



dnaPower

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dnaPower Inc.

<http://www.dnaPower.com>

Hi,

Welcome to your one-month meal plan created for your DNA. On the following pages, you will find a collection of delicious recipes we've curated for you so you can start eating for your DNA right away.

### **Eat According to Your DNA For a Healthier You.**

We are unique individuals in every way, and each of us has specific individual dietary needs. The same food can be either a nutritional medicine or a toxic irritant, depending on your genotype.

Remember, everything you eat influences what goes on in your cells; this is why we've curated a meal plan tailored just for your genetic needs.

## **YOUR UNIQUE DNA MEAL PLAN**

### **Low Fat Meals**

Based on your genetic profile, your body has a more challenging time metabolizing and digesting fatty acids. A diet low in fat, especially saturated fat, can reduce your chances of obesity, developing atherosclerosis, Type 2 diabetes, heart disease, and stroke.

This meal plan focuses on keeping saturated fat levels to less than 14 grams per day, with under 20% daily calories from fat. The recipes included are packed with anti-oxidant vegetables, legumes, fruits, and vegetables with only small amounts of nuts, seeds, and cooking oils.

Enjoy your personalized DNA diet that is:

- Low in fat; less than 20% of daily calories from fat
- Less than 14 grams of saturated fat per serving
- Moderate in clean protein
- Rich in heart-healthy fibre foods from vegetables, fruits, and legumes

### **Caloric Count**

Most meal plans are based on an approximately 1500 to 2000-calorie daily diet. However, there may be slight overages on some days. If you intake more or less than this, you must adjust accordingly or contact one of our nutrition coaches to set up a personalized meal plan catered to your needs.

### **Allergies/Intolerances**

Please note these meal plans do not cater to individuals with food allergies or intolerance, we recommend that you contact one of our DNA Diet coaches for your needs.

## Gluten-Free and Dairy-Free Recipes

All the recipes in this meal plan are gluten-free and dairy-free. Why? These are common food intolerances that we find benefit most when eliminated. If you do not have a gluten or dairy intolerance and would like to include them in your meals, feel free to swap out ingredients to your liking. For example, easy swaps include gluten-free pasta for regular pasta or nutritional yeast for regular cheese.

\*Tip: Be mindful of the change in macronutrients as you make this swap. Aim to make substitutes with comparable nutritional values.

## HOW TO USE YOUR MEAL PLAN

### Grocery List Tips

We have included a complete grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have, this will save you time and money!

### Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out; this will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

### Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

### Leftovers

You'll notice that some meals on the plan are shaded out; this means that the meal has been marked as leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



















































## QUESTIONS ABOUT YOUR MEAL PLAN?

Contact us at [customercare@dnapower.com](mailto:customercare@dnapower.com).

Eat for your DNA. Empower your life.

Happy Cooking,  
The dnaPower Team



|           | Day 1  | Day 2  | Day 3   | Day 4  | Day 5   | Day 6   | Day 7   |
|-----------|--|--|---|--|---|---|---|
| Breakfast | <br>Chicken, Lettuce & Tomato Egg Wrap          | <br>Chicken, Lettuce & Tomato Egg Wrap          | <br>Chicken, Lettuce & Tomato Egg Wrap               | <br>3 Blueberry Protein Smoothie                     | <br>3 Blueberry Protein Smoothie   | <br>Pineapple Turmeric Smoothie                          | <br>Pineapple Turmeric Smoothie                          |
|           | <br>Lentil Salsa with Toast                     | <br>Lentil Salsa with Toast                     | <br>Lentil Salsa with Toast                          |  |   | <br>Egyptian Fava Beans with Tahini                      | <br>Egyptian Fava Beans with Tahini                      |
| Lunch     | <br>Chicken, Lettuce & Tomato Sandwich          | <br>Chili Lime Shrimp Tacos                     | <br>Tofu & Veggie Stir Fry                           | <br>Harissa Spiced Monkfish with Peppers             | <br>BBQ Pork with Peach Salsa      | <br>Lentil, Rice & Squash Bowl                           | <br>One Pot Poached Chicken with Broccoli & Sweet Potato |
|           | <br>Tomato & Basil Balsamic Quinoa              | <br>Cheezy Broccoli Quinoa                      | <br>Lentil & Mushroom Lettuce Wraps                  | <br>Middle Eastern Lentils & Rice with Crispy Onions | <br>Marinated Eggplant with Quinoa | <br>Cajun Spiced Salmon Skewers                          | <br>Vegan Corn Bread                                     |
| Snack     | <br>Mango Green Smoothie Bowl                   | <br>Mango Green Smoothie Bowl                   | <br>Mango Green Smoothie Bowl                        | <br>2 Kiwi Lime Smoothie                             | <br>2 Kiwi Lime Smoothie           | <br>2 Kiwi Lime Smoothie                                 | <br>2 Kiwi Lime Smoothie                                 |
|           | <br>Pickled Green Tomatoes & Tuna Lettuce Wraps | <br>Pickled Green Tomatoes & Tuna Lettuce Wraps | <br>Pickled Green Tomatoes & Tuna Lettuce Wraps      |  |   |   |   |
| Dinner    | <br>Chili Lime Shrimp Tacos                     | <br>Tofu & Veggie Stir Fry                      | <br>Harissa Spiced Monkfish with Peppers             | <br>BBQ Pork with Peach Salsa                        | <br>Lentil, Rice & Squash Bowl     | <br>One Pot Poached Chicken with Broccoli & Sweet Potato | <br>Soba Noodle Bowl                                     |
|           | <br>Cheezy Broccoli Quinoa                      | <br>Lentil & Mushroom Lettuce Wraps             | <br>Middle Eastern Lentils & Rice with Crispy Onions | <br>Marinated Eggplant with Quinoa                   | <br>Cajun Spiced Salmon Skewers    | <br>Vegan Corn Bread                                     | <br>Cumin Chicken Skewers                                |



| Day 1           |                            | Day 2           |                            | Day 3           |                            | Day 4           |                            | Day 5           |                            | Day 6           |                            | Day 7           |                            |
|-----------------|----------------------------|-----------------|----------------------------|-----------------|----------------------------|-----------------|----------------------------|-----------------|----------------------------|-----------------|----------------------------|-----------------|----------------------------|
| Fat             | <div><div></div></div> 19% | Fat             | <div><div></div></div> 18% | Fat             | <div><div></div></div> 18% | Fat             | <div><div></div></div> 16% | Fat             | <div><div></div></div> 15% | Fat             | <div><div></div></div> 18% | Fat             | <div><div></div></div> 20% |
| Carbs           | <div><div></div></div> 49% | Carbs           | <div><div></div></div> 53% | Carbs           | <div><div></div></div> 53% | Carbs           | <div><div></div></div> 48% | Carbs           | <div><div></div></div> 51% | Carbs           | <div><div></div></div> 51% | Carbs           | <div><div></div></div> 46% |
| Protein         | <div><div></div></div> 32% | Protein         | <div><div></div></div> 29% | Protein         | <div><div></div></div> 29% | Protein         | <div><div></div></div> 36% | Protein         | <div><div></div></div> 34% | Protein         | <div><div></div></div> 31% | Protein         | <div><div></div></div> 34% |
| Calories        | 2041                       | Calories        | 2040                       | Calories        | 2020                       | Calories        | 2015                       | Calories        | 2138                       | Calories        | 1963                       | Calories        | 1891                       |
| Fat             | 45g                        | Fat             | 43g                        | Fat             | 41g                        | Fat             | 37g                        | Fat             | 37g                        | Fat             | 41g                        | Fat             | 43g                        |
| Saturated       | 6g                         | Saturated       | 6g                         | Saturated       | 7g                         | Saturated       | 3g                         | Saturated       | 3g                         | Saturated       | 5g                         | Saturated       | 8g                         |
| Polyunsaturated | 13g                        | Polyunsaturated | 14g                        | Polyunsaturated | 14g                        | Polyunsaturated | 13g                        | Polyunsaturated | 15g                        | Polyunsaturated | 13g                        | Polyunsaturated | 10g                        |
| Monounsaturated | 17g                        | Monounsaturated | 15g                        | Monounsaturated | 14g                        | Monounsaturated | 14g                        | Monounsaturated | 13g                        | Monounsaturated | 19g                        | Monounsaturated | 17g                        |
| Carbs           | 258g                       | Carbs           | 283g                       | Carbs           | 281g                       | Carbs           | 252g                       | Carbs           | 282g                       | Carbs           | 259g                       | Carbs           | 218g                       |
| Fiber           | 47g                        | Fiber           | 52g                        | Fiber           | 48g                        | Fiber           | 50g                        | Fiber           | 57g                        | Fiber           | 48g                        | Fiber           | 41g                        |
| Sugar           | 77g                        | Sugar           | 80g                        | Sugar           | 80g                        | Sugar           | 98g                        | Sugar           | 103g                       | Sugar           | 59g                        | Sugar           | 58g                        |
| Protein         | 165g                       | Protein         | 153g                       | Protein         | 153g                       | Protein         | 188g                       | Protein         | 192g                       | Protein         | 158g                       | Protein         | 161g                       |

### Fruits

- ☐ 3 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 17 1/2 Kiwi
- ☐ 1/2 Lemon
- ☐ 8 1/2 Lime
- ☐ 3/4 tsp Lime Juice
- ☐ 1 1/3 Peach
- ☐ 2 cups Pineapple

### Breakfast

- ☐ 1/2 tsp Maple Syrup

### Seeds, Nuts & Spices

- ☐ 2 1/16 tsps Cajun Seasoning
- ☐ 1/2 tsp Chili Powder
- ☐ 1 1/2 tsps Cumin
- ☐ 1 1/2 tsps Cumin Seed
- ☐ 1/4 tsp Dried Basil
- ☐ 3/4 tsp Dried Parsley
- ☐ 1/2 tsp Fennel Seed
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1 1/2 tsps Harissa
- ☐ 3 tsps Hemp Seeds
- ☐ 2 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Sesame Seeds
- ☐ 1 tsp Smoked Paprika
- ☐ 1 tsp Turmeric

### Frozen

- ☐ 6 cups Frozen Blueberries
- ☐ 3 cups Frozen Mango

### Vegetables

- ☐ 11 1/16 cups Baby Spinach
- ☐ 2 1/2 cups Bok Choy
- ☐ 1 head Boston Lettuce
- ☐ 5 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 2 Carrot
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1 cup Cilantro
- ☐ 8 Cremini Mushrooms
- ☐ 1/8 Cucumber
- ☐ 1/2 Eggplant
- ☐ 5 Garlic
- ☐ 1 1/4 tsps Ginger
- ☐ 2 cups Green Cabbage
- ☐ 3/4 head Green Lettuce
- ☐ 1/8 head Iceberg Lettuce
- ☐ 1/2 Jalapeno Pepper
- ☐ 2 tsps Parsley
- ☐ 1 1/2 Red Bell Pepper
- ☐ 2 2/3 tsps Red Onion
- ☐ 3 leaves Romaine
- ☐ 1/2 cup Snap Peas
- ☐ 1 Sweet Potato
- ☐ 1/2 tsp Thyme
- ☐ 2 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion

### Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 1 3/4 ozs Buckwheat Soba Noodles
- ☐ 3 1/2 tsps Corn
- ☐ 1 cup Dry Green Lentils
- ☐ 1/4 cup Dry Lentils
- ☐ 2 1/16 cups Fava Beans
- ☐ 2 1/4 cups Green Lentils
- ☐ 1/2 cup Jasmine Rice
- ☐ 1 1/4 cups Quinoa
- ☐ 2 1/4 cups Salsa
- ☐ 1 1/2 cans Tuna

### Bread, Fish, Meat & Cheese

- ☐ 15 ozs Chicken Breast
- ☐ 9 1/4 ozs Chicken Breast, Cooked
- ☐ 4 Corn Tortilla
- ☐ 5 slices Gluten Free Bread
- ☐ 12 ozs Monkfish Fillet
- ☐ 10 2/3 ozs Pork Tenderloin
- ☐ 6 2/3 ozs Salmon Fillet
- ☐ 8 ozs Shrimp
- ☐ 8 1/2 ozs Tofu

### Condiments & Oils

- ☐ 1 1/3 tsps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 3/4 tsp Balsamic Vinegar
- ☐ 1 1/3 servings Cleaned Up Bbq Sauce
- ☐ 1 1/8 tsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 2 1/3 tsps Extra Virgin Olive Oil
- ☐ 2 1/4 tsps Miso Paste
- ☐ 2 tsps Rice Vinegar
- ☐ 2 1/16 tsps Tahini
- ☐ 3 tsps Tamari

### Cold

- ☐ 3 Egg
- ☐ 12 1/2 cups Unsweetened Almond Milk
- ☐ 2 tsps Unsweetened Coconut Yogurt

### Other

- ☐ 4 1/16 Barbecue Skewers
- ☐ 1/2 cup Pickled Green Tomato
- ☐ 4 3/4 cups Vanilla Protein Powder
- ☐ 11 2/3 cups Water

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☐ 1 3/4 cups Vegetable Broth

**Baking**

- ☐ 3 1/2 tbsps All Purpose Gluten Free Flour
- ☐ 2/3 tsp Baking Powder
- ☐ 1/2 tsp Blackstrap Molasses
- ☐ 1/4 cup Cornmeal
- ☐ 1 1/2 tps Nutritional Yeast
- ☐ 3/4 tsp Tapioca Flour



# BREAKFAST





## Lentil Salsa with Toast

3 servings

10 minutes

### Ingredients

- 2 1/4 cups Green Lentils (cooked, drained and rinsed)
- 2 1/4 cups Salsa
- 3 tbsps Cilantro (chopped, optional)
- 3 slices Gluten-Free Bread (toasted)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 306 |
| Fat                | 3g  |
| Saturated          | 0g  |
| Polyunsaturated    | 1g  |
| Monounsaturated    | 1g  |
| Carbs              | 55g |
| Fiber              | 17g |
| Sugar              | 13g |
| Protein            | 18g |

### Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

### Notes

**Leftovers:** Refrigerate the lentil salsa in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

**More Flavor:** Add cayenne or your choice of spices and herbs.

**Additional Toppings:** Avocado, fried egg, or plain yogurt.

**No Lentils:** Use chickpeas or black beans instead.



# SNACKS





## Mango Green Smoothie Bowl

3 servings

5 minutes

### Ingredients

3 Banana (frozen)  
3 cups Frozen Mango  
3 cups Baby Spinach  
3/4 cup Vanilla Protein Powder  
2 1/4 cups Unsweetened Almond Milk  
1 1/2 Kiwi (peeled and sliced)  
1 1/2 cups Blueberries (fresh or frozen)  
3 tbsps Hemp Seeds

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 436 |
| Fat                | 9g  |
| Saturated          | 1g  |
| Polyunsaturated    | 5g  |
| Monounsaturated    | 2g  |
| Carbs              | 72g |
| Fiber              | 11g |
| Sugar              | 48g |
| Protein            | 27g |

### Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

### Notes

**Topping Ideas:** Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

**Turn It Into a Smoothie:** Add more almond milk for a thinner consistency.



LUNCH / DINNER





## BBQ Pork with Peach Salsa

2 servings

4 hours

### Ingredients

10 2/3 ozs Pork Tenderloin  
1 1/3 servings Cleaned Up BBQ Sauce  
1 1/3 Peach (pitted and diced)  
2 2/3 tbsps Red Onion (finely diced)  
2/3 Tomato (diced)  
1/8 Lemon (juiced)  
1/3 cup Cilantro (chopped)  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 293 |
| Fat                | 4g  |
| Saturated          | 1g  |
| Polyunsaturated    | 1g  |
| Monounsaturated    | 1g  |
| Carbs              | 30g |
| Fiber              | 4g  |
| Sugar              | 23g |
| Protein            | 35g |

### Directions

- 1 If you haven't already, prepare your Cleaned Up BBQ Sauce according to our recipe and let cool.
- 2 Place BBQ sauce and pork in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 3 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 4 When ready to cook, preheat grill on medium heat.
- 5 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 6 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 7 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

### Notes

**No BBQ:** Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

**Make it Spicy:** Add more chili powder to your BBQ sauce and/or chopped jalapeno pepper to the salsa.

**Chinese BBQ Pork:** Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.