland.

Garlic • Ginger • Turmeric • Cinnamon • Parsley • Basil • Rosemary
Cilantro • Oregano • Black pepper • Lemon • Lime

Use herbs, spices, citrus, and other flavorful ingredients to make nutritious meals something you actually look forward to eating.



YOUR EVERYDAY GOAL

Eat more plants. Prioritize protein. Choose mostly whole foods. Include healthy fats. Keep your diet varied.

You don't need to eat every food on this page—or eat perfectly—to benefit from a healthier overall eating pattern.

INFLAMMATION & LIPEDEMA

What Your Diet Can — and Can't — Do



Inflammation is frequently discussed in the lipedema community—and for good reason. Research has identified inflammatory changes within lipedema tissue, although scientists are still working to understand exactly how inflammation contributes to the condition.

What we do know: there is no food or diet proven to "switch off" lipedema. But your overall eating pattern can influence inflammatory processes throughout the body and support your broader metabolic and cardiovascular health.

The goal isn't to find a miracle anti-inflammatory food. **It's to create an anti-inflammatory eating pattern.**



EAT THE RAINBOW

Colorful plant foods contain naturally occurring compounds called polyphenols and other phytonutrients.

Build variety with:

Blue & Purple: Blueberries • Blackberries • Purple cabbage • Eggplant
Red: Strawberries • Cherries • Tomatoes • Red peppers
Orange & Yellow: Carrots • Sweet potatoes • Citrus • Yellow peppers
Green: Spinach • Kale • Broccoli • Avocado • Herbs

More colors = a wider variety of beneficial plant compounds.



GET MORE OMEGA-3s

Omega-3 fatty acids are an important component of a heart-healthy eating pattern and are involved in the body's inflammatory pathways.

Excellent sources: Salmon • Sardines • Trout • Herring • Mackerel

Plant sources: Walnuts • Chia seeds • Ground flaxseed

Try making fatty fish a regular part of your weekly meals if you enjoy it.



MAKE OLIVE OIL YOUR GO-TO

Extra-virgin olive oil is a cornerstone of Mediterranean-style eating patterns and provides primarily monounsaturated fat along with naturally occurring polyphenols.

Use it for:
Salad dressings • Roasted vegetables • Marinades • Grain bowls • Finishing cooked foods



DON'T UNDERESTIMATE HERBS & SPICES

Flavor your food generously with plant-based seasonings.

Try:
Turmeric • Ginger • Garlic • Cinnamon • Rosemary • Oregano • Basil • Parsley

They're an easy way to add flavor and additional plant compounds without relying on heavy sauces or excessive added sugar.



REDUCE THE BIGGEST DISPLACERS

Rather than obsessing over individual ingredients, pay attention to foods that can crowd healthier choices out of your diet.

Eat less often:
Sugary drinks • Excess sweets • Ultra-processed snacks • Processed meats • Frequent fried fast food

You don't need to eliminate them completely. Your overall dietary pattern matters far more than one food or one meal.





THINK MEDITERRANEAN, NOT "MIRACLE DIET"

One of the simplest models to follow is a Mediterranean-style eating pattern: vegetables, fruits, legumes, whole grains, fish, olive oil, nuts, seeds, herbs, and minimally processed foods.

You don't need to follow it perfectly—or give up foods you love.

THE TAKEAWAY

There is no magic anti-inflammatory food.

Build your diet around plants + protein + healthy fats + minimally processed foods, and let consistency do the heavy lifting.

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HYDRATION, SODIUM & FLUID BALANCE

What You Should Actually Know With Lipedema



When swelling and fluid retention are part of your daily life, it can seem logical to drink less water or eliminate salt completely.

Neither is necessary for most people.

Your body relies on both water and sodium to function normally. The goal is not dehydration or a zero-sodium diet—it's consistent hydration and a sensible sodium intake.

DON'T DRINK LESS BECAUSE YOU FEEL SWOLLEN

Drinking less water is not a healthy strategy for managing lipedema.

Water is essential for:

• Normal circulation • Kidney function • Digestion
• Temperature regulation • Exercise performance • Normal fluid balance

Instead of intentionally restricting fluids, drink regularly throughout the day and use thirst as an important guide.



MAKE WATER YOUR DEFAULT

Most of what you drink should be water or other unsweetened beverages.

Great everyday choices:

Water • Sparkling water • Unsweetened tea • Herbal tea
Water flavored with lemon, lime, cucumber, berries, or mint

You don't need expensive "detox waters" or specialty lymphatic drinks.
Your kidneys and liver already handle your body's normal waste-removal processes.



YOU DON'T NEED TO ELIMINATE SALT

Sodium is an essential mineral involved in fluid balance, nerve signaling, and muscle function.

However, consuming a very salty meal can cause the body to temporarily retain additional water, which may leave some people feeling puffier or more swollen.
The answer isn't zero sodium.

Aim for consistency rather than extremes.



WATCH THE HIDDEN SODIUM

For many people, most dietary sodium doesn't come from the salt shaker.

Major sources can include:

Restaurant meals • Fast food • Processed meats • Pizza
Soups • Sauces & dressings • Chips • Instant noodles • Frozen meals
Packaged foods

Cooking more meals at home gives you much greater control over how much sodium you're consuming.



DON'T FORGET POTASSIUM-RICH FOODS

Potassium is another important electrolyte involved in normal fluid balance and blood pressure regulation.

Get it naturally from foods such as:

Potatoes • Sweet potatoes • Avocado • Beans • Lentils • Spinach
Tomatoes • Bananas • Oranges • Yogurt • Salmon

Rather than obsessing over one mineral, focus on an overall diet rich in whole foods.



WHEN YOU MAY NEED MORE FLUID

Your hydration needs can increase with:

Hot weather • Exercise • Heavy sweating • Fever or illness • Long periods outdoors

There is no universal perfect number of ounces that applies to everyone.
Body size, activity, climate, diet, medications, pregnancy, and health conditions can all affect fluid needs.



A SIMPLE DAILY STRATEGY

1. START HYDRATED →
2. DRINK THROUGHOUT THE DAY →
3. MAKE WATER YOUR DEFAULT →
4. KEEP SODIUM REASONABLE →
5. EAT POTASSIUM-RICH WHOLE FOODS

ONE IMPORTANT NOTE

If you have kidney disease, heart disease, uncontrolled high blood pressure, or have been prescribed a fluid or sodium restriction, follow the guidance of your healthcare professional rather than general recommendations in this guide.

Hydration doesn't need to be complicated. Consistency beats extremes.

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PROTEIN: MAKE IT A PRIORITY

Why Protein Deserves a Place at Every Meal



Protein is one of the most useful nutrients to prioritize when building a healthy diet with lipedema. It won't eliminate lipedema tissue, but adequate protein helps preserve and build muscle, supports recovery and normal tissue repair, and can make meals more satisfying—especially when you're trying to manage your weight without sacrificing lean body mass.

The simple goal: include a quality source of protein every time you build a meal.

PROTECT YOUR MUSCLE

Muscle matters at every age.

When you lose weight, your body can lose both fat and lean mass. Eating adequate protein—especially when combined with resistance exercise—helps support the maintenance of muscle.

Maintaining muscle also supports strength, mobility, physical function, and healthy aging.



SPREAD PROTEIN THROUGHOUT YOUR DAY

Instead of eating very little protein all day and getting most of it at dinner, try including it across your meals.

BREAKFAST
Eggs • Greek yogurt
Cottage cheese
Protein-rich oatmeal



LUNCH
Chicken • Tuna • Salmon
Turkey • Beans • Lentils
Tofu



DINNER
Fish • Chicken • Lean meat
Shrimp • Tofu • Tempeh
Legumes



SNACKS
Greek yogurt • Cottage cheese
Edamame • Nuts + yogurt
Protein smoothie



CHOOSE A VARIETY OF SOURCES

You don't have to live on grilled chicken.

SEAFOOD
Salmon • Sardines
Tuna • Trout • Shrimp



POULTRY & MEAT
Chicken • Turkey
Lean beef • Lean pork



EGGS & DAIRY
Eggs • Greek yogurt
Cottage cheese • Kefir



PLANT PROTEINS
Lentils • Beans • Chickpeas
Tofu • Tempeh • Edamame



Mixing animal and plant proteins can make your diet more varied and easier to maintain.

PLANT PROTEIN COUNTS TOO

You do not need animal protein at every meal.

Beans, lentils, soy foods, nuts, seeds, and whole grains all contribute protein while providing other nutrients such as fiber, healthy fats, vitamins, minerals, and plant compounds.

A plant-forward diet can still contain plenty of protein.



AN EASY PORTION GUIDE

You don't have to weigh every ounce of food.

As a simple visual starting point, make approximately ¼ of your plate a protein-rich food at your main meals.

Your individual needs can vary based on: Body size • Age • Activity • Exercise • Weight goals • Medical conditions.
Athletes and people actively trying to build or preserve muscle may benefit from more individualized targets.



MORE ISN'T ALWAYS BETTER

Protein is important—but you don't need to turn every meal into a protein challenge.

A healthy diet still needs:
Vegetables + Fruit + Fiber-Rich Carbohydrates + Healthy Fats

Protein works best as one part of a balanced eating pattern, not as a replacement for everything else.



THE SIMPLE PROTEIN RULE

EVERY TIME YOU BUILD A MEAL, ASK:

"WHERE'S MY PROTEIN?"

Then add your plants, quality carbohydrates, and healthy fats around it.

Small habit. Big nutritional upgrade.

NOW, LET'S EAT.

60 Lipedema-Friendly Recipes Made for Real Life



You know the foundation. Now it's time to turn it into food you'll actually want to eat.

The recipes ahead were built around the same principles you've learned throughout this guide: quality protein, colorful plants, fiber-rich carbohydrates, healthy fats, and minimally processed ingredients.

But healthy eating shouldn't mean bland chicken, plain vegetables, or spending two hours in the kitchen.

These recipes are designed to be nutritious, approachable, satisfying—and genuinely good.

60 RECIPES. 6 CATEGORIES.

10 BREAKFASTS

Protein-packed, satisfying ways to start your day.



10 LUNCHES

Fresh, filling meals that won't leave you hunting for a snack an hour later.



10 DINNERS

Simple, flavorful meals built around protein, plants, and whole-food ingredients.



10 SNACKS

Easy options for when you need something between meals.



10 SMOOTHIES & DRINKS

Refreshing combinations featuring fruit, protein, fiber, and nutrient-dense ingredients.



10 DESSERTS & TREATS

Because eating well should still leave room for something sweet.



HOW TO USE THESE RECIPES

Make them your own.

Don't like salmon? Use chicken.
Don't eat dairy? Choose a dairy-free alternative.
Don't have quinoa? Use brown rice.
Hate broccoli? Pick another vegetable.

These recipes are templates, not rules.

COMPLETE 30-DAY MEAL PLAN

Later in the guide, we'll put these recipes together for you in a complete 30-day meal plan so you don't have to figure out what to eat every day.

HEALTHY FOOD SHOULD STILL BE FOOD YOU LOVE.

Let's get cooking.

BREAKFASTS

Recipes 1–3 of 10

Start your morning with a combination of protein, fiber, colorful plants, and healthy fats to create a satisfying, balanced meal.

A balanced breakfast can help support energy, fullness, healthy weight management, and overall well-being.



BLUEBERRY ALMOND OVERNIGHT OATS

Creamy • High-Fiber • Meal-Prep Friendly

Prep: 5 min + overnight | Serves: 1

INGREDIENTS

- ½ cup rolled oats
- ½ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- ½ cup blueberries
- 1 tbsp chia seeds
- 1 tbsp almond butter
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 1 tsp honey or maple syrup, optional
- 1 tbsp chopped almonds

DIRECTIONS

1. Combine oats, yogurt, milk, chia seeds, cinnamon, vanilla, and optional sweetener in a jar or container.
2. Stir in half the blueberries, cover, and refrigerate overnight or at least 4 hours.
3. Top with remaining blueberries, almond butter, and chopped almonds.

NUTRITION (approx.) | 450 calories | 23g protein | 55g carbs | 17g fat | 11g fiber



MEDITERRANEAN EGG & AVOCADO TOAST

Savory • Protein-Rich • Ready in 10 Minutes

Prep: 10 min | Serves: 1

INGREDIENTS

- 2 large eggs
- 1 slice hearty whole-grain bread
- ½ small avocado
- ½ cup cherry tomatoes, halved
- Handful of baby spinach
- 1 tsp extra-virgin olive oil
- Squeeze of fresh lemon
- Black pepper
- Red pepper flakes, optional
- 1 tbsp crumbled feta, optional

DIRECTIONS

1. Toast the bread and cook eggs to your preference (poached, scrambled, or fried).
2. Mash avocado onto the toast and add a squeeze of lemon.
3. Top with spinach, tomatoes, eggs, pepper, olive oil, and optional feta.

NUTRITION (approx.) | 430 calories | 20g protein | 32g carbs | 26g fat | 10g fiber



STRAWBERRY CHIA YOGURT BOWL

Fresh • Protein-Packed • No Cooking Required

Prep: 5 min | Serves: 1

INGREDIENTS

- 1 cup plain Greek yogurt
- ¾ cup sliced strawberries
- ¼ cup blueberries
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 2 tbsp walnuts, chopped
- 2 tbsp rolled oats
- ½ tsp cinnamon
- 1 tsp honey, optional

DIRECTIONS

1. Spoon Greek yogurt into a bowl.
2. Top with strawberries, blueberries, chia seeds, flaxseed, walnuts, and oats.
3. Finish with cinnamon and an optional drizzle of honey.

NUTRITION | 420 calories | 29g protein | 38g carbs | 20g fat | 10g fiber

BREAKFAST TIP | **Build around protein first.** Then add fruit or vegetables, a fiber-rich carbohydrate, and a source of healthy fat for a more complete breakfast.

*Nutrition values are estimates and will vary depending on brands, substitutions, and portion sizes.

BREAKFASTS

Recipes 4–6 of 10

Three more balanced breakfasts built around protein, fiber, whole-food carbohydrates, and satisfying fats.

Nourishing breakfasts can help support steady energy, focus, and fullness throughout your day.



CINNAMON APPLE PROTEIN OATMEAL

Warm • Comforting • High-Protein

Prep: 10 min | Serves: 1

INGREDIENTS

- ½ cup rolled oats
- 1 cup unsweetened milk of choice
- ½ apple, diced
- ½ cup plain Greek yogurt
- 1 tbsp ground flaxseed
- 1 tbsp chopped walnuts
- ½ tsp cinnamon
- ¼ tsp vanilla extract
- Pinch of nutmeg
- 1 tsp maple syrup, optional

DIRECTIONS

1. Combine oats, milk, apple, cinnamon, and nutmeg in a small saucepan. Simmer for 5–7 minutes, stirring occasionally.
2. Remove from heat and let cool slightly before stirring in Greek yogurt, flaxseed, and vanilla.
3. Top with walnuts and optional maple syrup.

NUTRITION (approx.)	430 calories	24g protein	57g carbs	14g fat	9g fiber



SPINACH, FETA & TOMATO EGG SCRAMBLE

Savory • Veggie-Packed • Low-Prep

Prep: 10 min | Serves: 1

INGREDIENTS

- 2 large eggs
- 2 egg whites
- 1 cup baby spinach
- ½ cup cherry tomatoes, halved
- 2 tbsp crumbled feta
- 1 tsp extra-virgin olive oil
- ¼ avocado, sliced
- Black pepper
- Pinch of oregano
- 1 slice whole-grain toast

DIRECTIONS

1. Heat olive oil in a skillet and cook tomatoes and spinach until the spinach wilts.
2. Add beaten eggs and egg whites. Gently scramble until cooked to your liking.
3. Fold in feta and oregano. Serve with avocado and whole-grain toast.

NUTRITION (approx.)	440 calories	30g protein	30g carbs	24g fat	8g fiber



PEANUT BUTTER BANANA YOGURT PARFAIT

Creamy • Naturally Sweet • Ready in 5 Minutes

Prep: 5 min | Serves: 1

INGREDIENTS

- 1 cup plain Greek yogurt
- ½ banana, sliced
- 1 tbsp natural peanut butter
- ¼ cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp chopped walnuts
- ½ tsp cinnamon
- ¼ cup raspberries
- 1 tsp honey, optional

DIRECTIONS

1. Add half the Greek yogurt to a glass or bowl.
2. Layer with banana, raspberries, oats, chia seeds, and the remaining yogurt.
3. Top with peanut butter, walnuts, cinnamon, and optional honey.

NUTRITION (approx.)	470 calories	30g protein	49g carbs	20g fat	10g fiber

BREAKFAST TIP

Don't fear carbohydrates at breakfast. Pair fiber-rich carbohydrates such as oats, fruit, or whole grains with protein and healthy fats for a more balanced, satisfying meal.

*Nutrition values are estimates and will vary depending on brands, substitutions, and portion sizes.

BREAKFASTS

Recipes 7–10 of 10

Finish out breakfast with four easy options that bring variety, protein, fiber, and plenty of flavor to your morning.

Different breakfasts can help you stay satisfied, support steady energy, and make healthy eating easier to maintain.

07 BLUEBERRY LEMON PROTEIN PANCAKES

Fluffy • Protein-Rich • Naturally Sweet

Prep: 15 min | Serves: 1



INGREDIENTS

- ½ cup rolled oats
- ½ cup plain Greek yogurt
- 1 large egg
- 1 egg white
- ½ cup blueberries
- ½ tsp baking powder
- ½ tsp vanilla extract
- ½ tsp lemon zest
- ¼ tsp cinnamon
- 1 tsp olive oil or avocado oil, for cooking
- 1 tbsp almond butter
- 1 tsp maple syrup, optional

DIRECTIONS

1. Blend oats, yogurt, egg, egg white, baking powder, vanilla, lemon zest, and cinnamon until a smooth batter forms.
2. Gently fold in half of the blueberries.
3. Heat oil in a nonstick skillet over medium-low heat. Pour batter into 3–4 small pancakes and cook until bubbles form, then flip and cook until golden.
4. Top with remaining blueberries, almond butter, and optional maple syrup.

NUTRITION (approx.)	450 calories	29g protein	48g carbs	18g fat	7g fiber

08 SWEET POTATO & EGG BREAKFAST BOWL

Savory • Filling • Whole-Food Fuel

Prep: 15 min | Serves: 1



INGREDIENTS

- 2 large eggs
- ¾ cup cooked sweet potato, cubed
- 1 cup baby spinach
- ¼ avocado, sliced
- ¼ cup black beans
- 1 tsp extra-virgin olive oil
- 2 tbsp fresh salsa
- Black pepper
- Pinch of smoked paprika

DIRECTIONS

1. Warm sweet potato and beans in a skillet with olive oil and paprika.
2. Add spinach and cook until wilted. Cook eggs separately to your preference.
3. Add everything to a bowl and top with avocado, salsa, and black pepper.

NUTRITION (approx.)	440 calories	21g protein	48g carbs	20g fat	12g fiber

09 RASPBERRY WALNUT CHIA PUDDING

Make-Ahead • Fiber-Rich • Naturally Sweet

Prep: 5 min + chill | Serves: 1



INGREDIENTS

- 3 tbsp chia seeds
- ¾ cup unsweetened milk of choice
- ½ cup plain Greek yogurt
- ½ cup raspberries
- 2 tbsp chopped walnuts
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- 1 tsp honey, optional

DIRECTIONS

1. Mix chia seeds, milk, yogurt, vanilla, and cinnamon until combined.
2. Refrigerate for at least 4 hours or overnight.
3. Top with raspberries, walnuts, and optional honey.

NUTRITION (approx.)	410 calories	21g protein	34g carbs	23g fat	15g fiber

10 VEGGIE & AVOCADO BREAKFAST WRAP

Portable • Savory • Meal-Prep Friendly

Prep: 10 min | Serves: 1



INGREDIENTS

- 2 large eggs
- 1 whole-grain tortilla
- ¼ avocado
- ½ cup baby spinach
- ¼ cup diced bell pepper
- ¼ cup diced tomato
- 2 tbsp crumbled feta
- 1 tsp extra-virgin olive oil
- Black pepper
- Hot sauce or salsa, optional

DIRECTIONS

1. Sauté spinach and bell pepper in olive oil, then add eggs and scramble.
2. Spoon onto the tortilla with tomato, avocado, and feta.
3. Add optional salsa or hot sauce, roll tightly, and serve.

NUTRITION (approx.)	450 calories	23g protein	38g carbs	25g fat	9g fiber

10 BREAKFASTS COMPLETE

Mix them up. Repeat your favorites. Make substitutions.

A sustainable diet doesn't require 30 different breakfasts every month. Finding 3–5 nutritious breakfasts you genuinely enjoy can make healthy eating dramatically easier.

*Nutrition values are estimates and will vary depending on brands, substitutions, and portion sizes.

SMOOTHIES & DRINKS

Recipes 1–5 of 10

Quick, refreshing blends featuring fruit, vegetables, protein, fiber, and healthy fats—perfect for busy mornings, snacks, or whenever you want something cold and easy.

A nutritious smoothie can be a quick and delicious way to support energy, hydration, and overall well-being.

01 BLUEBERRY ALMOND PROTEIN SMOOTHIE

Creamy • Berry-Packed • Protein-Rich

Prep: 5 min | Serves: 1



INGREDIENTS

- ¾ cup blueberries
- ¾ cup plain Greek yogurt
- ¾ cup unsweetened milk of choice
- 1 tbsp almond butter
- 1 tbsp chia seeds
- ½ tsp cinnamon
- Ice

BLEND

Add everything to a blender and blend until smooth.

NUTRITION (approx.)	330 calories	25g protein	35g carbs	13g fat	8g fiber

02 STRAWBERRY BANANA FLAX SMOOTHIE

Fruity • Creamy • Naturally Sweet

Prep: 5 min | Serves: 1



INGREDIENTS

- 1 cup strawberries
- ½ frozen banana
- ¾ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- 1 tbsp ground flaxseed
- ½ tsp vanilla extract
- Ice

BLEND

Blend until thick and creamy, adding additional milk if needed.

NUTRITION (approx.)	300 calories	23g protein	39g carbs	7g fat	8g fiber

03 GREEN GINGER PINEAPPLE SMOOTHIE

Bright • Tropical • Refreshing

Prep: 5 min | Serves: 1



INGREDIENTS

- ¼ cup frozen pineapple
- 1 cup baby spinach
- ½ cucumber, chopped
- ¼ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- 1 tsp fresh grated ginger
- 1 tbsp chia seeds
- Squeeze of lime
- Ice

BLEND

Blend everything until completely smooth.

NUTRITION (approx.)	290 calories	22g protein	38g carbs	7g fat	8g fiber

04 CHERRY CACAO PROTEIN SMOOTHIE

Chocolatey • Rich • Dessert-Inspired

Prep: 5 min | Serves: 1



INGREDIENTS

- ¾ cup frozen dark cherries
- ¾ cup plain Greek yogurt
- ¾ cup unsweetened milk of choice
- 1 tbsp unsweetened cacao powder
- 1 tbsp almond butter
- 1 tbsp ground flaxseed
- ½ tsp vanilla extract
- Ice

BLEND

Blend until creamy and chocolatey.

NUTRITION (approx.)	350 calories	25g protein	39g carbs	13g fat	8g fiber

05 MANGO TURMERIC SUNSHINE SMOOTHIE

Tropical • Bright • Refreshing

Prep: 5 min | Serves: 1



INGREDIENTS

- ¼ cup frozen mango
- ½ frozen banana
- ¾ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- 1 tbsp chia seeds
- ¼ tsp turmeric
- ¼ tsp ground ginger
- Pinch of cinnamon
- Squeeze of fresh lemon
- Ice

BLEND

Blend until smooth and creamy.

NUTRITION (approx.)	320 calories	22g protein	46g carbs	7g fat	8g fiber

SMOOTHIE TIP

A smoothie isn't automatically healthy just because it contains fruit.

For a more balanced blend, use this simple formula: **FRUIT + PROTEIN + FIBER + HEALTHY FAT**

And remember: smoothies can be nutritious, but you don't need to drink your fruits and vegetables. Whole foods should still make up most of your diet.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

SMOOTHIES & DRINKS

Recipes 6–10 of 10

Five more refreshing blends to keep things interesting—from berries and greens to peach, coffee, and watermelon.

Smoothies and drinks can be a delicious way to support energy, hydration, and overall well-being while getting in essential nutrients.

06 RASPBERRY VANILLA OAT SMOOTHIE

Creamy • Fiber-Rich • Tart & Sweet

Prep: 5 min | Serves: 1



INGREDIENTS

- 1 cup frozen raspberries
- ¾ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- ¼ cup rolled oats
- 1 tbsp chia seeds
- ½ tsp vanilla extract
- ½ frozen banana
- Ice

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until creamy and smooth.
3. Add more milk if needed to reach your desired consistency.

NUTRITION (approx.)	340 calories	24g protein	49g carbs	8g fat	13g fiber

07 PEACH & GINGER CREAM SMOOTHIE

Bright • Creamy • Refreshing

Prep: 5 min | Serves: 1



INGREDIENTS

- 1 cup frozen peaches
- ¾ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- 1 tbsp ground flaxseed
- 1 tsp fresh grated ginger
- ½ tsp cinnamon
- ½ tsp vanilla extract
- Squeeze of lemon
- Ice

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add more milk if needed.

NUTRITION (approx.)	280 calories	22g protein	35g carbs	7g fat	7g fiber

08 AVOCADO LIME GREEN SMOOTHIE

Creamy • Fresh • Plant-Packed

Prep: 5 min | Serves: 1



INGREDIENTS

- ¼ avocado
- 1 cup baby spinach
- ½ green apple, chopped
- ½ cucumber, chopped
- ¾ cup plain Greek yogurt
- ½ cup unsweetened milk of choice
- 1 tbsp chia seeds
- Juice of ½ lime
- Ice

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until completely smooth.
3. Add more milk if needed.

NUTRITION (approx.)	310 calories	22g protein	34g carbs	12g fat	10g fiber

09 CINNAMON MOCHA BREAKFAST SHAKE

Chocolatey • Energizing • Protein-Rich

Prep: 5 min | Serves: 1



INGREDIENTS

- ¾ cup plain Greek yogurt
- ½ frozen banana
- ½ cup unsweetened milk of choice
- ½ cup chilled coffee
- 1 tbsp unsweetened cacao powder
- 1 tbsp almond butter
- 1 tbsp ground flaxseed
- ½ tsp cinnamon
- Ice

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until thick and frothy.
3. Add more ice or milk if needed.

NUTRITION (approx.)	340 calories	24g protein	34g carbs	14g fat	7g fiber

10 WATERMELON STRAWBERRY LIME COOLER

Hydrating • Fruity • Light & Refreshing

Prep: 5 min | Serves: 1



INGREDIENTS

- 1½ cups seedless watermelon
- ¾ cup frozen strawberries
- ½ cup coconut water
- Juice of ½ lime
- 1 tbsp chia seeds
- 4–5 fresh mint leaves
- Ice

DIRECTIONTS

1. Add all ingredients to a blender.
2. Blend until smooth and icy.
3. Serve immediately.

NUTRITION (approx.)	190 calories	5g protein	39g carbs	4g fat	8g fiber

10 SMOOTHIES & DRINKS COMPLETE

BUILD YOUR OWN

Once you get comfortable, you don't even need a recipe.

FRUIT + PROTEIN + FIBER + HEALTHY FAT + LIQUID → BLEND

Frozen fruit creates a thicker texture without added sugar, and spices, citrus, ginger, mint, or unsweetened cacao can completely change the flavor.

Keep it simple. Keep it colorful. Make it yours.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

LUNCHES

Recipes 1–3 of 10

Fresh, satisfying lunches built around quality protein, colorful vegetables, fiber-rich carbohydrates, and healthy fats—without sacrificing flavor.

A balanced lunch can help you stay full, maintain steady energy, and support your overall health and well-being.

01 MEDITERRANEAN CHICKEN POWER BOWL

Fresh • Protein-Packed • Meal-Prep Friendly

Prep: 15 min | Serves: 1



INGREDIENTS

- 4 oz grilled chicken breast, sliced
- ½ cup cooked quinoa
- 1 cup mixed greens
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ avocado, sliced
- 2 tbsp crumbled feta
- 2 tbsp hummus
- 1 tsp extra-virgin olive oil
- Juice of ½ lemon
- Oregano & black pepper

DIRECTIONS

1. Add quinoa and mixed greens to a bowl.
2. Arrange chicken, cucumber, tomatoes, avocado, feta, and hummus on top.
3. Drizzle with olive oil and lemon juice. Finish with oregano and black pepper.

NUTRITION (approx.)

520	42g	42g	22g	10g
calories	protein	carbs	fat	fiber

02 SALMON AVOCADO CRUNCH SALAD

Omega-3 Rich • Colorful • Satisfying

Prep: 15 min | Serves: 1



INGREDIENTS

- 4 oz cooked salmon
- 2 cups mixed greens
- ½ cup shredded red cabbage
- ½ cup cucumber, sliced
- ½ cup cherry tomatoes
- ¼ avocado, sliced
- ¼ cup shredded carrots
- 1 tbsp pumpkin seeds
- 1 tsp extra-virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- Black pepper

DIRECTIONS

1. Add greens, cabbage, cucumber, tomatoes, and carrots to a large bowl.
2. Top with salmon, avocado, and pumpkin seeds.
3. Whisk olive oil, lemon juice, Dijon, and black pepper together and drizzle over the salad.

NUTRITION (approx.)

470	32g	25g	29g	10g
calories	protein	carbs	fat	fiber

03 TURKEY AVOCADO HUMMUS WRAP

Quick • Portable • Ready in 10 Minutes

Prep: 10 min | Serves: 1



INGREDIENTS

- 1 large whole-grain tortilla
- 4 oz roasted turkey breast
- 2 tbsp hummus
- ¼ avocado, sliced
- ½ cup baby spinach
- ¼ cup cucumber, thinly sliced
- ¼ cup shredded carrots
- ¼ cup tomato, chopped
- Squeeze of fresh lemon
- Black pepper

DIRECTIONS

1. Spread hummus evenly over the tortilla.
2. Layer turkey, avocado, spinach, cucumber, carrots, and tomato down the center.
3. Add lemon and black pepper, roll tightly, slice, and serve.

NUTRITION (approx.)

450	35g	43g	18g	10g
calories	protein	carbs	fat	fiber

LUNCH TIP

Think beyond salads.

A balanced lunch can be a bowl, wrap, soup, sandwich, leftovers, or a traditional plated meal.

Use the same simple formula:

PROTEIN + PLANTS + FIBER-RICH CARBS + HEALTHY FAT

Make lunch satisfying enough that you're not starving again an hour later.

*Nutrition values are estimates and will vary depending on brands, substitutions, and portion sizes.

LUNCHES

Recipes 4–6 of 10

Three satisfying midday meals with plenty of protein, plants, fiber, and flavor—whether you want something fresh, plant-forward, or warm and comforting.

Nutritious lunches can fuel your afternoon, support steady energy, and make it easier to stick to healthy eating habits.

04 LEMON HERB TUNA & WHITE BEAN SALAD

Protein-Packed • No Cooking • Mediterranean-Inspired

Prep: 10 min | Serves: 1



INGREDIENTS

- 1 can tuna in water, drained (about 4 oz)
- ½ cup cannellini beans, rinsed
- 1 cup arugula or mixed greens
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup red bell pepper, diced
- 2 tbsp finely chopped red onion
- 1 tbsp fresh parsley
- 2 tsp extra-virgin olive oil
- Juice of ½ lemon
- Black pepper & oregano

DIRECTIONS

1. Add tuna, white beans, cucumber, tomatoes, bell pepper, onion, and parsley to a bowl.
2. Add olive oil, lemon juice, black pepper, and oregano and gently toss.
3. Serve over arugula or mixed greens.

NUTRITION (approx.)

430	39g	38g	14g	11g
calories	protein	carbs	fat	fiber

05 CRISPY CHICKPEA QUINOA BOWL

Plant-Powered • Fiber-Rich • Meal-Prep Friendly

Prep: 20 min | Serves: 1



INGREDIENTS

- ¾ cup chickpeas, rinsed and drained
- ½ cup cooked quinoa
- 1 cup baby spinach
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes
- ¼ cup shredded carrots
- ¼ avocado, sliced
- 1 tsp extra-virgin olive oil
- 1 tbsp tahini
- Juice of ½ lemon
- Smoked paprika & black pepper

DIRECTIONS

1. Toss chickpeas with olive oil and smoked paprika. Cook in a skillet until lightly crisp.
2. Add quinoa, spinach, cucumber, tomatoes, carrots, avocado, and chickpeas to a bowl.
3. Thin tahini with lemon juice and a splash of water, then drizzle over the bowl.

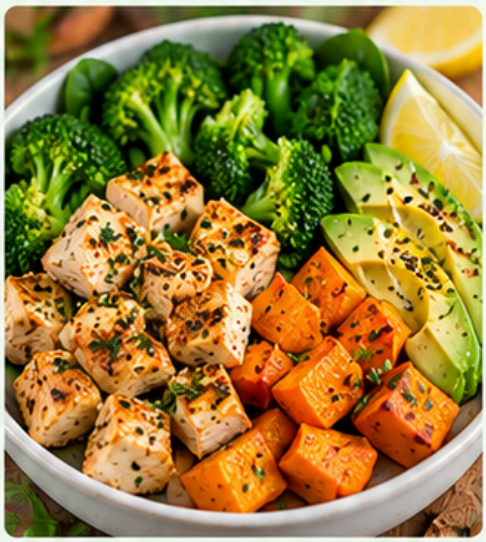
NUTRITION (approx.)

560	21g	72g	23g	18g
calories	protein	carbs	fat	fiber

06 GARLIC CHICKEN & SWEET POTATO BOWL

Warm • Filling • Protein-Rich

Prep: 20 min | Serves: 1



INGREDIENTS

- 4 oz chicken breast, cubed
- ¾ cup cooked sweet potato, cubed
- 1 cup broccoli florets
- 1 cup baby spinach
- ¼ avocado, sliced
- 2 tsp extra-virgin olive oil
- 1 garlic clove, minced
- ½ tsp smoked paprika
- Squeeze of fresh lemon
- Black pepper

DIRECTIONS

1. Season chicken with garlic, paprika, and black pepper. Cook in 1 tsp olive oil until cooked through.
2. Sauté or roast broccoli and sweet potato with the remaining olive oil until tender.
3. Layer spinach, sweet potato, broccoli, and chicken in a bowl. Top with avocado and fresh lemon.

NUTRITION (approx.)

510	41g	45g	20g	12g
calories	protein	carbs	fat	fiber

LUNCH TIP

Use leftovers strategically.

Cook extra chicken, salmon, quinoa, sweet potatoes, or roasted vegetables at dinner and you've already done most of the work for tomorrow's lunch.

COOK ONCE → EAT TWICE

Healthy eating gets much easier when convenience is working for you instead of against you.

*Nutrition values are estimates and will vary depending on brands, substitutions, and portion sizes.

LUNCHES

Recipes 7–10 of 10

Four more easy lunches that prove nutritious eating can still be colorful, comforting, convenient, and genuinely satisfying.

Balanced, nourishing lunches can give you sustained energy, support your overall health, and help you feel your best throughout the day.

07 GARLIC SHRIMP & AVOCADO RICE BOWL

Fresh • Protein-Rich • Ready in 15 Minutes

Prep: 15 min | Serves: 1



INGREDIENTS

- 5 oz peeled shrimp
- ½ cup cooked brown rice
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ avocado, sliced
- ½ cup baby spinach
- 1 tsp extra-virgin olive oil
- 1 garlic clove, minced
- Juice of ½ lime
- 1 tbsp fresh cilantro
- Black pepper

DIRECTIONS

1. Heat olive oil in a skillet and cook garlic and shrimp until shrimp are pink and cooked through.
2. Add rice, spinach, cucumber, tomatoes, and avocado to a bowl.
3. Top with shrimp, lime juice, cilantro, and black pepper.

NUTRITION (approx.)	480 calories	37g protein	48g carbs	18g fat	9g fiber

08 APPLE WALNUT CHICKEN SALAD

Crunchy • Sweet & Savory • Meal-Prep Friendly

Prep: 10 min | Serves: 1



INGREDIENTS

- 4 oz cooked chicken breast, chopped
- ½ apple, diced
- 1 celery stalk, diced
- 2 tbsp chopped walnuts
- ¼ cup plain Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 2 cups mixed greens
- ¼ cup red grapes, halved
- Black pepper

DIRECTIONS

1. Mix Greek yogurt, Dijon, lemon juice, and black pepper in a bowl.
2. Fold in chicken, apple, celery, walnuts, and grapes.
3. Serve over mixed greens.

NUTRITION (approx.)	420 calories	40g protein	29g carbs	18g fat	6g fiber

09 HEARTY LENTIL & VEGETABLE SOUP

Warm • Plant-Powered • Fiber-Rich

Prep: 30 min | Serves: 2



INGREDIENTS

- 1 cup cooked lentils
- 2 cups low-sodium vegetable broth
- 1 cup diced tomatoes
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup zucchini, chopped
- ½ cup baby spinach
- ¼ cup diced onion
- 1 garlic clove, minced
- 1 tsp extra-virgin olive oil
- ½ tsp oregano
- ½ tsp cumin

Black pepper

DIRECTIONS

1. Sauté onion, carrots, celery, and garlic in olive oil for 3–4 minutes.
2. Add broth, tomatoes, zucchini, lentils, oregano, cumin, and black pepper. Simmer for 15–20 minutes.
3. Stir in spinach just before serving.

NUTRITION (per serving)	300 calories	17g protein	48g carbs	6g fat	17g fiber

10 MEDITERRANEAN CHICKEN & TZATZIKI PITA

Fresh • Creamy • Portable

Prep: 10 min | Serves: 1



INGREDIENTS

- 1 whole-grain pita
- 4 oz grilled chicken breast, sliced
- 2 tbsp tzatziki
- ½ cup cucumber, chopped
- ½ cup tomato, chopped
- ½ cup baby spinach
- 2 tbsp crumbled feta
- 2 tbsp sliced red onion
- Squeeze of fresh lemon
- Oregano & black pepper

DIRECTIONS

1. Warm pita and spread tzatziki inside.
2. Fill with chicken, cucumber, tomato, spinach, feta, and red onion.
3. Finish with lemon juice, oregano, and black pepper.

NUTRITION (approx.)	460 calories	42g protein	45g carbs	15g fat	8g fiber

10 LUNCHES COMPLETE

BUILD A LUNCH YOU'LL ACTUALLY WANT TO EAT

Keep a few proteins, vegetables, whole-food carbohydrates, and flavorful extras ready in your kitchen and mix them throughout the week.

BOWL → WRAP → SALAD → SOUP → PITA

The ingredients don't always have to change. Sometimes simply changing how you put them together makes yesterday's leftovers feel like a completely different meal.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

DINNERS

Recipes 1–3 of 10

Flavorful, satisfying dinners built around quality protein, colorful vegetables, fiber-rich carbohydrates, and healthy fats—made for real life.

Nutritious dinners can be delicious, satisfying, and easy to make, while giving you the key nutrients needed to support your overall health and well-being.

01 LEMON GARLIC SALMON & ROASTED VEGETABLES

Omega-3 Rich • One-Pan • Weeknight Easy

Prep: 10 min | Cook: 20 min | Serves: 1



INGREDIENTS

- 5 oz salmon fillet
- 1 cup broccoli florets
- ½ cup zucchini, sliced
- ½ cup cherry tomatoes
- ½ cup cooked quinoa
- 2 tsp extra-virgin olive oil
- 1 garlic clove, minced
- Juice of ½ lemon
- ½ tsp dried oregano
- Black pepper
- Fresh parsley, optional

DIRECTIONS

1. Heat oven to 400°F. Place salmon, broccoli, zucchini, and tomatoes on a lined baking sheet.
2. Drizzle with olive oil and lemon juice. Add garlic, oregano, and black pepper.
3. Roast for 15–20 minutes, until salmon is cooked through and vegetables are tender. Serve with quinoa.

NUTRITION (approx.)

570	42g	43g	26g	9g
calories	protein	carbs	fat	fiber

02 GINGER CHICKEN & BROCCOLI STIR-FRY

Protein-Packed • Colorful • Better-Than-Takeout

Prep: 10 min | Cook: 15 min | Serves: 1



INGREDIENTS

- 5 oz chicken breast, sliced
- 1½ cups broccoli florets
- ½ red bell pepper, sliced
- ½ cup snap peas
- ½ cup cooked brown rice
- 2 tsp avocado or olive oil
- 1 garlic clove, minced
- 1 tsp fresh grated ginger
- 1 tbsp reduced-sodium tamari or soy sauce
- 1 tsp sesame seeds
- Squeeze of fresh lime

DIRECTIONS

1. Heat 1 tsp oil in a skillet. Cook chicken until browned and cooked through; remove temporarily.
2. Add remaining oil, broccoli, pepper, snap peas, garlic, and ginger. Stir-fry until crisp-tender.
3. Return chicken to the pan and add tamari. Toss together and serve over brown rice with sesame seeds and lime.

NUTRITION (approx.)

510	46g	49g	16g	9g
calories	protein	carbs	fat	fiber

03 TURKEY & SWEET POTATO CHILI

Hearty • High-Fiber • Meal-Prep Favorite

Prep: 10 min | Cook: 30 min | Serves: 2



INGREDIENTS

- 8 oz lean ground turkey
- 1 medium sweet potato, peeled and cubed
- 1 cup black beans, rinsed
- 1½ cups diced tomatoes
- 1 cup low-sodium broth
- ½ bell pepper, diced
- ½ small onion, diced
- 1 garlic clove, minced
- 1 tsp extra-virgin olive oil
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp smoked paprika
- Black pepper
- Fresh cilantro, optional

DIRECTIONS

1. Heat olive oil in a pot. Cook turkey, onion, bell pepper, and garlic until turkey is browned.
2. Add sweet potato, beans, tomatoes, broth, chili powder, cumin, paprika, and black pepper.
3. Simmer for 20–25 minutes, until the sweet potato is tender. Top with optional cilantro.

NUTRITION (per serving, approx.)

490	35g	57g	14g	14g
calories	protein	carbs	fat	fiber

DINNER TIP

You don't need a separate "diet dinner."

Build meals everyone at the table can enjoy. Start with a protein, add plenty of vegetables, choose a fiber-rich carbohydrate, and finish with healthy fat and lots of flavor.

PROTEIN + VEGETABLES + QUALITY CARBS + HEALTHY FAT

The best healthy dinner is one you'll actually want to make again.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

DINNERS

Recipes 4–6 of 10

Three comforting dinners packed with protein, vegetables, fiber, and bold flavor—because eating well should never feel boring.

Nutritious dinners can be easy, flavorful, and satisfying while giving you the key nutrients needed to support your overall health and well-being.

04 BALSAMIC BEEF & ROASTED VEGGIE BOWL

Hearty • Protein-Rich • Colorful

Prep: 10 min | Cook: 20 min | Serves: 1



INGREDIENTS

- 5 oz lean sirloin steak, sliced
- ½ cup cooked quinoa
- 1 cup Brussels sprouts, halved
- ½ cup red bell pepper, sliced
- ½ cup zucchini, sliced
- 2 tsp extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 1 garlic clove, minced
- ½ tsp dried rosemary
- Black pepper
- 1 tbsp chopped parsley, optional

DIRECTIONS

1. Heat oven to 425°F. Toss Brussels sprouts, pepper, and zucchini with 1 tsp olive oil and roast for 15–20 minutes.
2. Heat remaining oil in a skillet. Add steak, garlic, rosemary, and black pepper and cook to your preferred doneness.
3. Add quinoa and roasted vegetables to a bowl, top with steak, and finish with balsamic vinegar and parsley.

NUTRITION (approx.)

550	43g	46g	22g	10g
calories	protein	carbs	fat	fiber

05 LEMON GARLIC SHRIMP & ZUCCHINI PASTA

Light • Fresh • Ready in 20 Minutes

Prep: 10 min | Cook: 10 min | Serves: 1



INGREDIENTS

- 5 oz peeled shrimp
- 2 oz dry whole-wheat spaghetti
- 1 cup zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1 cup baby spinach
- 2 tsp extra-virgin olive oil
- 2 garlic cloves, minced
- Juice of ½ lemon
- 1 tbsp grated Parmesan
- Red pepper flakes, optional
- Black pepper
- Fresh parsley

DIRECTIONS

1. Cook pasta according to package directions. Reserve a splash of pasta water before draining.
2. Heat olive oil in a skillet. Cook garlic, shrimp, zucchini, and tomatoes until shrimp are cooked through. Add spinach and allow it to wilt.
3. Toss with pasta, lemon juice, Parmesan, black pepper, and a splash of pasta water. Finish with parsley and optional red pepper flakes.

NUTRITION (approx.)

500	39g	58g	15g	9g
calories	protein	carbs	fat	fiber

06 CREAMY CHICKPEA & SPINACH CURRY

Plant-Powered • Cozy • Fiber-Rich

Prep: 10 min | Cook: 20 min | Serves: 2



INGREDIENTS

- 1½ cups chickpeas, rinsed
- 2 cups baby spinach
- 1 cup diced tomatoes
- ½ cup light coconut milk
- ½ small onion, diced
- 1 garlic clove, minced
- 1 tsp fresh grated ginger
- 1 tsp extra-virgin olive oil
- 1 tsp curry powder
- ½ tsp turmeric
- ½ tsp cumin
- 1 cup cooked brown rice
- Fresh cilantro & lime, optional

DIRECTIONS

1. Heat olive oil in a skillet. Sauté onion, garlic, and ginger until softened.
2. Add curry powder, turmeric, cumin, tomatoes, chickpeas, and coconut milk. Simmer for 10–15 minutes.
3. Stir in spinach until wilted. Divide into two servings and serve each with ½ cup brown rice. Finish with optional cilantro and lime.

NUTRITION (per serving, approx.)

500	18g	72g	17g	15g
calories	protein	carbs	fat	fiber

DINNER TIP

Make vegetables taste good.

You don't have to choke down plain steamed broccoli every night. Roast it. Sauté it. Season it. Add garlic. Add herbs. Add lemon. Add olive oil.

HEALTHY ≠ BLAND

The vegetables you genuinely enjoy eating are the ones you're most likely to keep eating.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

DINNERS

Recipes 7–10 of 10

Finish dinner with four colorful meals designed to be simple enough for a weeknight, satisfying enough to repeat, and packed with whole-food ingredients.

Nutritious dinners can be easy to make, full of flavor, and help you feel your best while giving your body the key nutrients it needs every day.

07 HERB CHICKEN WITH ROASTED POTATOES & GREEN BEANS

Classic • Protein-Rich • One-Pan Easy

Prep: 10 min | Cook: 25 min | Serves: 1



INGREDIENTS

- 5 oz chicken breast
- 1 cup baby potatoes, halved
- 1 cup green beans
- 2 tsp extra-virgin olive oil
- 1 garlic clove, minced
- ½ tsp dried rosemary
- ½ tsp dried thyme
- Juice of ½ lemon
- Black pepper

DIRECTIONS

1. Heat oven to 425°F. Toss potatoes with 1 tsp olive oil and roast for 10 minutes.
2. Add chicken and green beans. Drizzle with remaining oil and season with garlic, rosemary, thyme, and black pepper.
3. Roast another 15–20 minutes, until chicken is cooked through. Finish with lemon.

NUTRITION (approx.)	510 calories	48g protein	48g carbs	16g fat	8g fiber

08 MEDITERRANEAN BAKED COD

Light • Fresh • Mediterranean-Inspired

Prep: 10 min | Cook: 20 min | Serves: 1



INGREDIENTS

- 5 oz cod fillet
- ½ cup cooked quinoa
- 1 cup cherry tomatoes, halved
- ½ cup zucchini, chopped
- ¼ cup artichoke hearts
- 2 tbsp sliced olives
- 2 tsp extra-virgin olive oil
- 1 garlic clove, minced
- Juice of ½ lemon
- Oregano & black pepper
- Fresh parsley

DIRECTIONS

1. Heat oven to 400°F. Place cod, tomatoes, zucchini, and artichokes in a baking dish.
2. Add olive oil, garlic, lemon juice, oregano, and black pepper. Bake for 15–20 minutes.
3. Serve with quinoa and top with olives and fresh parsley.

NUTRITION (approx.)	470 calories	40g protein	44g carbs	17g fat	8g fiber

09 TURKEY MEATBALLS WITH TOMATO & WHOLE-GRAIN PASTA

Comforting • Protein-Packed • Family-Friendly

Prep: 15 min | Cook: 25 min | Serves: 2



INGREDIENTS

- 8 oz lean ground turkey
- 1 large egg
- 2 tbsp whole-grain breadcrumbs
- 1 tbsp grated Parmesan
- 1 garlic clove, minced
- 1 tsp Italian seasoning
- 4 oz dry whole-grain pasta
- 1½ cups no-added-sugar tomato sauce
- 2 cups baby spinach
- Black pepper
- Fresh basil, optional

DIRECTIONS

1. Combine turkey, egg, breadcrumbs, Parmesan, garlic, Italian seasoning, and black pepper. Form into small meatballs.
2. Bake at 400°F for 15–18 minutes, or until cooked through. Meanwhile, cook pasta according to package directions.
3. Warm tomato sauce, stir in spinach until wilted, and add meatballs. Divide pasta and sauce between two servings.

NUTRITION (per serving, approx.)	520 calories	38g protein	59g carbs	16g fat	9g fiber

10 QUINOA & BLACK BEAN STUFFED PEPPER

Plant-Powered • Colorful • Fiber-Rich

Prep: 15 min | Cook: 30 min | Serves: 1



INGREDIENTS

- 1 large bell pepper, halved
- ½ cup black beans, rinsed
- ½ cup cooked quinoa
- ½ cup diced tomatoes
- ¼ cup corn
- ¼ avocado, diced
- 2 tbsp crumbled feta
- 1 tsp extra-virgin olive oil
- ½ tsp cumin
- ½ tsp smoked paprika
- Fresh cilantro
- Squeeze of lime

DIRECTIONS

1. Heat oven to 400°F. Mix black beans, quinoa, tomatoes, corn, olive oil, cumin, and paprika.
2. Fill pepper halves with the mixture and bake for 25–30 minutes, until the pepper is tender.
3. Top with avocado, feta, cilantro, and a squeeze of lime.

NUTRITION (approx.)	500 calories	20g protein	70g carbs	18g fat	18g fiber

10 DINNERS COMPLETE

KEEP DINNER SIMPLE

You don't need a brand-new recipe every night. Find meals you love, repeat them often, swap ingredients, and use what you already have.

PROTEIN → PLANTS → QUALITY CARB → HEALTHY FAT → FLAVOR

Healthy eating becomes much easier when your everyday meals are simple enough to make again and good enough that you want to.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

SNACKS

Recipes 1–3 of 10

Simple, satisfying snacks built around protein, fiber, fruit, vegetables, and healthy fats to bridge the gap between meals when you're genuinely hungry.

Nutritious snacks can help keep your energy steady, support healthy digestion, reduce cravings, and make it easier to stick to your overall health goals.

01 APPLE ALMOND BUTTER CRUNCH BITES

Sweet • Crunchy • Ready in 5 Minutes

Prep: 5 min | Serves: 1



INGREDIENTS

- 1 medium apple
- 1 ½ tbsp natural almond butter
- 1 tbsp chopped walnuts
- 1 tsp chia seeds
- ½ tsp cinnamon
- 1 tsp unsweetened coconut flakes, optional

DIRECTIONS

1. Slice apple into thin rounds or wedges.
2. Spread almond butter over each piece.
3. Sprinkle with walnuts, chia seeds, cinnamon, and optional coconut.

NUTRITION (approx.)

300	7g	37g	17g	9g
calories	protein	carbs	fat	fiber

02 CUCUMBER HUMMUS & FETA BITES

Fresh • Savory • No Cooking Required

Prep: 10 min | Serves: 1



INGREDIENTS

- 1 medium cucumber
- ¼ cup hummus
- 2 tbsp crumbled feta
- ½ cup cherry tomatoes, quartered
- 1 tbsp pumpkin seeds
- Squeeze of fresh lemon
- Oregano
- Black pepper

DIRECTIONS

1. Slice cucumber into thick rounds.
2. Top each round with hummus, tomato, and feta.
3. Sprinkle with pumpkin seeds, oregano, black pepper, and lemon juice.

NUTRITION (approx.)

260	10g	25g	15g	8g
calories	protein	carbs	fat	fiber

03 BLUEBERRY WALNUT YOGURT CUP

Creamy • Protein-Rich • Naturally Sweet

Prep: 5 min | Serves: 1



INGREDIENTS

- ¾ cup plain Greek yogurt
- ½ cup blueberries
- 1 tbsp chopped walnuts
- 1 tbsp ground flaxseed
- 1 tbsp rolled oats
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 1 tsp honey, optional

DIRECTIONS

1. Add Greek yogurt to a bowl or jar.
2. Top with blueberries, walnuts, flaxseed, and oats.
3. Finish with cinnamon, vanilla, and optional honey.

NUTRITION (approx.)

290	21g	30g	11g	6g
calories	protein	carbs	fat	fiber

SNACK TIP

You don't have to snack just because it's "snack time."

But when you're genuinely hungry between meals, make your snack work harder by pairing foods together:

PROTEIN + PRODUCE or **FIBER + HEALTHY FAT**

Think Greek yogurt + berries, apple + nut butter, vegetables + hummus rather than relying on highly processed snack foods that may not keep you satisfied for long.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

SNACKS

Recipes 4–6 of 10

Three easy snacks with protein, fiber, healthy fats, and plenty of crunch to keep your options interesting between meals.

Nutritious snacks can help keep your energy steady, support healthy digestion, reduce cravings, and make it easier to stick to your overall health goals.

04 CRISPY ROASTED CHICKPEAS

Crunchy • Savory • Fiber-Rich

Prep: 5 min | Cook: 25 min | Serves: 2



INGREDIENTS

- 1 can chickpeas, rinsed and drained
- 2 tsp extra-virgin olive oil
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp cumin
- Black pepper
- Pinch of sea salt, optional

DIRECTIONS

1. Heat oven to 425°F. Pat chickpeas very dry with a clean towel.
2. Toss with olive oil, paprika, garlic powder, cumin, and black pepper.
3. Roast for 20–25 minutes, shaking the pan halfway through, until golden and crisp.

NUTRITION (per serving, approx.)

190	8g	27g	6g	7g
calories	protein	carbs	fat	fiber

05 AVOCADO EGG CRUNCH TOAST

Savory • Protein-Rich • Satisfying

Prep: 10 min | Serves: 1



INGREDIENTS

- 1 slice whole-grain bread
- 1 large hard-boiled egg, sliced
- ¼ avocado
- ¼ cup cucumber, thinly sliced
- ¼ cup cherry tomatoes, chopped
- 1 tsp pumpkin seeds
- Squeeze of fresh lemon
- Black pepper
- Red pepper flakes, optional

DIRECTIONS

1. Toast the bread and mash avocado evenly over the top.
2. Add sliced egg, cucumber, and tomatoes.
3. Finish with pumpkin seeds, lemon juice, black pepper, and optional red pepper flakes.

NUTRITION (approx.)

290	13g	27g	16g	8g
calories	protein	carbs	fat	fiber

06 COTTAGE CHEESE BERRY CRUNCH BOWL

Creamy • High-Protein • Sweet & Tart

Prep: 5 min | Serves: 1



INGREDIENTS

- ¾ cup cottage cheese
- ½ cup strawberries, sliced
- ¼ cup raspberries
- 1 tbsp chopped almonds
- 1 tbsp chia seeds
- 1 tbsp rolled oats
- ½ tsp cinnamon
- 1 tsp honey, optional

DIRECTIONS

1. Spoon cottage cheese into a bowl.
2. Top with strawberries, raspberries, almonds, chia seeds, and oats.
3. Finish with cinnamon and optional honey.

NUTRITION (approx.)

300	23g	29g	12g	7g
calories	protein	carbs	fat	fiber

SNACK TIP

Make the easy choice actually easy.

Keep a few ready-to-eat options where you can see them: washed fruit, chopped vegetables, Greek yogurt, cottage cheese, hummus, hard-boiled eggs, nuts, or roasted chickpeas.

A LITTLE PREP → A LOT LESS GUESSWORK

You don't need a complicated snack. You need something easy, satisfying, and available when hunger hits.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

SNACKS

Recipes 7–10 of 10

Four easy snacks for when you want something sweet, savory, creamy, or crunchy—without making snack time complicated.

Nutritious snacks can help keep your energy steady, support healthy digestion, reduce cravings, and make it easier to stick to your overall health goals.

07 NO-BAKE OAT & ALMOND ENERGY BITES

Chewy • Make-Ahead • Naturally Sweet

Prep: 10 min + chill | Serves: 4



INGREDIENTS

- ½ cup rolled oats
- ¼ cup natural almond butter
- 2 tbsp ground flaxseed
- 2 tbsp chia seeds
- 2 tbsp chopped walnuts
- 2 tbsp unsweetened coconut flakes
- 1½ tbsp honey or maple syrup
- ½ tsp cinnamon
- ½ tsp vanilla extract

DIRECTIONS

1. Mix all ingredients in a bowl until thoroughly combined.
2. Roll mixture into 8 small bites.
3. Refrigerate for at least 30 minutes. Enjoy 2 bites per serving.

NUTRITION (2 bites, approx.)	190 calories	6g protein	20g carbs	11g fat	5g fiber

08 EVERYTHING CUCUMBER & TURKEY ROLL-UPS

Savory • Protein-Rich • Low-Prep

Prep: 10 min | Serves: 1



INGREDIENTS

- 4 oz roasted turkey breast
- ¼ cup hummus
- ½ cucumber, cut into thin strips
- ¼ red bell pepper, thinly sliced
- ½ cup baby spinach
- 1 tsp everything seasoning
- Squeeze of fresh lemon

DIRECTIONS

1. Lay turkey slices flat and spread each lightly with hummus.
2. Add cucumber, bell pepper, and spinach. Roll tightly.
3. Sprinkle with everything seasoning and finish with lemon.

NUTRITION (approx.)	240 calories	30g protein	17g carbs	7g fat	5g fiber

09 FROZEN BERRY YOGURT BARK

Cold • Creamy • Naturally Sweet

Prep: 10 min + freeze | Serves: 4



INGREDIENTS

- 1½ cups plain Greek yogurt
- ½ cup strawberries, sliced
- ½ cup blueberries
- 2 tbsp chopped pistachios
- 1 tbsp chia seeds
- 1 tbsp unsweetened coconut flakes
- 1 tbsp honey, optional
- ½ tsp vanilla extract

DIRECTIONS

1. Mix Greek yogurt with vanilla and optional honey. Spread onto a parchment-lined tray.
2. Sprinkle with berries, pistachios, chia seeds, and coconut.
3. Freeze until firm, about 3 hours, then break into pieces.

NUTRITION (per serving, approx.)	150 calories	10g protein	17g carbs	6g fat	3g fiber

10 DARK CHOCOLATE WALNUT TRAIL MIX

Crunchy • Sweet & Salty • Portable

Prep: 5 min | Serves: 4



INGREDIENTS

- ¼ cup walnuts
- ¼ cup almonds
- ¼ cup pumpkin seeds
- 2 tbsp unsweetened coconut flakes
- 2 tbsp cacao nibs or chopped dark chocolate
- 2 tbsp dried cherries or cranberries
- ½ tsp cinnamon

DIRECTIONS

1. Add all ingredients to a bowl.
2. Toss until evenly combined.
3. Divide into 4 small portions for an easy grab-and-go snack.

NUTRITION (per serving, approx.)	200 calories	6g protein	14g carbs	15g fat	4g fiber

SNACK TIP

Snacks aren't meant to be another full meal.

Use them when you're hungry, need something to carry you to your next meal, or simply want something you enjoy.

KEEP IT SIMPLE → KEEP IT SATISFYING → ENJOY IT

And yes—food can be nutritious and still taste like a treat.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

By Lipera®

DESSERTS & TREATS

Recipes 1–3 of 10

Something sweet absolutely has a place in a balanced diet. These desserts combine real flavor with simple, nutrient-dense ingredients—because eating well shouldn't mean giving up dessert.

Dessert can be part of a healthy lifestyle. These recipes are made with wholesome ingredients to satisfy your sweet tooth while supporting your overall health goals.

01 DARK CHOCOLATE STRAWBERRY CUPS

Chocolatey • Fruity • No-Bake

Prep: 10 min + chill | Serves: 4



INGREDIENTS

- 1 cup strawberries, finely chopped
- ½ cup plain Greek yogurt
- 1 tbsp chia seeds
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract
- 3 oz dark chocolate
- 1 tsp coconut oil
- 2 tbsp chopped pistachios

DIRECTIONS

1. Mix strawberries, Greek yogurt, chia seeds, honey, and vanilla. Spoon into 4 small silicone muffin cups and freeze for 30–45 minutes.
2. Melt dark chocolate with coconut oil and spoon over each cup.
3. Sprinkle with pistachios and chill until chocolate is firm.

NUTRITION (per cup, approx.)

180	5g	18g	11g	3g
calories	protein	carbs	fat	fiber

02 WARM CINNAMON APPLE CRISP

Cozy • Naturally Sweet • Fiber-Rich

Prep: 10 min | Cook: 25 min | Serves: 2



INGREDIENTS

- 2 medium apples, chopped
- ½ cup rolled oats
- 2 tbsp chopped walnuts
- 1 tbsp almond flour
- 1 tbsp maple syrup
- 1 tbsp melted coconut oil or butter
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ tsp vanilla extract
- ½ cup plain Greek yogurt, for serving

DIRECTIONS

1. Heat oven to 375°F. Toss apples with half the cinnamon, nutmeg, and vanilla.
2. Mix oats, walnuts, almond flour, maple syrup, oil, and remaining cinnamon. Sprinkle over apples.
3. Bake for 20–25 minutes until golden and bubbling. Serve warm with Greek yogurt.

NUTRITION (per serving, approx.)

330	9g	48g	14g	8g
calories	protein	carbs	fat	fiber

03 CHOCOLATE PEANUT BUTTER YOGURT MOUSSE

Rich • Creamy • Protein-Packed

Prep: 5 min + chill | Serves: 1



INGREDIENTS

- ¾ cup plain Greek yogurt
- 1 tbsp natural peanut butter
- 1 tbsp unsweetened cacao powder
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract
- 1 tbsp dark chocolate shavings
- 1 tbsp chopped peanuts
- Pinch of cinnamon

DIRECTIONS

1. Whisk Greek yogurt, peanut butter, cacao, honey, vanilla, and cinnamon until smooth and fluffy.
2. Refrigerate for 20–30 minutes for a thicker mousse-like texture.
3. Top with dark chocolate shavings and chopped peanuts.

NUTRITION (approx.)

310	23g	26g	15g	4g
calories	protein	carbs	fat	fiber

DESSERT TIP

Dessert doesn't have to be "earned."

You don't need to skip meals, exercise extra, or feel guilty because you ate something sweet. What matters most is the overall pattern of your diet, not one dessert.

ENJOY IT → SAVOR IT → MOVE ON

A sustainable way of eating should have room for both nourishment and enjoyment.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

DESSERTS & TREATS

Recipes 4–6 of 10

Three more desserts for when you're craving something chocolatey, creamy, or warm and comforting—because balance should still taste delicious.

Dessert can be part of a healthy lifestyle. These recipes are made with wholesome ingredients to satisfy your sweet tooth overall health goals.

04 FUDGY BLACK BEAN BROWNIE BITES

Chocolatey • Fudgy • Fiber-Rich

Prep: 10 min | Cook: 18 min | Serves: 6



INGREDIENTS

- 1 cup black beans, rinsed and drained
- 1 large egg
- ¼ cup natural almond butter
- ¼ cup unsweetened cacao powder
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt
- 2 tbsp dark chocolate chips

DIRECTIONS

1. Heat oven to 350°F. Blend black beans, egg, almond butter, cacao, maple syrup, vanilla, baking powder, and salt until completely smooth.
2. Fold in dark chocolate chips and divide batter among 6 lined muffin cups.
3. Bake for 15–18 minutes. Let cool before serving.

NUTRITION

(per brownie bite, approx.)

150	6g	18g	8g	4g
calories	protein	carbs	fat	fiber

05 STRAWBERRY CHEESECAKE YOGURT BITES

Creamy • Fruity • Frozen Treat

Prep: 10 min + freeze | Serves: 4



INGREDIENTS

- 1 cup plain Greek yogurt
- ¼ cup cream cheese, softened
- ¾ cup strawberries, finely chopped
- 2 tbsp crushed whole-grain graham crackers
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract
- 1 tbsp chopped almonds

DIRECTIONS

1. Whisk Greek yogurt, cream cheese, honey, and vanilla until creamy. Fold in half the strawberries.
2. Spoon into 8 small silicone cups and top with remaining strawberries, graham cracker crumbs, and almonds.
3. Freeze for 2–3 hours. Let soften for a few minutes before enjoying. Serve 2 bites per portion.

NUTRITION

(2 bites, approx.)

170	9g	17g	8g	2g
calories	protein	carbs	fat	fiber

06 WARM MIXED BERRY ALMOND CRUMBLE

Juicy • Cozy • Naturally Sweet

Prep: 10 min | Cook: 20 min | Serves: 2



INGREDIENTS

- 1 cup blueberries
- 1 cup raspberries
- ½ cup rolled oats
- 2 tbsp almond flour
- 2 tbsp chopped almonds
- 1 tbsp maple syrup
- 1 tbsp melted coconut oil or butter
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ½ cup plain Greek yogurt, for serving

DIRECTIONS

1. Heat oven to 375°F. Add berries to a small baking dish and toss with vanilla.
2. Combine oats, almond flour, almonds, maple syrup, oil, and cinnamon. Sprinkle evenly over berries.
3. Bake for 18–20 minutes until bubbling and golden. Serve warm with Greek yogurt.

NUTRITION

(per serving, approx.)

300	10g	39g	14g	10g
calories	protein	carbs	fat	fiber

DESSERT TIP

Let dessert be dessert.

Adding fruit, nuts, oats, or Greek yogurt can bring more nutrition to something sweet—but you don't have to turn every dessert into a "health food."

BALANCE BEATS PERFECTION

Enjoy the foods you love in amounts that work for you, then continue with your normal eating routine.

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

By Lipera®

DESSERTS & TREATS

Recipes 7–10 of 10

Four final treats that are sweet, satisfying, and easy to make—because a sustainable way of eating should always leave room for foods you genuinely enjoy.

Enjoying dessert can be part of a healthy lifestyle. These recipes are made with wholesome ingredients to satisfy your sweet tooth while supporting your overall health goals.

07 DARK CHOCOLATE ALMOND DATE BITES

Fudgy • Chocolatey • No-Bake

Prep: 10 min + chill | Serves: 4



INGREDIENTS

- 8 Medjool dates, pitted
- ¼ cup natural almond butter
- 2 tbsp unsweetened cacao powder
- ¼ cup rolled oats
- 2 tbsp chopped almonds
- 1 tbsp chia seeds
- ½ tsp vanilla extract
- 1 oz dark chocolate, melted
- Pinch of sea salt, optional

DIRECTIONS

1. Blend dates, almond butter, cacao, oats, chia seeds, and vanilla in a food processor until a sticky mixture forms.
2. Roll into 8 small bites and drizzle with melted dark chocolate. Sprinkle with chopped almonds.
3. Refrigerate for 30 minutes. Enjoy 2 bites per serving.

NUTRITION (2 bites, approx.)	230 calories	6g protein	31g carbs	11g fat	6g fiber

08 CINNAMON BANANA OAT COOKIES

Soft • Chewy • Naturally Sweet

Prep: 10 min | Cook: 15 min | Serves: 4



INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup rolled oats
- ¼ cup natural peanut or almond butter
- 2 tbsp chopped walnuts
- 2 tbsp dark chocolate chips
- 1 tbsp ground flaxseed
- 1 tsp cinnamon
- ½ tsp vanilla extract

DIRECTIONS

1. Heat oven to 350°F. Mix all ingredients until thoroughly combined.
2. Scoop into 8 small cookies on a lined baking sheet and gently flatten.
3. Bake for 12–15 minutes until lightly golden. Enjoy 2 cookies per serving.

NUTRITION (2 cookies, approx.)	250 calories	7g protein	34g carbs	11g fat	6g fiber

09 BERRY VANILLA FROZEN YOGURT

Creamy • Fruity • Refreshing

Prep: 5 min + freeze | Serves: 2



INGREDIENTS

- 1½ cups frozen mixed berries
- 1 cup plain Greek yogurt
- 1 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 1 tbsp chia seeds
- 2 tbsp chopped pistachios

DIRECTIONS

1. Blend frozen berries, Greek yogurt, honey, vanilla, and chia seeds until thick and creamy.
2. Enjoy immediately for a soft-serve texture, or freeze for 1–2 hours for a firmer consistency.
3. Divide into two bowls and top with pistachios.

NUTRITION (per serving, approx.)	220 calories	14g protein	31g carbs	6g fat	7g fiber

10 CHOCOLATE BANANA PEANUT BUTTER BARK

Chocolatey • Creamy • Frozen Treat

Prep: 10 min + freeze | Serves: 4



INGREDIENTS

- 2 bananas, sliced
- ¼ cup natural peanut butter
- 3 oz dark chocolate
- 1 tsp coconut oil
- 2 tbsp chopped peanuts
- 1 tbsp unsweetened coconut flakes
- Pinch of cinnamon

DIRECTIONS

1. Arrange banana slices on a parchment-lined tray and gently flatten. Spread peanut butter over the top.
2. Melt dark chocolate with coconut oil and pour evenly over the peanut butter. Sprinkle with peanuts, coconut, and cinnamon.
3. Freeze for 2–3 hours, then break or cut into 4 portions.

NUTRITION (per serving, approx.)	280 calories	6g protein	31g carbs	17g fat	5g fiber

60 RECIPES COMPLETE!

YOU NOW HAVE 10 OF EACH:

10 Breakfasts	10 Lunches	10 Dinners	10 Snacks	10 Smoothies & Drinks	10 Desserts & Treats

Find the recipes you love, repeat them, modify them, and gradually build a collection of meals that makes eating well feel almost automatic.

NEXT UP: YOUR COMPLETE 30-DAY MEAL PLAN

*Nutrition values are estimates and will vary depending on ingredients, brands, substitutions, and portion sizes.

30-DAY MEAL PLAN

WEEK 1 • DAYS 1–7

A full week of balanced meals using recipes from your guide. Swap days, repeat favorites, or adjust portions based on your hunger and individual needs. This is a framework—not a set of rules.

Delicious, balanced meals to support your energy, digestion, and overall health—all while enjoying real food you love.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
						
Blueberry Lemon Protein Pancakes	Sweet Potato & Egg Breakfast Bowl	Raspberry Walnut Chia Pudding	Veggie & Avocado Breakfast Wrap	Greek Yogurt Berry Parfait	Veggie Egg Scramble	Protein Oatmeal with Berries & Walnuts
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
						
Mediterranean Chicken Power Bowl	Salmon Avocado Crunch Salad	Turkey Avocado Hummus Wrap	Lemon Herb Tuna & White Bean Salad	Crispy Chickpea Quinoa Bowl	Garlic Chicken & Sweet Potato Bowl	Garlic Shrimp & Avocado Rice Bowl
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
						
Lemon Garlic Salmon & Roasted Vegetables	Ginger Chicken & Broccoli Stir-Fry	Turkey & Sweet Potato Chili	Balsamic Beef & Roasted Veggie Bowl	Lemon Garlic Shrimp & Zucchini Pasta	Creamy Chickpea & Spinach Curry	Herb Chicken with Roasted Potatoes & Green Beans
SNACK	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**
						
Apple Almond Butter Crunch Bites	Cucumber Hummus & Feta Bites	Blueberry Walnut Yogurt Cup	Crispy Roasted Chickpeas	Avocado Egg Crunch Toast	Cottage Cheese Berry Crunch Bowl	No-Bake Oat & Almond Energy Bites
OPTIONAL TREAT	**OPTIONAL SMOOTHIE**	**OPTIONAL TREAT**	**OPTIONAL SMOOTHIE**	**OPTIONAL TREAT**	**OPTIONAL SMOOTHIE**	**OPTIONAL TREAT**
						
Dark Chocolate Strawberry Cup	Strawberry Banana Flax Smoothie	Chocolate Peanut Butter Yogurt Mousse	Green Ginger Pineapple Smoothie	Warm Cinnamon Apple Crisp	Mango Turmeric Sunshine Smoothie	Berry Vanilla Frozen Yogurt

YOUR WEEK, YOUR WAY

Not hungry for a snack? Skip it. Want the same breakfast three days in a row? Do it. Need a larger portion? Adjust it. The goal isn't to follow this plan perfectly.

USE IT AS A TEMPLATE → MAKE IT FIT YOUR LIFE

HYDRATION: Keep water available throughout the day and drink according to your thirst and individual needs.

*This meal plan is intended as general nutrition education and can be modified for individual dietary needs, allergies, preferences, and calorie requirements.

30-DAY MEAL PLAN

WEEK 2 • DAYS 8–14

Another week of balanced meals built from your recipe collection. Mix, match, repeat, and adjust portions as needed—the goal is consistency, not perfection.

Nutritious, delicious meals to support your energy, digestion, and overall health—while still enjoying the foods you love.

DAY 8

BREAKFAST



Avocado Egg Breakfast Toast

LUNCH



Apple Walnut Chicken Salad

DINNER



Mediterranean Baked Cod

SNACK



Everything Cucumber & Turkey Roll-Ups

OPTIONAL TREAT



Blueberry Almond Protein Smoothie

DAY 9

BREAKFAST



Berry Overnight Oats

LUNCH



Hearty Lentil & Vegetable Soup

DINNER



Turkey Meatballs with Tomato & Whole-Grain Pasta

SNACK



Frozen Berry Yogurt Bark

OPTIONAL SMOOTHIE



Fudgy Black Bean Brownie Bite

DAY 10

BREAKFAST



Greek Yogurt Berry Parfait

LUNCH



Mediterranean Chicken & Tzatziki Pita

DINNER



Quinoa & Black Bean Stuffed Pepper

SNACK



Dark Chocolate Walnut Trail Mix

OPTIONAL TREAT



Peach & Ginger Cream Smoothie

DAY 11

BREAKFAST



Blueberry Lemon Protein Pancakes

LUNCH



Mediterranean Chicken Power Bowl

DINNER



Lemon Garlic Salmon & Roasted Vegetables

SNACK



Apple Almond Butter Crunch Bites

OPTIONAL SMOOTHIE



Strawberry Cheesecake Yogurt Bites

DAY 12

BREAKFAST



Sweet Potato & Egg Breakfast Bowl

LUNCH



Salmon Avocado Crunch Salad

DINNER



Ginger Chicken & Broccoli Stir-Fry

SNACK



Cucumber Hummus & Feta Bites

OPTIONAL TREAT



Avocado Lime Green Smoothie

DAY 13

BREAKFAST



Raspberry Walnut Chia Pudding

LUNCH



Turkey Avocado Hummus Wrap

DINNER



Turkey & Sweet Potato Chili

SNACK



Blueberry Walnut Yogurt Cup

OPTIONAL TREAT



Warm Mixed Berry Almond Crumble

DAY 14

BREAKFAST



Veggie & Avocado Breakfast Wrap

LUNCH



Lemon Herb Tuna & White Bean Salad

DINNER



Balsamic Beef & Roasted Veggie Bowl

SNACK



Crispy Roasted Chickpeas

OPTIONAL SMOOTHIE



Cinnamon Mocha Breakfast Shake

WEEK 2 REMINDER

Repetition is a good thing.

You don't need 30 completely different days of food. Repeating meals you enjoy can make shopping easier, meal prep faster, and healthy eating more sustainable.

LOVE A MEAL? → HAVE IT AGAIN.

Your meal plan should make your life easier—not give you another set of rules to follow.

HYDRATION: Keep water available throughout the day and drink according to your thirst and individual needs.

*This meal plan is intended as general nutrition education and can be modified for individual dietary needs, allergies, preferences, and calorie requirements.

By Lipera®

30-DAY MEAL PLAN

WEEK 3 • DAYS 15–21

By Week 3, eating well should start to feel more familiar. Keep using the meals you enjoy, swap ingredients when needed, and let simplicity work in your favor.

Nourishing meals can be simple, satisfying, and delicious—helping you feel your best while building healthy habits that last.

DAY 15

BREAKFAST



Protein Oatmeal with Berries & Walnuts

LUNCH



Crispy Chickpea Quinoa Bowl

DINNER



Lemon Garlic Shrimp & Zucchini Pasta

SNACK



Avocado Egg Crunch Toast

OPTIONAL TREAT



Cherry Cacao Protein Smoothie

DAY 16

BREAKFAST



Veggie Egg Scramble

LUNCH



Garlic Chicken & Sweet Potato Bowl

DINNER



Creamy Chickpea & Spinach Curry

SNACK



Cottage Cheese Berry Crunch Bowl

OPTIONAL SMOOTHIE



Dark Chocolate Almond Date Bites

DAY 17

BREAKFAST



Avocado Egg Breakfast Toast

LUNCH



Garlic Shrimp & Avocado Rice Bowl

DINNER



Herb Chicken with Roasted Potatoes & Green Beans

SNACK



No-Bake Oat & Almond Energy Bites

OPTIONAL TREAT



Raspberry Vanilla Oat Smoothie

DAY 18

BREAKFAST



Berry Overnight Oats

LUNCH



Apple Walnut Chicken Salad

DINNER



Mediterranean Baked Cod

SNACK



Everything Cucumber & Turkey Roll-Ups

OPTIONAL TREAT



Cinnamon Banana Oat Cookies

DAY 19

BREAKFAST



Greek Yogurt Berry Parfait

LUNCH



Hearty Lentil & Vegetable Soup

DINNER



Turkey Meatballs with Tomato & Whole-Grain Pasta

SNACK



Frozen Berry Yogurt Bark

OPTIONAL DRINK



Watermelon Strawberry Lime Cooler.

DAY 20

BREAKFAST



Blueberry Lemon Protein Pancakes

LUNCH



Mediterranean Chicken & Tzatziki Pita

DINNER



Quinoa & Black Bean Stuffed Pepper

SNACK



Dark Chocolate Walnut Trail Mix

OPTIONAL TREAT



Chocolate Banana Peanut Butter Bark

DAY 21

BREAKFAST



Sweet Potato & Egg Breakfast Bowl

LUNCH



Mediterranean Chicken Power Bowl

DINNER



Lemon Garlic Salmon & Roasted Vegetables

SNACK



Apple Almond Butter Crunch Bites

OPTIONAL SMOOTHIE



Peach & Ginger Cream Smoothie

WEEK 3 REMINDER

Don't confuse consistency with perfection.

One restaurant meal, celebration, dessert, or day that doesn't look like the plan doesn't undo your progress. Your next meal doesn't need to compensate for the last one.

JUST RETURN TO YOUR NORMAL ROUTINE

The goal is to build an eating pattern you can maintain for months and years—not just 30 days.

HYDRATION: Keep water available throughout the day and drink according to your thirst and individual needs.

*This meal plan is intended as general nutrition education and can be modified for individual dietary needs, allergies, preferences, and calorie requirements.

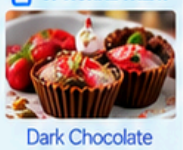
By Lipera®

30-DAY MEAL PLAN

WEEK 4 • DAYS 22–30

You've made it to the final stretch. Use these last nine days to repeat favorites, keep meals simple, and practice building a routine you can continue long after Day 30.

Consistent, balanced meals can help support your energy, digestion, and overall health—and set you up for long-term success.

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
 Cinnamon Apple Protein Oatmeal	 Spinach, Feta & Tomato Egg Scramble	 Peanut Butter Banana Yogurt Parfait	 Blueberry Lemon Protein Pancakes	 Sweet Potato & Egg Breakfast Bowl	 Raspberry Walnut Chia Pudding	 Veggie & Avocado Breakfast Wrap	 Protein Oatmeal with Berries & Walnuts	 Greek Yogurt Berry Parfait
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
 Salmon Avocado Crunch Salad	 Turkey Avocado Hummus Wrap	 Lemon Herb Tuna & White Bean Salad	 Crispy Chickpea Quinoa Bowl	 Garlic Chicken & Sweet Potato Bowl	 Garlic Shrimp & Avocado Rice Bowl	 Apple Walnut Chicken Salad	 Hearty Lentil & Vegetable Soup	 Mediterranean Chicken & Tzatziki Pita
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
 Ginger Chicken & Broccoli Stir-Fry	 Turkey & Sweet Potato Chili	 Balsamic Beef & Roasted Veggie Bowl	 Lemon Garlic Shrimp & Zucchini Pasta	 Creamy Chickpea & Spinach Curry	 Herb Chicken with Roasted Potatoes & Green Beans	 Mediterranean Baked Cod	 Turkey Meatballs with Tomato & Whole-Grain Pasta	 Quinoa & Black Bean Stuffed Pepper
SNACK	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**	**SNACK**
 Cucumber Hummus & Feta Bites	 Blueberry Walnut Yogurt Cup	 Crispy Roasted Chickpeas	 Avocado Egg Crunch Toast	 Cottage Cheese Berry Crunch Bowl	 No-Bake Oat & Almond Energy Bites	 Everything Cucumber & Turkey Roll-Ups	 Frozen Berry Yogurt Bark	 Dark Chocolate Walnut Trail Mix
OPTIONAL SMOOTHIE	**OPTIONAL TREAT**	**OPTIONAL SMOOTHIE**	**OPTIONAL TREAT**	**OPTIONAL TREAT**	**OPTIONAL TREAT**	**OPTIONAL TREAT**	**OPTIONAL TREAT**	**OPTIONAL TREAT**
 Mango Turmeric Sunshine Smoothie	 Dark Chocolate Strawberry Cup	 Green Ginger Pineapple Smoothie	 Fudgy Black Bean Brownie Bite	Avocado Lime Green Smoothie	Warm Cinnamon Apple Crisp	Raspberry Vanilla Oat Smoothie	Chocolate Peanut Butter Yogurt Mousse	Berry Vanilla Frozen Yogurt

DAY 30 ISN'T THE FINISH LINE

IT'S YOUR NEW STARTING POINT.

You now have 60 recipes, four weeks of meal ideas, and a simple framework for putting balanced meals together. You don't need another restrictive 30-day challenge. Take what worked, leave what didn't, and keep building an eating pattern that fits your life.

REPEAT YOUR FAVORITES → SWAP INGREDIENTS → MAKE IT YOUR OWN

HYDRATION: Keep water available throughout the day and drink according to your thirst and individual needs.

*This meal plan is intended as general nutrition education and can be modified for individual dietary needs, allergies, preferences, and calorie requirements.

By Lipera®

FINAL THOUGHTS

SIMPLE THINGS TO REMEMBER

Living with lipedema can make nutrition feel more complicated than it needs to be. You do not need to eat perfectly, eliminate every food you enjoy, or spend your life dieting. The goal is much simpler:

NOURISH YOUR BODY. UNDERSTAND YOUR NEEDS. BUILD HABITS YOU CAN ACTUALLY MAINTAIN.

Progress isn't about perfection. It's about consistency, balance, and choices that support the healthiest, happiest you.

01 YOUR TOTAL CALORIE INTAKE STILL MATTERS

Lipedema can make changes in body composition especially frustrating, but the fundamentals of energy balance still matter. When you consistently consume more energy than your body uses, the excess can contribute to increases in body fat over time. For someone already dealing with lipedema, avoiding unnecessary additional fat gain can be an important part of managing overall health, mobility, and comfort.

That does not mean you need to undereat.
It means understanding approximately how much energy your body uses—and choosing portions that make sense for your body and your goals.



A CALORIE SURPLUS CAN LEAD TO FAT GAIN

Consistently eating more calories than your body burns can lead to an increase in body fat over time. Lipedema already makes losing fat incredibly difficult, so being in a calorie surplus can make the situation worse.

02 LEARN YOUR OWN CALORIE NEEDS

There is no single calorie target that's right for every woman. Most women burn approximately 1,300–2,300 calories per day, depending on factors like body size, age, muscle mass, activity level, occupation, and exercise.

It is crucial to figure out how many calories you burn each day, so you can choose the right portion sizes for your goals. Tracking your food for a short period can be an educational tool—not a punishment. It can help you understand what your usual portions actually provide.

KNOW YOUR NEEDS → UNDERSTAND YOUR PORTIONS
Use a tracking app, a calorie calculator, or a healthcare professional to estimate your needs, then adjust based on your real-world results.



03 DON'T CHASE EXTREME RESTRICTION

You still need food. Carbohydrates provide energy. Protein supplies amino acids your body uses to maintain and repair tissue. Dietary fats provide essential fatty acids and help with nutrient absorption.

You do not need to severely restrict food in order to be healthy or see progress. As a general guide, aim for balanced meals with adequate carbohydrates, protein, healthy fats, and plenty of fruits and vegetables.

ENOUGH PROTEIN + ENOUGH ENERGY + PLENTY OF PLANTS + HEALTHY FATS
Your exact needs may vary, but you can pursue your goals while still eating satisfying, enjoyable meals.



FOCUS ON NUTRIENT-DENSE WHOLE FOODS

- Fruits & vegetables
- Whole grains
- Lean proteins
- Healthy fats
- Stay hydrated

04 PORTION SIZE CAN MATTER AS MUCH AS FOOD CHOICE

Avocados, nuts, olive oil, oats, salmon, and nut butters can all be nutritious foods—and they still contain calories. You don't need to fear them or remove them. Simply remember that "nutritious" doesn't mean unlimited.

NUTRITIOUS DOESN'T MEAN UNLIMITED.
Build meals around sensible portions, eat slowly, and pay attention to your hunger and fullness cues.



05 THINK IN MONTHS & YEARS, NOT DAYS

One large meal won't suddenly change your body. One dessert won't ruin your progress. And one "perfect" day won't transform your health. What matters is the pattern you repeat most of the time.

CONSISTENCY > PERFECTION
The best nutrition plan isn't the strictest one. It's the one that supports your goals, includes foods you enjoy, and is realistic enough to continue long term.



SMALL STEPS CREATE BIG RESULTS

The choices you make today add up. Focus on progress, not perfection, and keep showing up for yourself.

TAKE CARE OF YOUR BODY → NOT AGAINST IT.

Eat enough. Stay active. Understand your portions. Enjoy your food. And give yourself time. Lipedema may make parts of this journey more challenging, but nutrition does not have to become another source of stress. Use this guide as a starting point, personalize it to your life, and focus on building habits you can carry with you long after these 30 days are over.

*Individual calorie and nutrient needs vary. This guide provides general nutrition education and is not a substitute for individualized medical or dietary advice.

By Lipera®

A GREAT DIET IS THE FOUNDATION.

BUT LIPEDEMA CAN REQUIRE MORE SUPPORT.

You can eat incredibly well. You can prioritize protein, colorful plants, healthy fats, fiber, hydration, and appropriate portions.

And all of those things matter. But women living with lipedema know that eating perfectly doesn't necessarily mean you'll feel perfectly.



SWELLING
Persistent swelling that can fluctuate throughout the day.

HEAVINESS
A heavy, weighed-down feeling in your legs and body.

TENDERNESS
Tender and painful areas that can make daily activities harder.

FATIGUE
Low energy and fatigue that can affect your life.

THAT'S WHY WE CREATED LIPERA® LIGHTBODY™.



SUPPORT YOU CAN FEEL

Lipera® was created specifically for women with lipedema—not as another generic daily multivitamin, but as a comprehensive nutritional formula designed around the concerns women with lipedema experience every day.

OUR GOAL WAS SIMPLE:
TO HELP YOU FEEL THE DIFFERENCE IN YOUR DAY-TO-DAY LIFE.

Women who use Lipera may notice improvements in how they feel—including areas such as swelling, feelings of heaviness, tenderness, and everyday energy. Because when you're living with lipedema, progress isn't only about what you see in the mirror.

IT'S ABOUT HOW YOUR BODY FEELS.

TARGETED FROM MULTIPLE ANGLES

Lipera combines carefully selected nutrients, flavonoids, antioxidants, enzymes, and botanicals to provide nutritional support for:

- LYMPHATIC FUNCTION
- HEALTHY CIRCULATION
- NORMAL INFLAMMATORY RESPONSE
- CONNECTIVE TISSUE HEALTH
- FLUID BALANCE

INCLUDING:
Diosmin • Hesperidin • Rutin • Quercetin • Resveratrol • Curcumin
Bromelain • Butcher's Broom • CoQ10 • Magnesium • Vitamin C • Vitamin D3 + more

All brought together in one simple daily formula.



FOOD FIRST. LIPERA ALONGSIDE IT.

A healthy diet gives your body an incredible foundation. Lipera® was created to provide another layer of targeted nutritional support for women who want to do more.

EAT WELL · MOVE · HYDRATE · SUPPORT YOUR BODY

YOU'VE BUILT THE FOUNDATION. NOW GIVE YOUR BODY MORE SUPPORT.

Individual experiences vary. Lipera® is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease. This information is not a substitute for individualized medical advice. Please consult your healthcare professional before starting any dietary supplement.

By Lipera®