



Outstanding Nutrition

Nutrition for Overachievers!



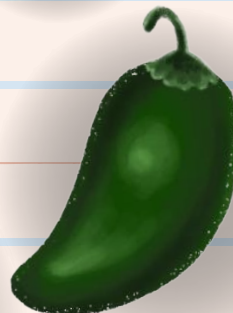
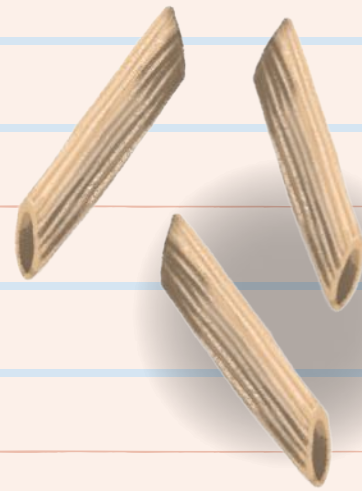
Leeauna Duchesne, RD and Shelley Amato, RD, IFNCP
Integrative Nutrition

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EATING EXPERIENCES

Eating with family, roommates, and eating alone can be quite different experiences, and it's important to approach each situation with consideration and mindfulness. Here are some tips for each scenario:

Eating with Family:

1. *Set a Regular Mealtime:* Establish a regular schedule for meals, so everyone knows when to expect them. This can help create a sense of routine and togetherness.
2. *Engage in Conversation:* Mealtime is an excellent opportunity to catch up and bond with family members. Encourage open and positive conversations by asking about their day, interests, or plans.
3. *Share Cooking and Cleanup Responsibilities:* If possible, take turns cooking and cleaning up after meals. This can distribute the workload fairly and foster a sense of teamwork.
4. *Respect Dietary Preferences and Restrictions:* Be mindful of each family member's dietary preferences and restrictions. Plan meals that accommodate everyone or provide alternative options.
5. *Put Away Electronic Devices:* Encourage everyone to put away their phones and other electronic devices during meals. This will help foster better communication and connection.
6. *Practice Gratitude:* Take a moment to express gratitude for the food and the time spent together. This can help create a positive and appreciative atmosphere.



EATING EXPERIENCES

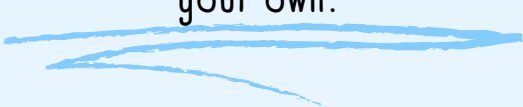
Eating with Roommates:

1. *Establish Clear Rules and Expectations:* Discuss mealtime expectations with your roommates, including whether you'll eat together regularly and how you'll share groceries and cooking duties.
2. *Coordinate Schedules:* Try to coordinate meal schedules so that everyone can eat together occasionally, but also respect each other's need for flexibility.
3. *Communicate Openly:* If issues arise, communicate openly and respectfully with your roommates. Discuss any concerns or conflicts that may arise during mealtime.
4. *Respect Shared Spaces:* Be mindful of shared kitchen and dining spaces. Keep them clean and organized, and clean up after yourself promptly.
5. *Explore New Recipes Together:* Cooking and trying new recipes together can be a FUN bonding activity with your roommates and can also make it more enjoyable!

Eating Alone:

1. *Mindful Eating:* When eating alone, take the time to savour your food. Pay attention to the flavours, textures, and aromas. This can enhance your overall dining experience.
2. *Limit Distractions:* Try to eat without distractions like TV or scrolling through your phone. This can help you focus on your meal and improve digestion.
3. *Experiment with New Foods:* Eating alone provides an opportunity to try new foods or experiment with recipes without the pressure of pleasing others.
4. *Practice Self-Care:* Use solo meals as a chance for self-care. Enjoy a quiet moment, listen to soothing music, or take some time just to breathe and relax.
5. *Plan Ahead:* If you're eating alone frequently, consider meal prepping to save time and ensure you have nutritious options readily available.

Remember that the key in all these scenarios is to promote respect, communication, and a positive atmosphere, whether you're dining with family, roommates, or enjoying a meal on your own.



STUDENT GUIDE TO PACKING LUNCHES



Food Group	Serving Size	Examples
VEGETABLES	<i>1 serving = 1 - 2 cup (s)</i>	2 cups of salad, 1 cup of veggie sticks, 1 cup of grape tomatoes and sliced cucumber, cooked squash, green beans, cabbage, etc.
MEAT OR MEAT ALTERNATIVES	<i>1 serving = 80 - 100 g (approx. 4 oz.) or about the size of your palm</i>	Edamame beans, hummus, veggie burger, cooked lentils, tuna, sliced turkey or chicken breast, nuts and seeds.
WHOLE GRAINS	<i>1 serving = 1 - 2 slices of whole grain bread, 60 g of quinoa, bulgur wheat or oats, etc.</i>	Bread, crackers, whole grain pasta or rice, quinoa, cous cous, bulgur wheat, oats, whole grain tortilla.
FRUITS	<i>1 serving = 1 medium banana, 1 medium apple, 1 kiwi fruit, or 1 cup of diced fruit.</i>	An apple, banana, peach, orange, 2 kiwi fruit, diced fruit, frozen grapes, mixed berries.



STUDENT GUIDE TO PACKING LUNCHES



Food Group	Serving Size	Examples
HEALTHY FAT	<i>1 serving = 2 tbsp.</i>	Nut butter, olive oil in a salad dressing, olives, avocado, coconut oil, chia seeds and hemp hearts.
MILK, YOGURT, CHEESE, OR DAIRY ALTERNATIVES	<i>1 serving = 1 cup of milk or plant-based milk like soy milk, 1 cup of yogurt, 1 cup of cottage cheese, 1 1/2 oz. of cheese, or 1/2 cup of evaporated milk.</i>	Milk, yogurt, cheese, cottage cheese, kefir, cream cheese, fortified soy milk, evaporated milk, ricotta cheese.
WATER	<i>Bring a reusable water bottle and fill it up when needed. Aim for 2 L of water per day.</i>	Plain water, water infused with lemon, lime, or fruit, or water with electrolytes.



STUDENT GUIDE TO PACKING LUNCHES



- Pack your lunch the night before to save time in the morning and keep your lunch in the fridge until just before you leave.
- Use reusable glass, plastic or metal food and beverage containers and try reusable plastic zip-lock bags to reduce your single-use plastic waste.
- Use an insulated lunch bag or lunch box to keep perishable foods at a safe temperature and pack either a frozen drink or an ice pack beside foods that need to keep cool. Before consuming, use a thermos container to keep foods hot or store foods that require warming up in a fridge.
- Try bento-style lunch boxes with segregated sections to minimize the need for multiple food storage containers.
- Keep foods out of the food temperature danger zone (between 5 degrees and 60 degrees Celcius).
- Keep your lunch bag out of direct sunlight and in a dark, cool area, such as your locker.
- Clean the inside of your lunch bag regularly to reduce the presence of bacteria. Let the interior dry fully before closing or zipping up your lunch bag.



STUDY SNACKS & HABITS



Study Snacks, Habits & Nutrition

Well-portioned and nutritious snacks between meals, as well as drinking water to stay hydrated throughout the day, can help regulate blood sugar levels and keep your mind alert. Here is a curated collection of easy and nutritious snack ideas to keep you energized throughout each day and nourish your mind and body. It's not easy being an outstanding scholar, so save time and snack smart with these dietitian-approved snacks.

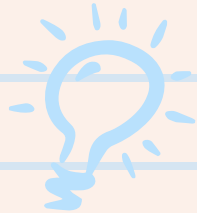


Recommended Snacks:

All nuts and seeds are an ideal and nutritious snack. Nuts and seeds are a great source of essential fatty acids like mono- and poly-unsaturated fats (good fats). Certain nuts and seeds, like walnuts, pecans, pistachios, chia seeds and hemp seeds, contain omega-3 fatty acids, a type of polyunsaturated fat. Regularly consuming adequate Omega-3s has been proven to increase learning, memory, cognition, mood, well-being and blood flow in the brain (Dighriri et al., 2022).

High protein snacks:

Reaching daily protein needs can be difficult some days, so having some high-protein snacks on hand can be helpful. Consuming adequate protein is crucial for building and maintaining lean muscle mass and for regulating energy and appetite throughout the day. Great high-protein snack options include milk, yogurt, eggs, tuna, hummus, nut butter, avocado, nuts, seeds and legumes.



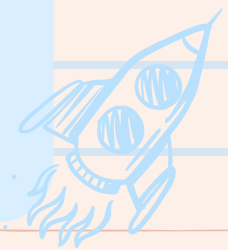
STUDY SNACKS & HABITS

Antioxidant-rich snacks:

Vitamin C, D, E and selenium are some of the most common antioxidants found in foods like raspberries, blueberries, strawberries, grapefruit, almonds, peanuts, pecans and dark chocolate. Antioxidants can prevent oxidative damage to brain cells and neurons, help modulate neuro-and systemic inflammation, as well as nourish gut bacteria which can support the gut-brain axis (Godos & Grosso, 2021).

Carbohydrate-based snacks:

When choosing a carbohydrate-based snack, such as bread, crackers or cereal, try to make sure they contain a source of fibre (soluble or insoluble fibre). These fibre-containing carbohydrates are called complex carbohydrates and provide a quick source of energy without the blood sugar crash, as they are digested much slower than simple carbohydrates thanks to fibre. Snacks like fresh fruit, oats, vegetables, cereals, granola, whole grain muffins and popcorn, are all great sources of complex carbohydrates.



Balanced snacks (combining protein, carbs and fats):

The best way to promote satiety (fullness & satisfaction) is to make sure your snack contains two or three of the macronutrients protein, carbohydrates and fat. Each of these macronutrients plays a role in nourishing your brain and body and in keeping you satiated throughout the day. When choosing or building a snack, make sure it includes at least 2 of these macronutrients.

STUDY SNACKS & HABITS



Snack preferences: What are you craving?

- **Crunchy** — veggie sticks, apple slices, nuts, seeds, crackers, dried peas/lentils/fava beans, roasted or raw pumpkin seeds, popcorn, etc.
- **Creamy** — yogurt, kefir, cottage cheese, hummus, avocado, peanut butter, frozen yogurt, chocolate avocado mousse etc.
- **Sweet** — fruit (fresh or dried), dark chocolate, a smoothie, frozen grapes or dark cherries, chocolate-covered frozen bananas, a blueberry oat muffin, etc..
- **Savory/Salty** — cheese and crackers, roasted flavoured chickpeas, nuts and pumpkin seeds, nut butter and celery/carrot sticks.
- *A general rule of thumb is to aim for about 150-250 calories per snack.*

References:

Dighriri IM, Alsubaie AM, Hakami FM, Hamithi DM, Alshekh MM, Khobrani FA, Dalak FE, Hakami AA, Alsueaadi EH, Alsaawi LS, Alshammari SF, Alqahtani AS, Alawi IA, Aljuaid AA, Tawhari MQ. (2022). Effects of Omega-3 Polyunsaturated Fatty Acids on Brain Functions: A Systematic Review. *Cureus*. 2022 Oct 9;14(10):e30091. doi: 10.7759/cureus.30091. PMID: 36381743; PMCID: PMC9641984.

Godos J, Grosso G. (2021). Dietary Antioxidants and Brain Health: Focus on Cognitive and Affective Disorders. *Antioxidants (Basel)*. 2021 Oct 22;10(11):1659. doi: 10.3390/antiox10111659. PMID: 34829530; PMCID: PMC8615210.

TIPS FOR UNDERSTANDING FOOD LABELS

What is on the Food Label?

It includes the ingredient list, the nutrition facts table, the allergens that may be present, and how to prepare this food item (if applicable).

- **Read the ingredient list first:**

Ingredients are listed in order of quantity from most present to least present (by weight). So for example, If the first ingredient is sugar, then this food item contains mostly sugar. If you don't know what an ingredient is, that is okay as there are several names for similar ingredients. Try looking a few up online to learn more about their function in food.

- **Read the nutrition facts table second:**

Most packaged food in Canada will display a nutrition facts table that shows:

1. Serving size
2. Calories per serving size
3. The amount of 12 common nutrients, expressed in units like grams (g) and milligrams (mg), per serving size
4. Percent daily values (% DVs). 5% DV or less is a little and 15% DV or more is a lot.



*NOT ALL FOODS ARE REQUIRED TO HAVE FOOD LABELS, SUCH AS PRODUCE LIKE FRESH VEGETABLES AND FRUIT, FRESH HERBS, INDIVIDUALLY PACKAGED CRACKERS FOR SOUP OR INDIVIDUAL COFFEE CREAMERS, ETC.

TIPS FOR UNDERSTANDING FOOD LABELS

The first thing listed at the top of the nutrition facts table is the suggested serving size. This is not actually a recommendation of how much you should consume but rather a quantity of how much people generally consume based on data.

- Use the % DV to compare different foods and brands to make more informed food choices, such as by comparing % DVs for nutrients like sodium, sugar and saturated fat.
- Next in this table, you will see how many calories are present based on the listed serving size. This is the calculated energy value of the food item and is an estimate, not a precise number. You will also see a daily value % listed on the right-hand side, which is generally based on a standard 2000-calorie-per-day diet. Everyone has different energy needs, thus, this is just a general estimate of how many calories this food will provide you based on average daily energy requirements.
- Remember that for each macronutrient and micronutrient present, 5% DV is a little and 15% DV is a lot. Look for food items that are high in nutrients like fibre, iron, calcium and potassium.





EATING & SHOPPING ON A LIMITED BUDGET

Student Guide: Eating & Shopping on a Limited Budget

Let's talk grocery shopping first

Planning and prepping some of your meals each week are part of the recipe for success. Here are some grocery shopping tips to save you time, save your dollars, and improve the quality of your food.

- **Before grocery shopping:**

1. Pick a day of the week you are going to grocery shop (ideally one day per week, if possible).
2. **Determine an approximate budget. ie. How much can you spend?**
3. On your designated grocery shopping day, scan your pantry, fridge and freezer to see what you already have in stock.
4. **Start thinking of a few dinner ideas based on some of the foods you already have in order to use these up first. ie. if you already have a can of diced tomatoes and a can of kidney beans, maybe grab a few more ingredients to make a vegetarian chilli.**
5. Prepare to make your grocery list on a piece of paper or on your phone in the notes section. Browse your local grocery store flyers for ideas and items you like or need that may be on sale.
6. **Plan most of your dinners for the week before grocery shopping and list out your meal ideas at the top of your grocery list.**
7. Write out all the ingredients you need and list these by sections, such as fruit and vegetables, breads and grains, ambient food, protein and seafood, dairy and eggs, frozen food, etc. You can also list your grocery items in the order you would locate them first, as grocery stores have similar layouts.
8. **Purchase in-season produce to save money and boost your nutrition.**
9. Consider ways to make your life easier and cook less often, such as having a couple of the same breakfasts and lunches each week and enjoying some leftovers for lunch by batch-cooking a few dinner recipes.
10. **Stick to your list at the grocery store to stay on budget. Some grocery stores also price-match. Also, avoid going to the grocery store hungry to avoid purchasing more than you need!**

EATING & SHOPPING ON A LIMITED BUDGET

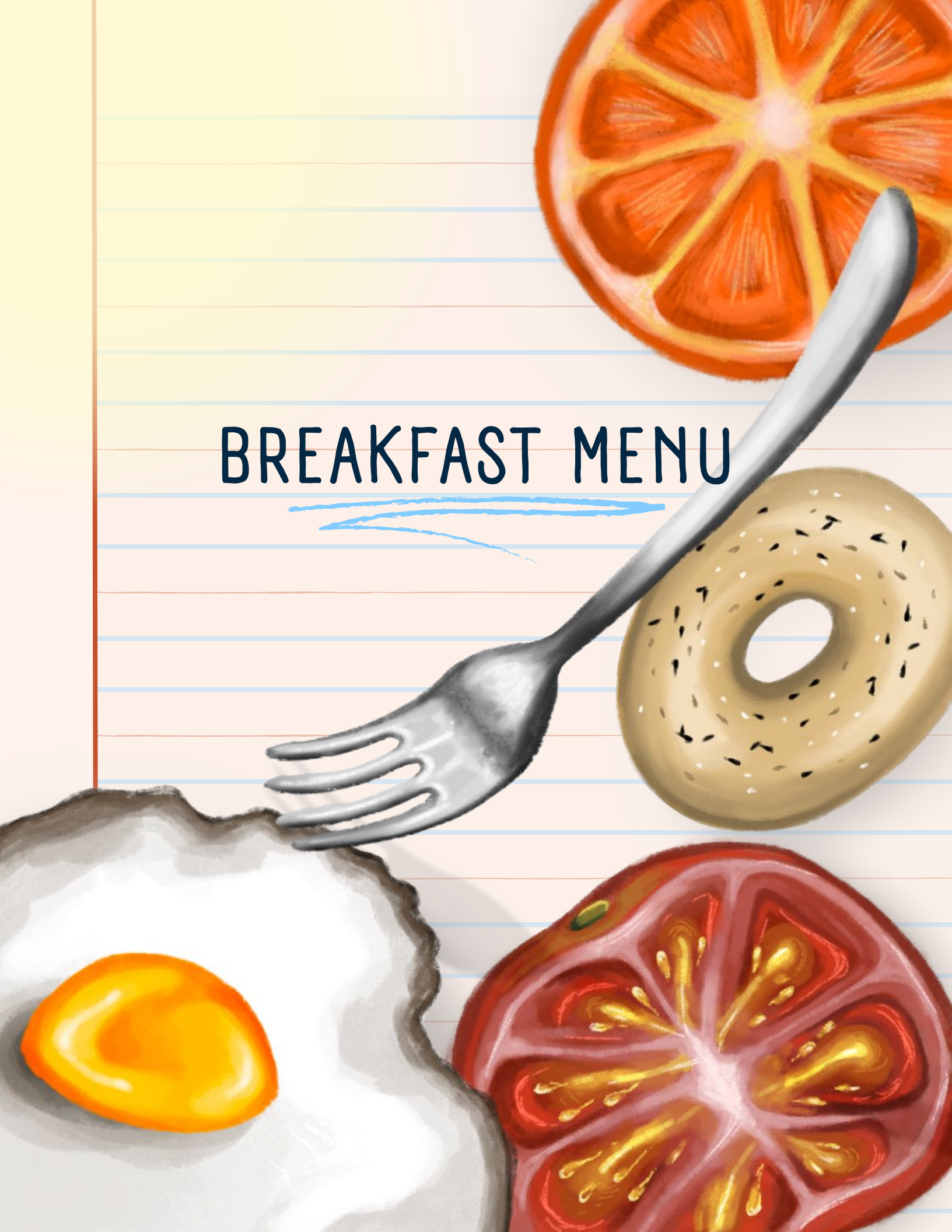
- **After grocery shopping:**

1. When you are back home with your groceries, store them away immediately and organize them in a first-in-first-out (FIFO) fashion.
2. **Make a list of what needs to be used up first and keep this list visible on your fridge. This helps reduce food waste, especially when it comes to fruit and vegetables.**
3. Keep all the food and ingredients you will need over the next few days in the fridge and store all other perishable food (ie. meat, fish, bread, frozen veggies, frozen fruit, etc.) in the freezer.
4. **Thawing food in the fridge can take anywhere from 24-48 hours, so plan accordingly and make reminders for yourself. Thawing food on your countertop at room temperature is not recommended due to temperature and food safety.**
5. If you have some time after grocery shopping, try prepping some breakfast food, lunches or snacks for the next couple of days in advance. This will save you time in the kitchen and help your future self out.
6. **For example, try batch prepping an oatmeal bake you can eat for breakfast over the next 2 days, or put most of your smoothie ingredients in a mason jar and store it in the fridge for the next morning, or prepare a dish for lunches, such as an easy tuna pasta salad or quinoa and vegetable salad.**
7. Select a designated time each day to think of what you will make tomorrow and if you need to take anything out of the freezer, such as when you are clearing your dinner table and putting away dishes each evening.
8. **Keep track of all your favourite go-to recipes and rinse and repeat.**

By following these tips, grocery shopping will seem less like a chore and more like a hobby to nourish your overall well-being. You will be grocery shopping and meal-prepping like a pro in no time!



BREAKFAST MENU





KIMCHI, EGG & RICE BOWL

ONE SERVING
15 MINUTES

INGREDIENTS

- 1/2 CUP BASMATI RICE (UNCOOKED)
- 2 TSPS EXTRA VIRGIN OLIVE OIL
- 4 CREMINI MUSHROOMS (QUARTERED)
- 2 EGG
- 1/4 CUP BEAN SPROUTS
- 1/4 CUP MATCHSTICK CARROTS
- 2 TBSP KIMCHI
- SEA SALT & BLACK PEPPER (TO TASTE)

DIRECTIONS

1. COOK RICE ACCORDING TO PACKAGE INSTRUCTIONS
2. HEAT THE OIL IN A PAN. ADD THE MUSHROOMS AND COOK UNTIL GOLDEN BROWN, ABOUT FIVE MINUTES. REMOVE FROM PAN.
3. DIVIDE THE RICE EVENLY BETWEEN BOWLS. TOP WITH MUSHROOMS, BEAN SPROUTS, CARROTS, KIMCHI, AND EGGS. SEASON WITH SALT AND PEPPER AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	627
FAT	19 G
CARBS	89 G
FIBER	5 G
SUGAR	4 G
PROTEIN	25 G
CHOLESTEROL	372 MG
SODIUM	398 MG
VITAMIN A	2796 IU
VITAMIN C	4 MG
CALCIUM	72 MG
IRON	3 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS.

MORE FLAVOUR: COOK THE EGGS IN SESAME OIL. SERVE WITH SOY SAUCE.



SARDINE & CREAM CHEESE BAGEL

TWO SERVINGS
10 MINUTES

INGREDIENTS

- 2 TBSPS CREAM CHEESE, REGULAR
- 1 WHOLE WHEAT BAGEL (LIGHTLY TOASTED)
- 2 OZS SARDINES (DRAINED)
- 1 TBSP SHALLOT (THINLY CHOPPED)
- 1 TBSP CAPERS (DRAINED, CHOPPED)
- 1 TBSP FRESH DILL (CHOPPED FINELY)
- SEA SALT & BLACK PEPPER (TO TASTE)

DIRECTIONS

1. SPREAD THE CREAM CHEESE ONTO THE BAGEL.
2. TOP WITH THE SARDINES, SHALLOTS, CAPERS, AND DILL.
3. SEASON WITH SALT AND PEPPER, TO TASTE AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	270
FAT	8 G
CARBS	34 G
FIBER	3 G
SUGAR	5 G
PROTEIN	15 G
CHOLESTEROL	53 MG
SODIUM	539 MG
VITAMIN A	571 IU
VITAMIN C	1 MG
CALCIUM	133 MG
IRON	3 MG

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY.

SERVING SIZE: ONE SERVING IS EQUAL TO HALF A BAGEL.

NO SHALLOTS: USE CHIVES, GREEN ONIONS, OR PICKLED ONIONS INSTEAD.

NO SARDINES: USE SMOKED SALMON, SMOKED OYSTERS, OR MACKEREL INSTEAD.

GLUTEN-FREE: USE A GLUTEN-FREE BAGEL

DAIRY-FREE: USE DAIRY-FREE CREAM CHEESE.



SIX SERVINGS
45 MINUTES

BAKED HASHBROWN & EGG CUPS

INGREDIENTS

- 3 RED POTATO (LARGE, SHREDDED)
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- SEA SALT & BLACK PEPPER (TO TASTE)
- 12 EGG

DIRECTIONS

1. PREHEAT OVEN TO 375°F (190°C). LINE A MUFFIN TRAY WITH LINERS OR USE A SILICONE MUFFIN TRAY.
2. WRAP THE SHREDDED POTATO IN PAPER TOWEL AND SQUEEZE OUT ALL OF THE EXCESS LIQUID. TRANSFER TO A LARGE MIXING BOWL. ADD OIL, SALT, AND PEPPER, AND MIX TO COMBINE.
3. SCOOP POTATO MIXTURE INTO EACH MUFFIN CUP UNTIL IT IS ALL USED UP. USING YOUR FINGERS, CREATE A HOLE IN THE CENTER OF EACH ONE, THEN CRACK AN EGG INTO EACH OF THE HOLES. SEASON WITH MORE SALT AND PEPPER, IF DESIRED.
4. BAKE IN THE OVEN FOR 30 MINUTES OR UNTIL COOKED THROUGH. REMOVE FROM THE MUFFIN TRAY. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	237
FAT	12 G
CARBS	18 G
FIBER	2 G
SUGAR	2 G
PROTEIN	15 G
CHOLESTEROL	372 MG
SODIUM	161 MG
VITAMIN A	547 IU
VITAMIN C	9 MG
CALCIUM	67 MG
IRON	3 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO FIVE DAYS. FREEZE FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS EQUAL TO TWO EGG CUPS.

MORE FLAVOUR: ADD GARLIC AND ONION POWDER TO THE POTATO MIXTURE.

ADDITIONAL TOPPING: SHREDDED CHEESE.



HALLOUMI & TAHINI TOAST

ONE SERVING
5 MINUTES

INGREDIENTS

- 2 OZS HALLOUMI (SLICED)
- 1 TBSP TAHINI
- 1 3/4 OZS SOURDOUGH BREAD (TOASTED)
- 1 1/2 TSPS RAW HONEY
- 1/4 TSP CHILI FLAKES

DIRECTIONS

1. WARM A PAN OVER MEDIUM-HIGH HEAT.
2. COOK THE HALLOUMI SLICES UNTIL GOLDEN BROWN, ABOUT ONE TO TWO MINUTES PER SIDE.
3. SPREAD THE TAHINI OVER THE SOURDOUGH BREAD.
4. TOP WITH HALLOUMI, HONEY, AND CHILI FLAKES. ENJOY!

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY. REFRIGERATE THE HALLOUMI IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS EQUAL TO ONE SLICE OF TOAST.

ADDITIONAL TOPPINGS: ADD SESAME SEEDS AND FLAKY SALT.

GLUTEN-FREE: USE GLUTEN-FREE BREAD INSTEAD.

SOURDOUGH BREAD: ONE SLICE OF SOURDOUGH BREAD IS EQUAL TO APPROXIMATELY 1 3/4 OZ OR 50 GRAMS.

NUTRITION

AMOUNT PER SERVING

CALORIES	466
FAT	26 G
CARBS	36 G
FIBER	2 G
SUGAR	8 G
PROTEIN	21 G
CHOLESTEROL	50 MG
SODIUM	965 MG
VITAMIN A	10 IU
VITAMIN C	1 MG
CALCIUM	570 MG
IRON	3 MG



APPLE & PEANUT BUTTER SMOOTHIE

ONE SERVING
5 MINUTES

INGREDIENTS

- 1 APPLE (MEDIUM, PEELED AND CHOPPED)
- 1 BANANA (FROZEN)
- 4 ICE CUBES
- 2 TBSPS VANILLA PROTEIN POWDER
- 2 TBSPS OATS
- 1 TBSP ALL NATURAL PEANUT BUTTER
- 3/4 TSP CINNAMON
- 1 CUP UNSWEETENED ALMOND MILK

DIRECTIONS

1. PLACE ALL INGREDIENTS IN YOUR BLENDER AND BLEND UNTIL SMOOTH.
2. POUR INTO A GLASS AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	411
FAT	12 G
CARBS	66 G
FIBER	12 G
SUGAR	35 G
PROTEIN	17 G
CHOLESTEROL	2 MG
SODIUM	186 MG
VITAMIN A	679 IU
VITAMIN C	19 MG
CALCIUM	558 MG
IRON	2 MG

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY.
SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY TWO CUPS.



THREE SERVINGS
20 MINUTES

SAVOURY EGG & BEEF OATS

INGREDIENTS

- 1 1/2 CUPS OATS (ROLLED)
- 1 1/2 TSPS EXTRA VIRGIN OLIVE OIL
- 1 LB EXTRA LEAN GROUND BEEF
- 1/2 CUP MUSHROOMS (SLICED)
- 1 CUP KALE LEAVES (CHOPPED)
- 3 EGG
- 2 TBSPS NUTRITIONAL YEAST

DIRECTIONS

1. COOK THE OATS ACCORDING TO PACKAGE DIRECTIONS.
2. HEAT THE OIL IN A PAN OVER MEDIUM HEAT. ADD THE BEEF AND BREAK IT UP AS IT COOKS. COOK FOR SEVEN TO 10 MINUTES OR UNTIL THE BEEF IS COOKED THROUGH. DRAIN THE FAT FROM THE PAN AND RETURN TO THE STOVE.
3. ADD THE MUSHROOMS AND KALE TO THE BEEF. CRACK THE EGGS OVER THE MIXTURE AND STIR TO COMBINE. COOK FOR FIVE MINUTES, OR UNTIL THE MUSHROOMS ARE SOFT. STIR OFTEN TO ENSURE THE EGGS ARE COOKED THROUGH.
4. DIVIDE THE OATS AND BEEF MIXTURE EVENLY BETWEEN BOWLS AND TOP WITH THE NUTRITIONAL YEAST. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	540
FAT	25 G
CARBS	31 G
FIBER	6 G
SUGAR	1 G
PROTEIN	46 G
CHOLESTEROL	284 MG
SODIUM	194 MG
VITAMIN A	627 IU
VITAMIN C	7 MG
CALCIUM	89 MG
IRON	7 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: APPROXIMATELY THREE CUPS.

MORE FLAVOUR: ADD SEA SALT, PEPPER, GARLIC, ONIONS AND/OR CHILLI FLAKES.

ADDITIONAL TOPPINGS: TOP WITH SLICED CHERRY TOMATOES AND/OR AVOCADO.



CHICKPEA & TOFU TACO SCRAMBLE

ONE SERVING
10 MINUTES

INGREDIENTS

- 1 TSP EXTRA VIRGIN OLIVE OIL
- 1/4 CUP SHALLOT (MINCED)
- 1/4 CUPS CHERRY TOMATOES (CHOPPED)
- 11 OZS TOFU (EXTRA FIRM, DRAINED, PRESSED AND CRUMBLIED)
- 1/2 CUP CHICKPEAS (COOKED)
- 1/2 TSP TACO SEASONING
- 1/2 LIME (JUICED)

DIRECTIONS

1. WARM THE OIL IN A PAN OVER MEDIUM HEAT. SAUTÉ THE SHALLOT AND TOMATOES UNTIL SOFTENED, ABOUT TWO TO THREE MINUTES.
2. ADD THE TOFU, CHICKPEAS, AND TACO SEASONING AND MIX WELL. COOK FOR THREE MINUTES TO HEAT THROUGH.
3. DIVIDE THE SCRAMBLE EVENLY BETWEEN PLATES AND SQUEEZE THE LIME OVER TOP. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	479
FAT	23 G
CARBS	37 G
FIBER	11 G
SUGAR	11 G
PROTEIN	40 G
CHOLESTEROL	0 MG
SODIUM	153 MG
VITAMIN A	345 IU
VITAMIN C	16 MG
CALCIUM	946 MG
IRON	10 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS APPROXIMATELY 1 1/2 CUPS.

MORE FLAVOUR: ADD NUTRITIONAL YEAST, SALSA, AND/OR HOT SAUCE.

ADDITIONAL TOPPINGS: CHOPPED GREEN ONIONS, CILANTRO, AND/OR RED CHILI FLAKES.



STRAWBERRY VANILLA PROTEIN YOGURT PARFAIT

ONE SERVING
10 MINUTES

INGREDIENTS

- 1/4 CUP VANILLA PROTEIN POWDER
- 1 1/2 CUP UNSWEETENED COCONUT YOGURT
- 1 CUP STRAWBERRIES (CHOPPED, DIVIDED)
- 1 TBSP ALMOND BUTTER (DIVIDED)

DIRECTIONS

1. MIX THE PROTEIN POWDER INTO THE COCONUT YOGURT.
2. PLACE HALF THE COCONUT YOGURT IN A GLASS JAR OR BOWL.
3. TOP WITH HALF THE STRAWBERRIES AND HALF THE ALMOND BUTTER.
4. ADD THE REMAINING COCONUT YOGURT, STRAWBERRIES, AND ALMOND BUTTER. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	393
FAT	20 G
CARBS	34 G
FIBER	10 G
SUGAR	9 G
PROTEIN	25 G
CHOLESTEROL	4 MG
SODIUM	115 MG
VITAMIN A	17 IU
VITAMIN C	85 MG
CALCIUM	940 MG
IRON	2 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS.

SERVING SIZE: ONE SERVING IS APPROXIMATELY TWO CUPS.

MORE FLAVOUR: ADD BERRIES OF YOUR CHOICE.

ADDITIONAL TOPPINGS: ADD CHIA SEEDS, CINNAMON, OR CHOPPED FRESH MINT.

NUT-FREE: USE PUMPKIN OR SUNFLOWER SEED BUTTER INSTEAD OF ALMOND BUTTER.



VANILLA BERRY PROTEIN SMOOTHIE

ONE SERVING
5 MINUTES

INGREDIENTS

- 1 1/2 CUPS SOY MILK
- 1/4 CUP VANILLA PROTEIN POWDER
- 2 TBSPS HEMP SEEDS
- 1/2 CUP BLUEBERRIES (FRESH OR FROZEN)
- 1/2 CUP RASPBERRIES (FRESH OR FROZEN)
- 1 TBSP ALMOND BUTTER

DIRECTIONS

1. ADD ALL INGREDIENTS INTO A BLENDER AND BLEND UNTIL SMOOTH.
2. DIVIDE INTO GLASSES AND ENJOY!

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY. REFRIGERATE IN A SEALED MASON JAR FOR UP TO 24 HOURS. SHAKE WELL BEFORE DRINKING.

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY TWO CUPS.

SOY-FREE: USE COCONUT MILK OR OAT MILK INSTEAD.

MORE FIBER: ADD IN SOME CHOPPED LEAFY GREENS LIKE SPINACH OR KALE.

CONSISTENCY: IF THE SMOOTHIE IS TOO THICK, ADD MORE MILK OR WATER. IF THE SMOOTHIE IS TOO THIN, ADD SOME ICE CUBES AND BLEND TO THICKEN.

NUTRITION

AMOUNT PER SERVING

CALORIES	523
FAT	25 G
CARBS	42 G
FIBER	10 G
SUGAR	24 G
PROTEIN	39 G
CHOLESTEROL	4 MG
SODIUM	213 MG
VITAMIN A	63 IU
VITAMIN C	23 MG
CALCIUM	652 MG
IRON	5 MG

CINNAMON & BANANA PROTEIN OATMEAL



ONE SERVING
15 MINUTES

INGREDIENTS

- 1 CUP SOY MILK
- 1/2 CUP OATS (ROLLED)
- 1/4 CUP VANILLA PROTEIN POWDER
- 1 TBSP HEMP SEEDS
- 1/8 TSP CINNAMON
- 1 BANANA (SLICED)

DIRECTIONS

1. IN A SMALL SAUCEPAN, BRING THE SOY MILK TO A BOIL. ADD THE OATS AND REDUCE THE HEAT TO A STEADY SIMMER. COOK, STIRRING OCCASIONALLY FOR ABOUT SIX TO EIGHT MINUTES OR UNTIL THE OATS ARE TENDER AND MOST OF THE SOY MILK IS ABSORBED.
2. STIR IN THE PROTEIN POWDER, HEMP SEEDS, AND CINNAMON. ADD A SPLASH OF WATER OR MORE MILK IF NEEDED FOR DESIRED CONSISTENCY.
3. TRANSFER THE COOKED OATS TO A BOWL AND TOP WITH SLICED BANANA. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	505
FAT	12 G
CARBS	69 G
FIBER	9 G
SUGAR	24 G
PROTEIN	35 G
CHOLESTEROL	4 MG
SODIUM	157 MG
VITAMIN A	78 IU
VITAMIN C	10 MG
CALCIUM	451 MG
IRON	4 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO FOUR DAYS.

SERVING SIZE: ONE SERVING IS APPROXIMATELY 1 1/4 CUPS.

NO SOY MILK: USE OTHER MILK ALTERNATIVE.



RASPBERRY PECAN WARM CHIA PUDDING

ONE SERVING
10 MINUTES

INGREDIENTS

- 3 TBSPS CHIA SEEDS
- 3/4 CUP UNSWEETENED ALMOND MILK
- 1/2 CUP RASPBERRIES
- 1 TBSP PECANS
- 1 TBSP ALMOND BUTTER

DIRECTIONS

1. WHISK TOGETHER THE CHIA SEEDS AND ALMOND MILK IN A SMALL POT OVER MEDIUM-LOW HEAT.
2. STIR UNTIL HEATED THROUGH AND THE MIXTURE HAS THICKENED UP, ABOUT FIVE MINUTES.
3. REMOVE FROM HEAT AND ADD TO A BOWL. TOP WITH RASPBERRIES, PECANS, AND ALMOND BUTTER. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	362
FAT	26 G
CARBS	27 G
FIBER	19 G
SUGAR	4 G
PROTEIN	11 G
CHOLESTEROL	0 MG
SODIUM	127 MG
VITAMIN A	398 IU
VITAMIN C	16 MG
CALCIUM	642 MG
IRON	4 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY ONE CUP.

NO HEAT: MIX THE CHIA SEEDS AND ALMOND MILK TOGETHER AND LET IT SIT IN THE FRIDGE FOR AT LEAST 15 TO 20 MINUTES TO THICKEN BEFORE ADDING TOPPINGS.

MORE FLAVOUR: ADD A DASH OF CINNAMON.



RASPBERRY BANANA SMOOTHIE BOWL

ONE SERVING
5 MINUTES

INGREDIENTS

- 3/4 CUP PLAIN COCONUT MILK
- 1 CUP FROZEN RASPBERRIES
- 1/2 BANANA (FROZEN, PLUS MORE FOR GARNISH)
- 1/4 ZUCCHINI (FROZEN, CHOPPED)
- 1/4 CUP VANILLA PROTEIN POWDER
- 1 TSP UNSWEETENED COCONUT FLAKES
- 1 TSP HEMP SEEDS

DIRECTIONS

1. IN A BLENDER, ADD THE COCONUT MILK, RASPBERRIES, BANANA, ZUCCHINI, AND PROTEIN POWDER. BLEND UNTIL SMOOTH.
2. POUR THE SMOOTHIE INTO A BOWL AND GARNISH WITH BANANA, COCONUT FLAKES, AND HEMP SEEDS. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	314
FAT	8 G
CARBS	40 G
FIBER	9 G
SUGAR	23 G
PROTEIN	23 G
CHOLESTEROL	4 MG
SODIUM	76 MG
VITAMIN A	614 IU
VITAMIN C	39 MG
CALCIUM	499 MG
IRON	2 MG

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY.

SERVING SIZE: ONE SERVING IS APPROXIMATELY 1 1/2 CUPS.

ADDITIONAL TOPPINGS: RASPBERRIES, CHIA SEEDS, AND/OR PUMPKIN SEEDS.



YOGURT WITH PEACHES & GRANOLA

ONE SERVING
5 MINUTES

INGREDIENTS

- 1/2 CUP PLAIN GREEK YOGURT
- 1 PEACH (PITTED, CHOPPED)
- 1/4 CUP GRANOLA

DIRECTIONS

1. ADD THE YOGURT TO A BOWL AND TOP WITH CHOPPED PEACHES AND GRANOLA. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	298
FAT	10 G
CARBS	37 G
FIBER	5 G
SUGAR	22 G
PROTEIN	17 G
CHOLESTEROL	17 MG
SODIUM	78 MG
VITAMIN A	1120 IU
VITAMIN C	18 MG
CALCIUM	282 MG
IRON	2 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS.

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY ONE CUP.

MAKE IT VEGAN: USE COCONUT YOGURT INSTEAD OF GREEK YOGURT.

MORE FLAVOUR: ADD A PINCH OF CINNAMON.

ADDITIONAL TOPPINGS: DRIZZLE HONEY AND/OR ALMOND BUTTER ON TOP.



EGG & WHITE BEAN QUESADILLA

ONE SERVING
15 MINUTES

INGREDIENTS

- 2 EGGS
- SEA SALT & BLACK PEPPER (TO TASTE)
- 1/4 TSP EXTRA VIRGIN OLIVE OIL
- 1 1/2 CUPS BABY SPINACH
- 1/3 CUP CANNELLINI BEANS (DRAINED AND RINSED)
- 1 WHOLE WHEAT TORTILLA (LARGE)
- 1 1/2 OZS CHEDDAR CHEESE (SHREDDED)

DIRECTIONS

1. IN A BOWL WHISK TOGETHER THE EGGS AND SEASON WITH SALT AND PEPPER. SET ASIDE.
2. HEAT A LARGE NONSTICK PAN OVER MEDIUM HEAT. ADD THE OIL AND THE SPINACH. COOK UNTIL JUST WILTED, ABOUT ONE MINUTE. ADD THE BEANS AND SEASON WITH SALT AND PEPPER, STIRRING TO COMBINE.
3. REDUCE THE HEAT TO LOW AND POUR IN THE EGGS. SCRAMBLE AND COOK FOR ABOUT FOUR TO FIVE MINUTES, OR UNTIL COOKED THROUGH. REMOVE AND SET ASIDE. WIPE OUT THE SKILLET.
4. IN THE SAME SKILLET, OVER MEDIUM HEAT, ADD A TORTILLA AND SPRINKLE THE CHEESE OVER HALF OF IT. ADD THE EGG MIXTURE OVER TOP OF THE CHEESE AND FOLD THE TORTILLA IN HALF, GENTLY PRESSING DOWN. COOK FOR TWO TO THREE MINUTES PER SIDE OR UNTIL BROWNED AND CRISPY. LET THE QUESADILLA COOL SLIGHTLY.
5. CUT INTO WEDGES, SERVE, AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	535
FAT	29 G
CARBS	37 G
FIBER	9 G
SUGAR	2 G
PROTEIN	31 G
CHOLESTEROL	414 MG
SODIUM	935 MG
VITAMIN A	5290 IU
VITAMIN C	13 MG
CALCIUM	516 MG
IRON	5 MG

NOTES

LEFTOVERS: BEST ENJOYED WHEN MADE FRESH. REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS.

SERVING SIZE: ONE SERVING IS ONE QUESADILLA.

DAIRY-FREE: USE PLANT-BASED CHEESE INSTEAD.
MORE FLAVOUR: ADD GARLIC POWDER, NUTRITIONAL YEAST OR OTHER SEASONINGS TO THE EGGS.

ADDITIONAL TOPPINGS: SERVE WITH SALSA OR SOUR CREAM ON THE SIDE.

GLUTEN-FREE: USE A GLUTEN-FREE TORTILLA.



PEACH & RASPBERRY BAKED OATS

SIX SERVINGS
40 MINUTES

INGREDIENTS

- 2 CUPS OATS (ROLLED)
- 2 CUPS COW'S MILK, WHOLE
- 1/4 CUP MAPLE SYRUP
- 2 TSPS VANILLA EXTRACT
- 1 TBSP CHIA SEEDS
- 1 TSP BAKING POWDER
- 1 CUP RASPBERRIES
- 1 PEACH (SLICED)

DIRECTIONS

1. PREHEAT THE OVEN TO 350°F (175°C) AND GREASE A BAKING PAN OR LINE IT WITH PARCHMENT PAPER.
2. ADD THE OATS, MILK, MAPLE SYRUP, VANILLA, CHIA SEEDS, AND BAKING POWDER TO THE PAN. MIX TO COMBINE. FOLD IN THE RASPBERRIES AND ADD PEACH SLICES ON TOP.
3. BAKE FOR 30 TO 35 MINUTES OR UNTIL COOKED THROUGH AND THE OATS ARE SET. REMOVE FROM THE OVEN AND LET IT COOL FOR TEN MINUTES. CUT INTO EVEN PIECES AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	221
FAT	5 G
CARBS	37 G
FIBER	5 G
SUGAR	16 G
PROTEIN	7 G
CHOLESTEROL	8 MG
SODIUM	120 MG
VITAMIN A	220 IU
VITAMIN C	7 MG
CALCIUM	184 MG
IRON	2 MG

NOTES

LEFTOVERS: COVER THE DISH AND REFRIGERATE FOR UP TO FOUR DAYS. EAT IT COLD OR HEAT IT UP. FREEZE IN INDIVIDUAL PORTIONS FOR UP TO THREE MONTHS.

SERVING SIZE: ONE SERVING IS EQUAL TO ONE SQUARE PIECE. AN 8 X 8-INCH (20 X 20-CM) BAKING DISH WAS USED TO MAKE SIX SERVINGS.

MAKE IT VEGAN: USE A PLANT-BASED DAIRY ALTERNATIVE.

ADDITIONAL TOPPINGS; TOP WITH GREEK YOGURT AND/OR MAPLE SYRUP.

SNACK MENU





HUMMUS, TOMATO & EGG TOAST

ONE SERVING
10 MINUTES

INGREDIENTS

- 1TSP BUTTER
- 2 EGGS
- 2 SLICES RYE BREAD (TOASTED)
- 1/4 CUP HUMMUS
- 1/4 TOMATO (SLICED)
- 1 TSP EVERYTHING BAGEL SEASONING

DIRECTIONS

1. WARM BUTTER IN A PAN OVER MEDIUM HEAT. ADD EGGS AND COOK UNTIL THE WHITES ARE SET AND THE YOLKS ARE COOKED TO YOUR LIKING
2. TO ASSEMBLE, PLACE THE TOAST ON A PLATE AND TOP EVENLY WITH THE HUMMUS AND TOMATO SLICES.
3. TOP EACH PIECE OF TOAST WITH AN EGG AND EVERYTHING BAGEL SEASONING. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	457
FAT	26 G
CARBS	35 G
FIBER	7 G
SUGAR	3 G
PROTEIN	22 G
CHOLESTEROL	382 MG
SODIUM	918 MG
VITAMIN A	1091 IU
VITAMIN C	5 MG
CALCIUM	124 MG
IRON	5 MG

NOTES

LEFTOVERS: BEST ENJOYED RIGHT AWAY

SERVING SIZE: ONE SERVING IS TWO SLICES OF TOAST WITH TOPPINGS

ADDITIONAL TOPPINGS: FRESH HERBS, FETA CHEESE, CHILI FLAKES, HOT SAUCE

GLUTEN-FREE: USE GLUTEN-FREE BREAD

NO BUTTER: USE AVOCADO OIL

NO EVERYTHING BAGEL SEASONING: USE ZA'ATAR, ITALIAN SEASONING BLEND, OR SALT AND PEPPER



TWO SERVINGS
10 MINUTES

MINI STUFFED VEGGIE PITAS

INGREDIENTS

- 2 OZS MINI WHOLE WHEAT PITA
- 1/2 CUP HUMMUS
- 1/2 CUP CHERRY TOMATOES (CUT IN HALF)
- 1/4 CUCUMBER (MEDIUM, SLICED)
- SEA SALT & BLACK PEPPER (TO TASTE)

DIRECTIONS

1. CUT THE PITAS IN HALF AND EVENLY DIVIDE THE HUMMUS, TOMATOES, AND CUCUMBER BETWEEN THEM. SEASON WITH SALT AND PEPPER. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	222
FAT	11 G
CARBS	27 G
FIBER	6 G
SUGAR	2 G
PROTEIN	8 G
CHOLESTEROL	0 MG
SODIUM	393 MG
VITAMIN A	364 IU
VITAMIN C	6 MG
CALCIUM	57 MG
IRON	3 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS

SERVING SIZE: ONE SERVING IS TWO STUFFED PITA HALVES

ADDITIONAL TOPPINGS: SPINACH, ONIONS, PEPPERS, AND/OR FETA CHEESE

GLUTEN-FREE: USE GLUTEN-FREE PITA
MINI WHOLE WHEAT PITA: ONE MINI WHOLE WHEAT PITA IS 30 GRAMS OR ONE OUNCE



ONE SERVING
5 MINUTES

COTTAGE CHEESE & APPLESAUCE

INGREDIENTS

- 3/4 CUP COTTAGE CHEESE
- 1/2 CUP UNSWEETENED APPLESAUCE

DIRECTIONS

1. SERVE THE COTTAGE CHEESE WITH THE APPLESAUCE AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	206
FAT	7 G
CARBS	19 G
FIBER	1 G
SUGAR	16 G
PROTEIN	18 G
CHOLESTEROL	27 MG
SODIUM	499 MG
VITAMIN A	256 IU
VITAMIN C	1 MG
CALCIUM	136 MG
IRON	0 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO FOUR DAYS

ADDITIONAL TOPPINGS: TOP WITH FRESH FRUIT, CRUSHED NUTES, HEMP SEEDS, OR SWEETENER OF YOUR CHOICE



COCONUT BANANA OAT COOKIES

TEN SERVINGS
40 MINUTES

INGREDIENTS

- 1 1/2 CUPS UNSWEETENED COCONUT FLAKES
- 1/2 CUP OATS
- 2 BANANAS (ROUGHLY CHOPPED)
- 1/2 TSP CINNAMON
- 1/4 TSP SEA SALT

DIRECTIONS

1. PREHEAT OVEN TO 350°F (180°C) AND LINE A BAKING SHEET WITH PARCHMENT PAPER
2. IN A FOOD PROCESSOR, BLEND COCONUT FLAKES AND OATS UNTIL THEY RESEMBLE BREAD CRUMBS. ADD THE BANANAS, CINNAMON, AND SALT AND BLEND AGAIN UNTIL SMOOTH. IT'S OKAY IF THERE ARE SMALL PIECES OF BANANA
3. SCOOP ABOUT TWO TABLESPOONS OF BATTER PER COOKIE ONTO THE BAKING SHEET. SHAPE THEM INTO ROUND COOKIES
4. BAKE FOR 16-18 MINUTES OR UNTIL THEY ARE GOLDEN BROWN AT THE BOTTOM.
5. LET COOL FOR 10 MINUTES. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	117
FAT	8 G
CARBS	11 G
FIBER	3 G
SUGAR	4 G
PROTEIN	2 G
CHOLESTEROL	0 MG
SODIUM	63 MG
VITAMIN A	15 IU
VITAMIN C	2 MG
CALCIUM	5 MG
IRON	1 MG

NOTES

LEFTOVERS: STORE IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE FOR UP TO TWO DAYS. REFRIGERATE OR FREEZE IF LONGER

SERVING SIZE: ONE SERVING IS ONE COOKIE



LEMON DILL YOGURT DIP WITH CARROTS & CELERY

TWO SERVINGS
10 MINUTES

INGREDIENTS

- 1 CUP PLAIN GREEK YOGURT
- 1/2 LEMON (JUICED)
- 2 TBSPS FRESH DILL (FINELY CHOPPED)
- 2 CARROT (MEDIUM, PEELED, CUT INTO STICKS)
- 2 STALKS CELERY (CUT INTO STICKS)

DIRECTIONS

1. COMBINE THE YOGURT, LEMON JUICE, AND DILL IN A BOWL. SERVE WITH THE CARROT AND CELERY STICKS. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	124
FAT	3 G
CARBS	14 G
FIBER	2 G
SUGAR	7 G
PROTEIN	12 G
CHOLESTEROL	17 MG
SODIUM	145 MG
VITAMIN A	11039 IU
VITAMIN C	17 MG
CALCIUM	288 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE THE DIP IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS. STORE THE CARROTS AND CELERY STICKS SEPARATELY

DAIRY-FREE: USE PLAIN COCONUT YOGURT INSTEAD

MORE FLAVOUR: ADD LEMON JUICE, OLIVE OIL, SALT, AND PEPPER TO THE DIP

BLACK BEAN & SPINACH EGG MUFFINS



SIX SERVINGS
30 MINUTES

INGREDIENTS

- 3 EGGS
- 2/3 CUP BLACK BEANS
- 1/4 CUP FROZEN SPINACH (THAWED, DRAINED)
- SEA SALT & BLACK PEPPER (TO TASTE)

DIRECTIONS

1. PREHEAT THE OVEN TO 400°F (205°C) AND LIGHTLY GREASE A MUFFIN TRAY OR USE A SILICONE MUFFIN TRAY
2. IN A BOWL, WHISK THE EGGS. STIR IN THE BLACK BEANS, SPINACH, SALT, AND PEPPER
3. DIVIDE THE EGG MIXTURE INTO EACH MUFFIN CUP, FILLING ABOUT 3/4 OF THE WAY FULL. BAKE FOR 15 TO 18 MINUTES OR UNTIL THEY ARE SET AND BROWNED ON THE SIDES. LET THEM COOL FOR ABOUT FIVE MINUTES. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	63
FAT	3 G
CARBS	5 G
FIBER	2 G
SUGAR	0 G
PROTEIN	5 G
CHOLESTEROL	93 MG
SODIUM	41 MG
VITAMIN A	898 IU
VITAMIN C	0 MG
CALCIUM	28 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO FOUR DAYS

SERVING SIZE: ONE SERVING IS ONE EGG MUFFIN
MORE FLAVOUR: ADD CHEESE, OREGANO, BELL PEPPER, CILANTRO, AND/OR CORN

FREEZER MEAL: AFTER THE MUFFINS HAVE FULLY COOLED, LINE A BAKING SHEET WITH PARCHMENT PAPER AND SPREAD THE MUFFINS OUT ON IT. FREEZE THEM FOR TWO TO THREE HOURS, THEN PLACE THEM IN A LARGE FREEZER BAG OR AIRTIGHT CONTAINER FOR UP TO TWO MONTHS. YOU CAN REHEAT THEM FROM FROZEN BY HEATING THEM IN THE OVEN OR MICROWAVE



TAHINI & BLUEBERRY JAM SANDWICH

TWO SERVINGS
5 MINUTES

INGREDIENTS

- 2 TBSPS TAHINI
- 2 SLICES WHOLE GRAIN BREAD (TOASTED)
- 2 TBSPS BLUEBERRY JAM

DIRECTIONS

1. SPREAD TAHINI ON ONE SLICE OF TOAST AND JAM ON THE OTHER SLICE. CLOSE THE SANDWICH AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	558
FAT	20 G
CARBS	80 G
FIBER	9 G
SUGAR	43 G
PROTEIN	16 G
CHOLESTEROL	0 MG
SODIUM	349 MG
VITAMIN A	20 IU
VITAMIN C	0 MG
CALCIUM	212 MG
IRON	5 MG

NOTES

LEFTOVERS: FOR BEST RESULTS, ENJOY FRESHLY MADE. REFRIGERATE FOR UP TO ONE DAY

NO BLUEBERRY JAM: USE ANOTHER JAM OF CHOICE

MORE FLAVOUR: ADD BANANA SLICES
GLUTEN-FREE: USE GLUTEN-FREE BREAD

ENGLISH MUFFIN WITH PEANUT BUTTER AND BANANA



ONE SERVING
5 MINUTES

INGREDIENTS

- 2 TBSPS ALL NATURAL PEANUT BUTTER
- 2 OZS ENGLISH MUFFIN (HALVED, TOASTED)
- 1/2 BANANA (SLICED)

DIRECTIONS

1. SPREAD THE PEANUT BUTTER EVENLY OVER THE ENGLISH MUFFIN AND TOP WITH BANANA SLICES. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	345
FAT	18 G
CARBS	49 G
FIBER	11 G
SUGAR	12 G
PROTEIN	11 G
CHOLESTEROL	0 MG
SODIUM	245 MG
VITAMIN A	38 IU
VITAMIN C	5 MG
CALCIUM	98 MG
IRON	2 MG

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY

ADDITIONAL TOPPINGS: TOP WITH A SPRINKLE OF CINNAMON OR A DRIZZLE OF HONEY

GLUTEN-FREE: USE A RICE CAKE, GLUTEN-FREE BREAD SLICE OR TOASTED SWEET POTATO SLICE INSTEAD OF ENGLISH MUFFIN

ENGLISH MUFFIN: ONE ENGLISH MUFFIN IS ROUGHLY TWO OUNCES OR 57 GRAMS



NECTARINE & CHEDDAR CHEESE

ONE SERVING
5 MINUTES

INGREDIENTS

- 1 NECTARINE (CHOPPED OR SLICED)
- 1 1/2 OZS CHEDDAR CHEESE (SLICED)

DIRECTIONS

1. SERVE THE NECTARINE WITH CHEDDAR CHEESE AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	234
FAT	15 G
CARBS	16 G
FIBER	2 G
SUGAR	11 G
PROTEIN	11 G
CHOLESTEROL	42 MG
SODIUM	278 MG
VITAMIN A	1000 IU
VITAMIN C	8 MG
CALCIUM	310 MG
IRON	0 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS

NO CHEDDAR CHEESE: USE BRIE OR SWISS CHEESE INSTEAD

DAIRY-FREE: USE DAIRY FREE CHEESE INSTEAD



NO BAKE PEANUT BUTTER HAYSTACK COOKIES

EIGHT SERVINGS
45 MINUTES

INGREDIENTS

- 1/2 CUP OATS (ROLLED)
- 2/3 CUP UNSWEETENED SHREDDED COCONUT
- 3 TBSPS HEMP SEEDS
- 1 TBSP CHIA SEEDS
- 2 TBSPS GROUND FLAX SEED
- 1 TSP CINNAMON
- 1/2 TSP SEA SALT
- 1/2 CUP ALL NATURAL PEANUT BUTTER
- 2 TBSPS COCONUT OIL (MELTED)
- 1/4 CUP RAW HONEY

DIRECTIONS

1. COMBINE ALL THE INGREDIENTS IN A LARGE BOWL AND MIX UNTIL WELL COMBINED
2. SCOOP THE MIXTURE INTO COOKIES AND LINE ONTO A PARCHMENT-LINED BAKING SHEET, MAKING EACH COOKIE TWO TO THREE INCHES WIDE
3. TRANSFER THE COOKIES TO THE FREEZER TO SET FOR AT LEAST 30 MINUTES. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	258
FAT	19 G
CARBS	19 G
FIBER	3 G
SUGAR	10 G
PROTEIN	7 G
CHOLESTEROL	0 MG
SODIUM	153 MG
VITAMIN A	1 IU
VITAMIN C	0 MG
CALCIUM	29 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO ONE WEEK OR FREEZE FOR UP TO THREE MONTHS

SERVING SIZE: ONE SERVING IS EQUAL TO ONE COOKIE

MORE FLAVOUR: ADD CACAO POWDER
ADDITIONAL TOPPINGS: CACAO NIBS AND DRIED CRANBERRIES



CREAM CHEESE & NUT STUFFED DATES

TWO SERVINGS
5 MINUTES

INGREDIENTS

- 2 TBSPS CREAM CHEESE, REGULAR
- 1/2 CUP PITTED DATES
- 2 TBSPS PISTACHIOS (CHOPPED)

DIRECTIONS

1. SPREAD THE CREAM CHEESE EVENLY INSIDE EACH DATE AND TOP EACH WITH CHOPPED PISTACHIOS. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	212
FAT	10 G
CARBS	31 G
FIBER	4 G
SUGAR	25 G
PROTEIN	4 G
CHOLESTEROL	14 MG
SODIUM	66 MG
VITAMIN A	63 IU
VITAMIN C	1 MG
CALCIUM	37 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS

SERVING SIZE: ONE SERVING IS ROUGHLY TWO STUFFED DATES

NO PISTACHIOS: USE CHOPPED WALNUTS, PECANS, OR ALMONDS

DAIRY-FREE: USE DAIRY-FREE CREAM CHEESE ALTERNATIVE



AIR FRYER CRISPY CHICKPEAS

FOUR SERVINGS
20 MINUTES

INGREDIENTS

- 2 CUPS CHICKPEAS (DRAINED RINSED)
- 1 1/2 TSPS AVOCADO OIL
- 1/2 TSP SMOKED PAPRIKA
- 1/2 TSP SEA SALT
- 1/4 TSP GARLIC POWDER

DIRECTIONS

1. PREHEAT THE AIR FRYER TO 390°F (200°C)
2. IN A BOWL, MIX TOGETHER THE CHICKPEAS, OIL, SMOKED PAPRIKA, SALT, AND GARLIC POWDER
3. TRANSFER THE CHICKPEAS TO THE AIR FRYER AND BAKE FOR 10-14 MINUTES, SHAKING THE TRAY HALFWAY THROUGH, UNTIL CRISPY AND BROWNED. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	151
FAT	4 G
CARBS	23 G
FIBER	6 G
SUGAR	4 G
PROTEIN	7 G
CHOLESTEROL	0 MG
SODIUM	301 MG
VITAMIN A	164 IU
VITAMIN C	1 MG
CALCIUM	41 MG
IRON	2 MG

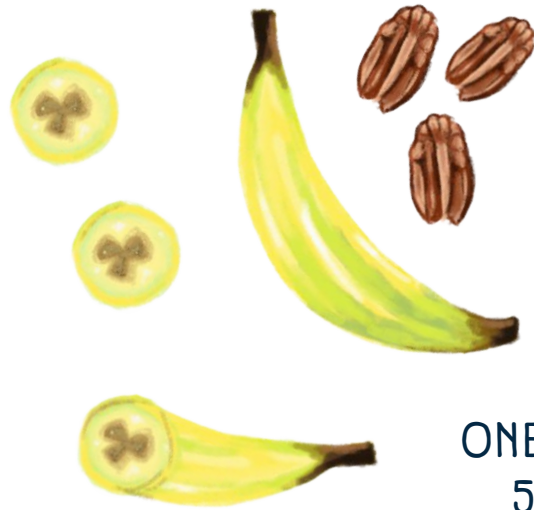
NOTES

LEFTOVERS: STORE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS

SERVING SIZE: ONE SERVING IS ROUGHLY 1/2 CUP

MORE FLAVOUR: ADD NUTRITIONAL YEAST AND/OR CAYENNE

BANANA & PECANS



ONE SERVING
5 MINUTES

INGREDIENTS

- 1 BANANA
- 1/4 CUP PECANS

DIRECTIONS

1. SLICE THE BANANA IF DESIRED AND ADD TO A PLATE WITH THE PECANS. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	276
FAT	18 G
CARBS	30 G
FIBER	5 G
SUGAR	15 G
PROTEIN	4 G
CHOLESTEROL	0 MG
SODIUM	1 MG
VITAMIN A	89 IU
VITAMIN C	11 MG
CALCIUM	23 MG
IRON	1 MG

NOTES

SERVING SIZE: ONE SERVING IS EQUAL TO ONE BANANA AND 1/4 CUP OF PECANS



ONE SERVING
5 MINUTES

CHEDDAR CHEESE & SNAP PEAS

INGREDIENTS

- 1 CUP SNAP PEAS (TRIMMED)
- 1 1/2 OZ CHEDDAR CHEESE (CUBED)

DIRECTIONS

1. SERVE THE SNAP PEAS WITH CHEDDAR CHEESE AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	202
FAT	14 G
CARBS	8 G
FIBER	3 G
SUGAR	3 G
PROTEIN	12 G
CHOLESTEROL	42 MG
SODIUM	284 MG
VITAMIN A	1218 IU
VITAMIN C	12 MG
CALCIUM	339 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS

NO CHEDDAR CHEESE: USE BRIE OR SWISS CHEESE INSTEAD



ONE SERVING
5 MINUTES

BLUEBERRY BANANA PROTEIN SMOOTHIE

INGREDIENTS

- 1 CUP BLUEBERRIES
- 1 BANANA (SMALL, FROZEN)
- 1/4 CUP VANILLA PROTEIN POWDER
- 1 1/2 TBSPS ALL NATURAL PEANUT BUTTER
- 1 TBSP GROUND FLAX SEEDS
- 1 1/4 CUPS UNSWEETENED ALMOND MILK

DIRECTIONS

1. PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH. POUR INTO A GLASS AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	490
FAT	19 G
CARBS	59 G
FIBER	11 G
SUGAR	32 G
PROTEIN	29 G
CHOLESTEROL	4 MG
SODIUM	246 MG
VITAMIN A	779 IU
VITAMIN C	25 MG
CALCIUM	714 MG
IRON	2 MG

NOTES

NUT FREE: USE SUNFLOWER SEED BUTTER INSTEAD OF PEANUT BUTTER AND COCONUT MILK INSTEAD OF ALMOND MILK

NO ALMOND MILK: USE ANY OTHER MILK

CONSISTENCY: FOR A SMOOTHER, COLDER SMOOTHIE, USE FROZEN BLUEBERRIES. IF THE SMOOTHIE IS TOO THICK, ADD MORE ALMOND MILK OR WATER. IF TOO THIN, ADD SOME ICE CUBES AND BLEND TO THICKEN.

MORE FIBER: ADD IN SOME CHOPPED LEAFY GREENS LIKE SPINACH OR KALE



YOGURT WITH BANANA, NUTS & SEEDS

ONE SERVING
5 MINUTES

INGREDIENTS

- 1 CUP PLAIN GREEK YOGURT
- 1 BANANA (SLICED)
- 1/4 CUP ALMONDS
- 2 TBSPS PUMPKIN SEEDS

DIRECTIONS

1. ADD THE YOGURT, BANANA, ALMONDS, AND SEEDS TO A BOWL AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	583
FAT	31 G
CARBS	48 G
FIBER	9 G
SUGAR	22 G
PROTEIN	36 G
CHOLESTEROL	34 MG
SODIUM	143 MG
VITAMIN A	1329 IU
VITAMIN C	25 MG
CALCIUM	609 MG
IRON	4 MG

NOTES

MORE FLAVOUR: ADD MAPLE SYRUP OR VANILLA

ADDITIONAL TOPPINGS: NUT BUTTER, SHREDDED COCONUT, CHIA SEEDS AND/OR HEMP SEEDS

DAIRY-FREE: USE A DAIRY-FREE YOGURT ALTERNATIVE

COTTAGE CHEESE WITH CHERRIES & PUMPKIN SEEDS



ONE SERVING
5 MINUTES

INGREDIENTS

- 3/4 CUP COTTAGE CHEESE
- 3 TBSPS PUMPKIN SEEDS
- 1/4 CUP CHERRIES

DIRECTIONS

1. ADD ALL INGREDIENTS TO A BOWL AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	314
FAT	19 G
CARBS	14 G
FIBER	2 G
SUGAR	9 G
PROTEIN	25 G
CHOLESTEROL	27 MG
SODIUM	498 MG
VITAMIN A	249 IU
VITAMIN C	3 MG
CALCIUM	147 MG
IRON	2 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR THREE DAYS

SERVING SIZE: ONE SERVING IS APPROXIMATELY 1 1/4 CUPS

MORE FLAVOUR: ADD CINNAMON, PROTEIN AND/OR MAPLE SYRUP/HONEY

ADDITIONAL TOPPINGS: HEMP SEEDS AND/OR CACAO NIBS



ONE SERVING
10 MINUTES

GRAPEFRUIT YOGURT PARFAIT

INGREDIENTS

- 1 CUP PLAIN GREEK YOGURT
- 1 GRAPEFRUIT (PEELED, CUT INTO SECTIONS)

DIRECTIONS

1. IN A JAR, ADD HALF OF THE YOGURT, THEN HALF OF THE GRAPEFRUIT PIECES.
2. REPEAT WITH THE REMAINING YOGURT AND GRAPEFRUIT. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	263
FAT	5 G
CARBS	33 G
FIBER	3 G
SUGAR	24 G
PROTEIN	24 G
CHOLESTEROL	34 MG
SODIUM	140 MG
VITAMIN A	3623 IU
VITAMIN C	103 MG
CALCIUM	530 MG
IRON	1 MG

NOTES

LEFTOVERS: BEST ASSEMBLED FRESH. REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS

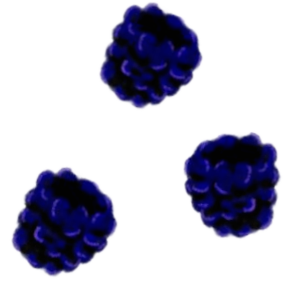
SERVING SIZE: ONE SERVING IS APPROXIMATELY TWO CUPS

MAKE IT VEGAN: USE PLANT-BASED YOGURT

MORE FLAVOUR: ADD MAPLE SYRUP OR HONEY

ADDITIONAL TOPPINGS: TOP WITH NUT BUTTER AND/OR UNSWEETENED SHREDDED COCONUT

MORE PROTEIN: MIX PROTEIN POWDER INTO THE YOGURT BEFORE ASSEMBLING THE PARFAIR



PEANUT BUTTER PROTEIN YOGURT WITH BLACKBERRIES

ONE SERVING
5 MINUTES

INGREDIENTS

- 1 1/2 CUPS UNSWEETENED COCONUT YOGURT
- 1/4 CUP VANILLA PROTEIN POWDER
- 1 CUP BLACKBERRIES
- 1 TBSP ALL NATURAL PEANUT BUTTER

DIRECTIONS

1. IN A BOWL COMBINE THE COCONUT YOGURT AND PROTEIN POWDER. MIX UNTIL SMOOTH
2. TOP WITH BLACKBERRIES AND SWIRL IN THE PEANUT BUTTER. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	409
FAT	20 G
CARBS	37 G
FIBER	14 G
SUGAR	10 G
PROTEIN	26 G
CHOLESTEROL	4 MG
SODIUM	116 MG
VITAMIN A	308 IU
VITAMIN C	30 MG
CALCIUM	913 MG
IRON	2 MG

NOTES

LEFTOVERS: BEST ENJOYED FRESH. REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS, KEEPING THE BERRIES SEPARATE

SERVING SIZE: ONE SERVING IS APPROXIMATELY 2 1/2 CUPS

MORE FLAVOUR: ADD MAPLE SYRUP OR HONEY

ADDITIONAL TOPPINGS: GRANOLA, HEMP SEEDS, AND/OR GROUND FLAX SEEDS



STRAWBERRY CHIA COCONUT PUDDING

ONE SERVING
35 MINUTES

INGREDIENTS

- 1/2 CUP PLAIN COCONUT MILK
- 1/2 CUP STRAWBERRIES (PLUS EXTRA FOR GARNISH)
- 1/2 TSP VANILLA EXTRACT
- 2 TBSPS CHIA SEEDS
- 1 TBSP UNSWEETENED SHREDDED COCONUT

DIRECTIONS

1. ADD THE COCONUT MILK, STRAWBERRIES, AND VANILLA TO A SMALL BLENDER OR FOOD PROCESSOR AND BLEND WELL UNTIL COMBINED
2. ADD THE STRAWBERRY MIXTURE TO A MEDIUM-SIZED BOWL AND ADD THE CHIA SEEDS. STIR WELL TO COMBINE. REFRIGERATE FOR AT LEAST 20 MINUTES OR OVERNIGHT TO THICKEN
3. DIVIDE THE MIXTURE EVENLY BETWEEN BOWLS OR IN TO-GO CONTAINERS. TOP WITH EXTRA STRAWBERRIES (IF USING) AND SHREDDED COCONUT. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	215
FAT	13 G
CARBS	21 G
FIBER	10 G
SUGAR	8 G
PROTEIN	5 G
CHOLESTEROL	0 MG
SODIUM	24 MG
VITAMIN A	258 IU
VITAMIN C	42 MG
CALCIUM	391 MG
IRON	2 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO FOUR DAYS

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY 1 1/3 CUPS OF CHIA PUDDING

LIKES IT SWEET: ADD HONEY OR MAPLE SYRUP



ONE SERVING
5 MINUTES

COCONUT YOGURT & HEMP STUFFED APPLE

INGREDIENTS

- 1 APPLE (CUT IN HALF, SEEDS AND CORE REMOVED)
- 1/2 CUP UNSWEETENED COCONUT YOGURT
- 2 TBSPS SUNFLOWER SEED BUTTER
- 1 TBSP HEMP SEEDS
- 1/4 TSP CINNAMON

DIRECTIONS

1. PLACE THE APPLE HALVES ONTO A PLATE AND EVENLY DIVIDE THE COCONUT YOGURT, SUNFLOWER SEED BUTTER, HEMP SEEDS, AND CINNAMON ONTO EACH HALF. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	404
FAT	26 G
CARBS	40 G
FIBER	8 G
SUGAR	23 G
PROTEIN	10 G
CHOLESTEROL	0 MG
SODIUM	28 MG
VITAMIN A	118 IU
VITAMIN C	9 MG
CALCIUM	295 MG
IRON	3 MG

NOTES

LEFTOVERS: BEST ENJOYED IMMEDIATELY

NO HEMP SEEDS: USE CHIA SEEDS OR GROUND FLAX SEEDS INSTEAD

ADDITIONAL TOPPINGS: CHOPPED NUTS, SEEDS, GRANOLA, MAPLE SYRUP, COCONUT FLAKES AND/OR BERRIES

MORE PROTEIN: USE PLAIN GREEK YOGURT OR MIX PROTEIN POWDER INTO YOGURT

NO SUNFLOWER SEED BUTTER: USE OTHER NUT OR SEED BUTTER INSTEAD.



ONE SERVING
5 MINUTES

DATES & APPLE

INGREDIENTS

- 1/4 CUP PITTED DATES
- 1 GREEN APPLE (CHOPPED)

DIRECTIONS

1. ADD INGREDIENTS TO A PLATE OR SNACK BOX. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	200
FAT	0 G
CARBS	50 G
FIBER	8 G
SUGAR	39 G
PROTEIN	2 G
CHOLESTEROL	0 MG
SODIUM	2 MG
VITAMIN A	171 IU
VITAMIN C	0 MG
CALCIUM	23 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS

MORE FLAVOUR: ADD WALNUTS AND/OR CHEESE OF CHOICE

NO GREEN APPLE: USE RED APPLE, PEACH, NECTARINE, OR CHERRIES INSTEAD

PB & J ENERGY BALLS



TEN SERVINGS
15 MINUTES

INGREDIENTS

- 1/3 CUP ALL NATURAL PEANUT BUTTER
- 1 CUP PITTED DATES
- 3/4 CUP OATS (ROLLED)
- 2 1/2 TBSPS STRAWBERRY JAM

DIRECTIONS

1. ADD ALL INGREDIENTS TO A FOOD PROCESSOR AND PULSE UNTIL THE MIXTURE HAS A COARSE CRUMB AND STICKS TOGETHER. USE A TEASPOON OR ONE-INCH COOKIE SCOOP TO SCOOP OUT THE MIXTURE AND ROLL IT INTO BALLS. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	122
FAT	5 G
CARBS	19 G
FIBER	2 G
SUGAR	12 G
PROTEIN	3 G
CHOLESTEROL	0 MG
SODIUM	2 MG
VITAMIN A	1 IU
VITAMIN C	0 MG
CALCIUM	13 MG
IRON	1 MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO ONE WEEK

SERVING SIZE: ONE SERVING IS TWO ENERGY BALLS

ADDITIONAL TOPPINGS: CRUMBLLED FREEZE-DRIED STRAWBERRIES



EGGS, ALMONDS & CHEESE CUBES

ONE SERVING
15 MINUTES

INGREDIENTS

- 2 EGGS
- 1/4 CUP ALMONDS
- 1 OZ CHEDDAR CHEESE (CUBED)

DIRECTIONS

1. PLACE THE EGGS IN A SAUCEPAN AND COVER WITH WATER. BRING TO A BOIL OVER HIGH HEAT. ONCE BOILING, TURN OFF THE HEAT BUT KEEP THE SAUCEPAN ON THE HOT BURNER. COVER AND LET SIT FOR 10 TO 12 MINUTES
2. STRAIN THE WATER AND FILL THE SAUCEPAN WITH COLD WATER. LET THE EGGS SIT UNTIL COOL ENOUGH TO HANDLE. PEEL AND CUT THE EGGS IN HALF
3. ARRANGE THE EGGS, ALMONDS, AND CHEESE INTO A CONTAINER AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	464
FAT	37G
CARBS	9G
FIBER	4G
SUGAR	2G
PROTEIN	27G
CHOLESTEROL	400MG
SODIUM	327MG
VITAMIN A	893IU
VITAMIN C	0MG
CALCIUM	353MG
IRON	3MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS
MORE FLAVOUR: SEASON THE EGGS WITH SALT, PEPPER AND/OR CHILI FLAKES
DAIRY-FREE: USE DAIRY-FREE CHEESE.



NO COOK CHOCOLATE CHIP GRANOLA BARS

EIGHT SERVINGS
40 MINUTES

INGREDIENTS

- 1/2 CUP TAHINI
- 1/4 CUP RAW HONEY
- 1/4 CUP DARK CHOCOLATE CHIPS (MINI)
- 2/3 CUP QUICK OATS

DIRECTIONS

1. LINE A SMALL BAKING DISH WITH PARCHMENT PAPER
2. IN A SMALL BOWL, MIX THE TAHINI AND HONEY TOGETHER. ADD THE CHOCOLATE CHIPS AND QUICK OATS AND MIX WELL
3. PRESS THE MIXTURE INTO ALL CORNERS OF THE BAKING DISH WITH A SPATULA OR ANOTHER PIECE OF PARCHMENT PAPER TO CREATE A SMOOTH, EVEN SURFACE. CHILL FOR 30 MINUTES BEFORE CUTTING INTO BARS. ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	205
FAT	12G
CARBS	22G
FIBER	2G
SUGAR	13G
PROTEIN	4G
CHOLESTEROL	0MG
SODIUM	18MG
VITAMIN A	10IU
VITAMIN C	0MG
CALCIUM	67MG
IRON	2MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO SEVEN DAYS. FREEZE INTO INDIVIDUAL PORTIONS FOR UP TO THREE MONTHS
SERVING SIZE: A 7 1/2 X 6-INCH (19 X 15 CM) BAKING DISH WAS USED TO MAKE EIGHT SERVINGS. ONE SERVING IS ONE BAR.

DINNER MENU





ONE PAN TROUT, GREEN BEANS & RADISHES

ONE SERVING
25 MINUTES

INGREDIENTS

- 1 TBSP RED ONION (MINCED)
- 1 TBSP COCONUT AMINOS
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1 RAINBOW TROUT FILLET
- 1 CUP FROZEN GREEN BEANS (TRIMMED)
- 1/2 CUP RADISHES (QUARTERED)
- 1 TBSP CILANTRO (CHOPPED)

DIRECTIONS

1. PREHEAT THE OVEN TO 375OF (190OC). LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. MIX THE ONION, COCONUT AMINOS, AND OIL IN A BOWL. ADD THE TROUT, GREEN BEANS, AND RADISHES ONTO THE BAKING SHEET. ADD THE MARINADE TO EVENLY COAT ALL OF THE INGREDIENTS. BAKE FOR 15 MINUTES, OR UNTIL EVERYTHING IS COOKED THROUGH.
3. DIVIDE EVENLY BETWEEN PLATES. GARNISH WITH THE CILANTRO AND ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	375
FAT	19G
CARBS	15G
FIBER	5G
SUGAR	7G
PROTEIN	35G
CHOLESTEROL	94MG
SODIUM	344MG
VITAMIN A	736IU
VITAMIN C	19MG
CALCIUM	181MG
IRON	2MG

NOTES

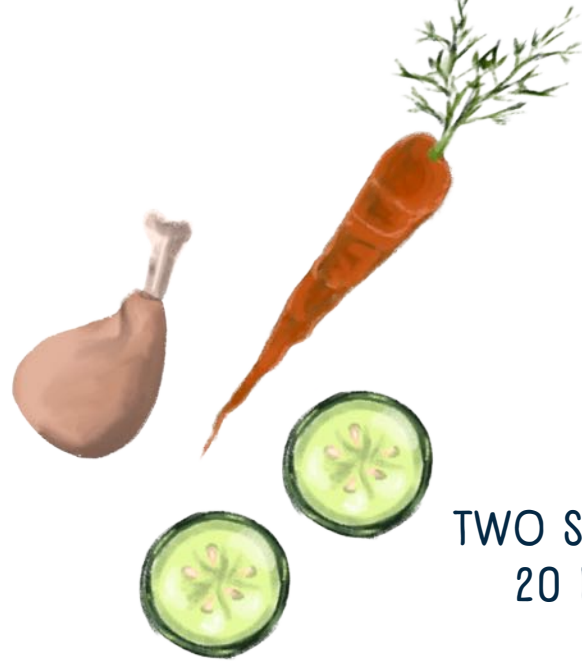
LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS.

SERVING SIZE: ONE SERVING IS ONE TROUT FILLET, HALF A CUP OF RADISHES, AND ONE CUP OF GREEN

MORE FLAVOUR: ADD MINCED GARLIC.

FILLET SIZE: ONE FILLET IS EQUAL TO APPROXIMATELY 160 GRAMS OR 5.6 OUNCES IN SIZE.

GINGER CHICKEN BOWL



TWO SERVINGS
20 MINUTES

INGREDIENTS

- 1 TBSP EXTRA VIRGIN OLIVE OIL (DIVIDED)
- 3 CUPS CAULIFLOWER RICE
- 1 LB EXTRA LEAN GROUND CHICKEN
- 2 TBSPS COCONUT AMINOS
- 1 TSP GROUND GINGER
- 1 TSP GARLIC POWDER
- 1/2 CUCUMBER (SLICED)
- 1 CARROT (MEDIUM, PEELED, AND GRATED)
- 1/4 CUP CILANTRO (CHOPPED)

NUTRITION

AMOUNT PER SERVING

CALORIES	462
FAT	25G
CARBS	17G
FIBER	5G
SUGAR	9G
PROTEIN	44G
CHOLESTEROL	195MG
SODIUM	461MG
VITAMIN A	5310IU
VITAMIN C	4MG
CALCIUM	67MG
IRON	3MG

DIRECTIONS

1. HEAT A SKILLET OVER MEDIUM HEAT. ADD HALF THE OIL AND THEN THE CAULIFLOWER RICE. SAUTÉ FOR FIVE TO SEVEN MINUTES, THEN REMOVE AND SET ASIDE.
2. IN THE SAME PAN, OVER MEDIUM-HIGH HEAT, ADD THE REMAINING OIL AND GROUND CHICKEN AND COOK FOR FIVE MINUTES, BREAKING APART INTO SMALLER PIECES.
3. ADD IN COCONUT AMINOS, GINGER, AND GARLIC. COOK FOR ANOTHER FIVE MINUTES, UNTIL COOKED THROUGH AND GOLDEN.
4. DIVIDE THE CAULIFLOWER RICE ONTO PLATES. TOP WITH THE GROUND CHICKEN, CUCUMBER, CARROTS, AND CILANTRO. ENJOY!

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.
MORE FLAVOUR: USE FRESH GINGER AND GARLIC IN PLACE OF GROUND GINGER AND GARLIC POWDER.
ADDITIONAL TOPPINGS: SWAP CILANTRO OUT FOR MINT FOR A FRESH TWIST.



FOUR SERVINGS
35 MINUTES

CRANBERRY SAGE SAUSAGE PATTIES & BRUSSELS SPROUTS

INGREDIENTS

- 4 CUPS BRUSSELS SPROUTS (TRIMMED AND HALVED)
- 1 PEAR (LARGE, CHOPPED)
- 1/4 CUP WALNUTS
- 1 1/3 TBSPSS EXTRA VIRGIN OLIVE OIL
- 1/2 TSP SEA SALT (DIVIDED)
- 1 LB EXTRA LEAN GROUND TURKEY
- 1/3 CUP DRIED UNSWEETENED CRANBERRIES
- 2 TBSPS FRESH SAGE (CHOPPED)

NUTRITION

AMOUNT PER SERVING

CALORIES	355
FAT	19G
CARBS	24G
FIBER	6G
SUGAR	13G
PROTEIN	26G
CHOLESTEROL	84MG
SODIUM	396MG
VITAMIN A	816IU
VITAMIN C	77MG
CALCIUM	89MG
IRON	3MG

DIRECTIONS

1. PREHEAT THE OVEN TO 400°F (205°C). LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. ADD THE BRUSSELS SPROUTS, PEAR, AND WALNUTS TO THE BAKING SHEET. TOSS WITH HALF OF THE OIL AND HALF OF THE SALT. BAKE IN THE OVEN FOR 30 MINUTES OR UNTIL COOKED THROUGH.
3. WHILE THE BRUSSELS SPROUTS ARE BAKING, COMBINE THE GROUND TURKEY, CRANBERRIES, SAGE, AND REMAINING SALT IN A BOWL. MIX EVERYTHING TOGETHER WITH YOUR HANDS AND FORM FOUR EVEN-SIZED PATTIES.
4. HEAT THE REMAINING OIL IN A LARGE PAN OVER MEDIUM HEAT. ADD THE PATTIES AND COOK FOR SEVEN TO EIGHT MINUTES PER SIDE, OR UNTIL COOKED THROUGH.
5. SERVE THE PATTIES WITH THE BRUSSELS SPROUTS MIXTURE AND ENJOY!

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS. TURKEY PATTIES CAN BE FROZEN FOR UP TO THREE MONTHS.

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY ONE CUP OF BRUSSELS SPROUTS MIXTURE AND ONE TURKEY SAUSAGE PATTY.

MORE FLAVOUR: ADD GARLIC POWDER, ONION POWDER, AND/OR ROSEMARY.

ADDITIONAL TOPPINGS: TOP WITH GOAT CHEESE OR FETA CHEESE. SERVE WITH A REGULAR BUN, A LETTUCE BUN, OR OVER A BED OF GREENS.

SHEET PAN SHAWARMA SPICED CHICKEN & VEGGIES



TWO SERVINGS
40 MINUTES

INGREDIENTS

- 1/2 HEAD CAULIFLOWER (MEDIUM, CUT INTO FLORETS)
- 1 YELLOW ONION (MEDIUM, ROUGHLY CHOPPED INTO WEDGES)
- 3 TBSPS EXTRA VIRGIN OLIVE OIL (DIVIDED)
- 1 TBSP SHAWARMA SPICE BLEND (DIVIDED)
- SEA SALT & BLACK PEPPER (TO TASTE)
- 12 OZS CHICKEN THIGHS (BONELESS, SKINLESS)
- 3 TBSPS TAHINI
- 1 TBSP LEMON JUICE
- 1/4 CUP WATER
- 2 TBSPS PARSLEY (CHOPPED)

DIRECTIONS

1. PREHEAT THE OVEN TO 425°F (220°C) AND LINE A BAKING SHEET(S) WITH PARCHMENT PAPER.
2. IN A LARGE BOWL COMBINE THE CAULIFLOWER, ONION, HALF OF THE OIL, HALF OF THE SPICE BLEND, SALT, AND PEPPER. MIX WELL AND TRANSFER TO THE PREPARED BAKING SHEET.
3. ADD THE CHICKEN TO THE SAME BOWL AND TOSS WITH THE REMAINING OIL AND SPICE BLEND. SEASON WITH SALT AND PEPPER AND TRANSFER TO THE SHEET PAN.
4. PLACE THE BAKING SHEET IN THE OVEN AND BAKE FOR 30 MINUTES, FLIPPING HALFWAY, UNTIL EVERYTHING IS COOKED THROUGH.
5. MEANWHILE, WHISK TOGETHER THE TAHINI, LEMON JUICE, AND WATER IN A SMALL BOWL.
6. DIVIDE THE CHICKEN AND VEGETABLES BETWEEN PLATES AND GARNISH WITH PARSLEY. SERVE WITH THE TAHINI SAUCE ON THE SIDE. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	582
FAT	40G
CARBS	19G
FIBER	7G
SUGAR	8G
PROTEIN	41G
CHOLESTEROL	160MG
SODIUM	599MG
VITAMIN A	697IU
VITAMIN C	84MG
CALCIUM	174MG
IRON	13MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS ABOUT THREE CUPS.
SERVE IT WITH: ROASTED POTATOES, RICE, OR WRAPPED UP IN YOUR FAVOURITE FLATBREAD.



TURKEY CHILI

EIGHT SERVINGS
40 MINUTES

INGREDIENTS

- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1 LB EXTRA LEAN GROUND TURKEY
- 1 YELLOW ONION (CHOPPED)
- 2 CUPS DICED TOMATOES
- 2 CUPS CRUSHED TOMATOES
- 2 CUPS BLACK BEANS (COOKED, RINSED)
- 1 3/4 CUPS RED KIDNEY BEANS (COOKED, RINSED)
- 2 CARROT (CHOPPED)
- 5 STALKS CELERY (CHOPPED)
- 1 RED BELL PEPPER (CHOPPED)
- 1 JALAPENO PEPPER (CHOPPED)
- 3 TBSPS CHILI POWDER
- 1 TSP CUMIN
- 1 TSP SEA SALT

DIRECTIONS

1. HEAT OIL IN A LARGE DUTCH OVEN OVER MEDIUM HEAT. ADD THE GROUND TURKEY AND ONION AND SAUTE FOR ABOUT FIVE TO SEVEN MINUTES, OR UNTIL THE TURKEY IS COOKED THROUGH.
2. ADD ALL OF THE REMAINING INGREDIENTS AND STIR TO COMBINE. BRING TO A BOIL, THEN REDUCE THE HEAT AND SIMMER FOR 30 MINUTES.
3. DIVIDE INTO BOWLS, SERVE AND ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	266
FAT	7G
CARBS	31G
FIBER	12G
SUGAR	7G
PROTEIN	20G
CHOLESTEROL	42MG
SODIUM	577MG
VITAMIN A	4462IU
VITAMIN C	35MG
CALCIUM	114MG
IRON	5MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS OR FREEZE FOR UP TO TWO

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY TWO CUPS OF CHILI.

MORE FLAVOUR: ADD A PINCH OF CAYENNE.

ADDITIONAL TOPPINGS: TOP WITH SHREDDED CHEESE, EXTRA JALAPEÑO SLICES, CILANTRO, SOUR CREAM OR AVOCADO

MORE VEGGIES: ADD SLICED MUSHROOMS, SLICED KALE, OR BABY SPINACH.



TUNA, CHICKPEA & AVOCADO SALAD

TWO SERVINGS
15 MINUTES

INGREDIENTS

- 1 CAN TUNA (DRAINED, FLAKED WITH A FORK)
- 1 CUP CHICKPEAS (COOKED, DRAINED)
- 1/2 CUCUMBER (MEDIUM, CHOPPED)
- 1 CUP CHERRY TOMATOES (HALVED)
- 1/2 AVOCADO (CUBED)
- 1/4 CUP RED ONION (SLICED)
- 1/4 CUP ITALIAN DRESSING
- 2 TBSPS PARSLEY (FRESH, CHOPPED)

DIRECTIONS

1. DIVIDE THE TUNA, CHICKPEAS, CUCUMBER, TOMATOES, AVOCADO, AND ONION EVENLY BETWEEN BOWLS. TOP EVENLY WITH THE DRESSING AND PARSLEY. ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	333
FAT	11G
CARBS	37G
FIBER	12G
SUGAR	11G
PROTEIN	26G
CHOLESTEROL	30MG
SODIUM	547MG
VITAMIN A	1185IU
VITAMIN C	25MG
CALCIUM	98MG
IRON	5MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

NO ITALIAN DRESSING: USE OLIVE OIL AND LEMON JUICE INSTEAD.

NO TUNA: USE OTHER CANNED FISH LIKE SALMON OR MACKEREL.

CANNED TUNA: ONE CAN OF TUNA IS EQUAL TO 165 GRAMS OR 5.8 OUNCES, DRAINED.



MEAL PREP TACO BOWL

FOUR SERVINGS
15 MINUTES

INGREDIENTS

- 1 LB LEAN GROUND BEEF
- 1 1/2 TSPS TACO SEASONING
- 6 EGG
- SEA SALT & BLACK PEPPER (TO TASTE)
- 6 CUPS BABY SPINACH
- 2 AVOCADO (SLICED)
- 1/2 CUP SALSA

DIRECTIONS

1. HEAT A LARGE SKILLET OVER MEDIUM HEAT. ONCE HOT, ADD THE BEEF INTO THE SKILLET. USE A SPATULA TO BREAK IT APART. ADD THE TACO SEASONING AND COOK UNTIL BROWNED AND COOKED THROUGH, REMOVE WITH A SLOTTED SPOON AND SET ASIDE. DRAIN ANY EXCESS DRIPPINGS FROM THE PAN.
2. WHISK THE EGGS IN A BOWL. IN THE SAME SKILLET, OVER MEDIUM-LOW HEAT, ADD THE EGGS AND COOK UNTIL FLUFFY AND COOKED THROUGH. SEASON WITH SALT AND PEPPER AND SET ASIDE.
3. DIVIDE THE SPINACH BETWEEN PLATES, OR INTO CONTAINERS. TOP WITH BEEF, EGGS, AVOCADO, AND SALSA. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	580
FAT	45G
CARBS	14G
FIBER	9G
SUGAR	3G
PROTEIN	33G
CHOLESTEROL	360MG
SODIUM	551MG
VITAMIN A	4937IU
VITAMIN C	23MG
CALCIUM	133MG
IRON	6MG

NOTES

LEFTOVERS: STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO TWO DAYS.

ADDITIONAL TOPPINGS: TOP WITH SHREDDED CHEESE OR SOUR CREAM.



LENTIL TAHINI BURGERS WITH SAUERKRAUT

FOUR SERVINGS
30 MINUTES

INGREDIENTS

- 2 2/3 CUPS GREEN LENTILS (COOKED, DRAINED AND RINSED)
- 1/4 CUP TAHINI
- 1/2 TSP SEA SALT
- 1 TBSP APPLE CIDER VINEGAR
- 1/2 HEAD GREEN LETTUCE (SEPARATED INTO LEAVES AND WASHED)
- 1/4 CUP UNSWEETENED COCONUT YOGURT
- 1/2 CUP SAUERKRAUT

DIRECTIONS

1. PREHEAT THE OVEN TO 350°F (177°C) AND LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. IN A FOOD PROCESSOR OR BLENDER, COMBINE THE LENTILS, TAHINI, SALT AND APPLE CIDER VINEGAR.
3. FORM THE MIXTURE INTO PATTIES USING ABOUT 1/4 CUP OF THE MIXTURE FOR EACH PATTY. BAKE FOR 20 TO 25 MINUTES OR UNTIL WARMED THROUGH AND FIRM.
4. REMOVE THE BURGERS FROM THE OVEN. SERVE ON A BED OF LETTUCE AND TOP WITH COCONUT YOGURT AND SAUERKRAUT. ENJOY!

NOTES

LEFTOVERS: REFRIGERATE THE BURGERS IN AN AIRTIGHT CONTAINER FOR UP TO 7 DAYS. FREEZE FOR UP TO TWO MONTHS. ADD THE TOPPINGS JUST BEFORE SERVING.

SERVING SIZE: ONE SERVING IS EQUAL TO ONE 5- TO 6-INCH BURGER PATTY.

MORE FLAVOUR: ADD CUMIN AND FRESH HERBS TO THE LENTIL TAHINI MIXTURE.

ADDITIONAL TOPPINGS: CARAMELIZED ONIONS, FETA, SAUTÉED MUSHROOMS AND/OR AVOCADO.

NO LETTUCE: USE WHOLE GRAIN BREAD, BROWN RICE TORTILLA WRAPS, COLLARD GREENS, SWISS CHARD OR OMIT COMPLETELY.

NUTRITION

AMOUNT PER SERVING

CALORIES	254
FAT	9G
CARBS	31G
FIBER	13G
SUGAR	3G
PROTEIN	15G
CHOLESTEROL	0MG
SODIUM	436MG
VITAMIN A	246IU
VITAMIN C	5MG
CALCIUM	127MG
IRON	6MG



TEMPEH TACO BOWL

TWO SERVINGS
20 MINUTES

INGREDIENTS

- 1/2 CUP QUINOA
- 1 TBSP AVOCADO OIL
- 7 1/16 OZS TEMPEH (CRUMBLED)
- 1 TSP CHILI POWDER
- 1 TSP CUMIN OREGANO SEA SALT
- 1 JALAPENO PEPPER (SMALL, SEEDS REMOVED AND FINELY CHOPPED)
- 1 TOMATO (LARGE, DICED)
- 1 LIME (JUICED, DIVIDED)
- 4 LEAVES ROMAINE (CHOPPED)

DIRECTIONS

1. COOK THE QUINOA ACCORDING TO PACKAGE DIRECTIONS.
2. HEAT THE OIL IN A PAN OVER MEDIUM-HIGH HEAT. ADD THE CRUMBLED TEMPEH AND COOK FOR ABOUT FIVE MINUTES UNTIL BROWNE. ADD THE CHILI POWDER, CUMIN, OREGANO, SALT, AND JALAPENO AND COOK FOR ANOTHER MINUTE MORE.
3. STIR IN THE TOMATO AND HALF OF THE LIME JUICE AND CONTINUE TO COOK FOR ANOTHER THREE TO FIVE MINUTES UNTIL THE TOMATOES BEGIN TO SOFTEN. ADD A LITTLE BIT OF WATER IF IT STARTS TO STICK TO THE PAN. SEASON WITH ADDITIONAL SALT IF NEEDED.
4. TO SERVE, DIVIDE THE LETTUCE, QUINOA, AND TEMPEH BETWEEN BOWLS AND DRIZZLE WITH THE REMAINING LIME JUICE. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	445
FAT	21G
CARBS	42G
FIBER	6G
SUGAR	1G
PROTEIN	28G
CHOLESTEROL	0MG
SODIUM	375MG
VITAMIN A	6213IU
VITAMIN C	26MG
CALCIUM	174MG
IRON	7MG

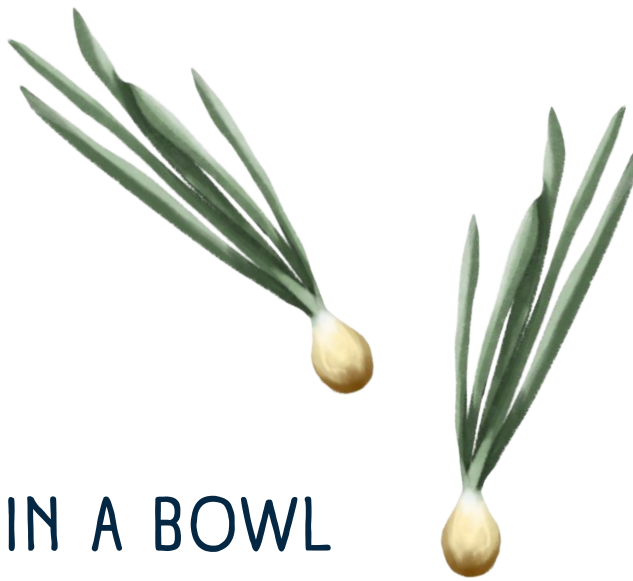
NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO FOUR DAYS.

MORE FLAVOUR: ADD OTHER DRIED HERBS AND SPICES TO THE TEMPEH OR USE TACO SEASONING

ADDITIONAL TOPPINGS: ADD AVOCADO, SALSA, SOUR CREAM, CILANTRO, GREEN ONION, OR EXTRA JALAPENO.

NO QUINOA: USE WHITE OR BROWN RICE OR CAULIFLOWER RICE INSTEAD.



EGG ROLL IN A BOWL

FOUR SERVINGS
30 MINUTES

INGREDIENTS

- 2 TBSPS AVOCADO OIL
- 1 YELLOW ONION (MEDIUM, DICED)
- 5 STALKS GREEN ONION (DICED)
- 4 GARLIC (CLOVES, MINCED)
- 1 TBSP GINGER (PEELED AND GRATED)
- 1 LB LEAN GROUND PORK
- 6 CUPS COLESLAW MIX
- 2 CUPS BEAN SPROUTS
- 1/4 CUP COCONUT AMINOS

DIRECTIONS

1. HEAT THE AVOCADO OIL IN A PAN OVER MEDIUM-HIGH HEAT. ADD THE YELLOW ONION, GREEN ONION, GARLIC, AND GINGER. COOK FOR 3 TO 5 MINUTES, STIRRING FREQUENTLY, UNTIL SOFT.
2. ADD THE PORK AND BREAK IT UP AS IT COOKS. COOK FOR ABOUT 7 TO 10 MINUTES, OR UNTIL COOKED THROUGH.
3. STIR IN THE COLESLAW MIX, BEAN SPROUTS, AND COCONUT AMINOS. STIR FOR 5 MINUTES, OR UNTIL VEGGIES HAVE SOFTENED. TRANSFER TO BOWLS AND ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	407
FAT	26G
CARBS	21G
FIBER	6G
SUGAR	10G
PROTEIN	26G
CHOLESTEROL	77MG
SODIUM	666MG
VITAMIN A	5100IU
VITAMIN C	58MG
CALCIUM	101MG
IRON	4MG

NOTES

NO COCONUT AMINOS: USE TAMARI OR SOY SAUCE INSTEAD.
MEAT-FREE: REPLACE THE GROUND MEAT WITH SCRAMBLED EGGS OR TOFU.



CURRIED TUNA SALAD SANDWICH

TWO SERVINGS
10 MINUTES

INGREDIENTS

- 1 CAN TUNA (DRAINED)
- 2 TBSPS MAYONNAISE
- 1 STALK GREEN ONION (FINELY CHOPPED)
- 1/2 STALK CELERY (FINELY CHOPPED)
- 1 1/2 TSPS PICKLE (SWEET, FINELY CHOPPED)
- 1/4 TSP CURRY POWDER
- 1/2 CUP MICROGREENS
- 4 SLICES WHOLE GRAIN BREAD

DIRECTIONS

1. IN A BOWL, MIX THE TUNA WITH THE MAYONNAISE, GREEN ONIONS, CELERY, PICKLES, AND CURRY POWDER.
2. DIVIDE THE MICROGREENS AND TUNA SALAD EVENLY BETWEEN THE BREAD. CLOSE THE SANDWICH AND ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	395
FAT	15G
CARBS	38G
FIBER	7G
SUGAR	7G
PROTEIN	28G
CHOLESTEROL	36MG
SODIUM	644MG
VITAMIN A	346IU
VITAMIN C	6MG
CALCIUM	113MG
IRON	4MG

NOTES

LEFTOVERS: REFRIGERATE THE TUNA SALAD IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS. ASSEMBLE THE SANDWICH THE DAY OF. SERVING SIZE: ONE SERVING IS EQUAL TO ONE SANDWICH.

MORE FLAVOUR: USE LETTUCE OR BABY SPINACH INSTEAD OF MICROGREENS. ADD WALNUTS AND/OR PUMPKIN SEEDS.

GLUTEN-FREE: USE GLUTEN-FREE BREAD. CANNED TUNA: ONE CAN OF TUNA IS EQUAL TO 165 GRAMS OR 5.8 OUNCES, DRAINED.



GREEK PASTA MASON JAR SALAD

FOUR SERVINGS
20 MINUTES

INGREDIENTS

- 1/4 CUP RED ONION (SMALL, MINCED)
- 3 TBSPS BALSAMIC VINEGAR
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 2 CUPS CHICKPEAS (COOKED)
- 1 CUP PITTED KALAMATA OLIVES (HALVED)
- 2 CUPS CHERRY TOMATOES (HALVED)
- 3 CUPS BROWN RICE FUSILLI,
- 4 CUPS COOKED ARUGULA

DIRECTIONS

1. IN A BOWL, COMBINE THE RED ONION, BALSAMIC VINEGAR AND OLIVE OIL.
2. DIVIDE THE DRESSING INTO JARS AND TOP WITH EQUAL AMOUNTS OF CHICKPEAS, OLIVES, TOMATOES, FUSILLI, AND ARUGULA. WHEN READY TO EAT, SHAKE WELL AND DUMP INTO A BOWL. ENJOY!

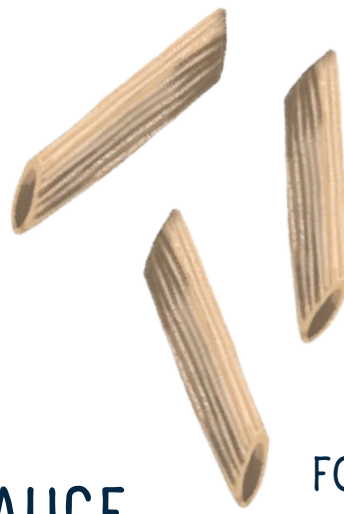
NUTRITION

AMOUNT PER SERVING

CALORIES	372
FAT	11G
CARBS	63G
FIBER	10G
SUGAR	9G
PROTEIN	12G
CHOLESTEROL	0MG
SODIUM	269MG
VITAMIN A	1228MG
VITAMIN C	15MG
CALCIUM	120MG
IRON	6MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.
SERVING SIZE: 16 FL OZ (473 ML) MASON JARS WERE USED FOR THIS RECIPE. ONE SERVING IS ONE
MORE FLAVOUR: SEASON WITH SALT, PEPPER OR YOUR CHOICE OF HERBS AND SPICES.
ADDITIONAL TOPPINGS: FETA CHEESE, MINCED GARLIC, CUCUMBER, AND/OR BELL PEPPERS.
NO BALSAMIC VINEGAR: USE RED WINE VINEGAR INSTEAD



MEAL PREP PASTA & MEAT SAUCE

FOUR SERVINGS
25 MINUTES

INGREDIENTS

- 4 CUPS WHOLE WHEAT PENNE (DRY, UNCOOKED)
- 1 LB EXTRA LEAN GROUND BEEF
- 2 CUPS TOMATO SAUCE

DIRECTIONS

1. COOK THE PASTA ACCORDING TO THE INSTRUCTIONS ON THE PACKAGE.
2. WHILE THE PASTA COOKS, HEAT A LARGE SKILLET OVER MEDIUM HEAT. ADD THE BEEF AND SAUTE, BREAKING IT UP AS IT COOKS. ONCE IT IS COMPLETELY COOKED THROUGH, POUR THE TOMATO SAUCE OVER TOP AND MIX WELL.
3. DIVIDE THE COOKED PASTA INTO CONTAINERS AND DIVIDE THE MEAT SAUCE OVER TOP. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	527
FAT	13G
CARBS	69G
FIBER	11G
SUGAR	7G
PROTEIN	33G
CHOLESTEROL	74MG
SODIUM	88MG
VITAMIN A	549IU
VITAMIN C	9MG
CALCIUM	31MG
IRON	6MG

NOTES

NO GROUND BEEF: USE ANY TYPE OF GROUND MEAT INSTEAD.

LEFTOVERS: KEEPS WELL IN THE FRIDGE FOR 3 TO 4 DAYS. FREEZE UP TO TWO MONTHS.

VEGAN & VEGETARIAN: USE COOKED LENTILS INSTEAD OF GROUND MEAT.

NO TOMATO SAUCE: USE CANNED CRUSHED TOMATOES INSTEAD.

GLUTEN-FREE: USE A GLUTEN-FREE PASTA LIKE CHICKPEA, QUINOA OR RICE.

MORE VEGGIES: COOK CHOPPED VEGETABLES INTO THE SAUCE SUCH AS DICED ZUCCHINI, MUSHROOMS, BELL PEPPERS, EGGPLANT, SPINACH OR BASIL.



SLOW COOKER BLACK BEANS & RICE

SIX SERVINGS
6 HOURS

INGREDIENTS

- 2 CUPS DRY BLACK BEANS (UNCOOKED)
- 1 WHITE ONION (DICED)
- 1 1/2 CUPS DICED TOMATOES (FRESH OR CANNED)
- 1 TBSP CUMIN
- 1 TSP SEA SALT
- 2 TBSPS EXTRA VIRGIN OLIVE OIL
- 5 CUPS WATER
- 2 BAY LEAF (OPTIONAL)
- 3 CUPS JASMINE RICE (DRY)

DIRECTIONS

1. ADD ALL INGREDIENTS EXCEPT RICE INTO THE SLOW COOKER AND COOK ON HIGH FOR 6 TO 8 HOURS.
2. COOK THE RICE ACCORDING TO THE INSTRUCTIONS ON THE PACKAGE.
3. REMOVE BAY LEAVES FROM THE SLOW COOKER, AND SERVE THE BEANS OVER RICE. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	604
FAT	6G
CARBS	121G
FIBER	13G
SUGAR	4G
PROTEIN	21G
CHOLESTEROL	0MG
SODIUM	413MG
VITAMIN A	275IU
VITAMIN C	7MG
CALCIUM	124MG
IRON	4MG

NOTES

LEFTOVERS: REFRIGERATE WITHIN 2 HOURS OF COOKING IN AN AIR-TIGHT CONTAINER UP TO 3 TO 5 DAYS, OR FREEZE UP TO 8 MONTHS.

SERVING SIZE: ONE SERVING IS ROUGHLY 2 CUPS.

MORE TOPPINGS: ADD DICED TOMATOES, RED ONION, BELL PEPPER, CILANTRO, MINT, SOUR CREAM, OR YOGURT.



GREEK KALE CHICKPEA SALAD

FOUR SERVINGS
15 MINUTES

INGREDIENTS

- 2 TBSPS FRESH DILL (CHOPPED)
- 1/4 CUP EXTRA VIRGIN OLIVE OIL
- 1 LEMON (JUICED)
- 1/4 TSP SEA SALT
- 1/4 TSP BLACK PEPPER
- 2 CUPS CHICKPEAS (COOKED, DRAINED AND RINSED)
- 1/2 CUCUMBER (DICED)
- 1 TOMATO (DICED)
- 1 GREEN BELL PEPPER (DICED)
- 4 CUPS KALE LEAVES (FINELY SLICED)
- 1/2 CUP FETA CHEESE (CRUMBLED)

DIRECTIONS

1. IN A JAR COMBINE DILL, OLIVE OIL, LEMON JUICE, SEA SALT AND BLACK PEPPER. PUT A LID ON IT AND SHAKE WELL. SET ASIDE.
2. IN A LARGE SALAD BOWL, COMBINE CHICKPEAS, CUCUMBER, TOMATO, GREEN PEPPER AND KALE. ADD DESIRED AMOUNT OF DRESSING AND TOSS WELL. DIVIDE BETWEEN BOWLS AND TOP WITH FETA CHEESE. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	330
FAT	20G
CARBS	29G
FIBER	8G
SUGAR	6G
PROTEIN	11G
CHOLESTEROL	17MG
SODIUM	392MG
VITAMIN A	1700IU
VITAMIN C	55MG
CALCIUM	199MG
IRON	3MG

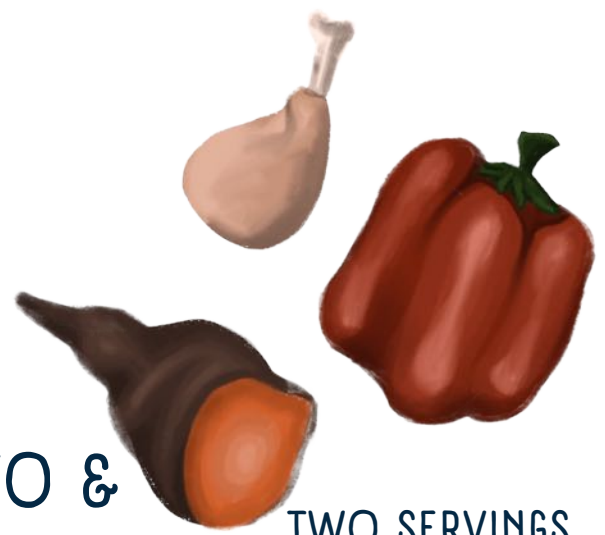
NOTES

NO CHICKPEAS: USE LENTILS OR KIDNEY BEANS INSTEAD.

MORE GREEK: ADD CHOPPED BLACK OLIVES.

NO KALE: USE SPINACH OR ANY DARK LEAFY GREEN INSTEAD.

CHICKEN WITH SWEET POTATO & PEPPERS



TWO SERVINGS
35 MINUTES

INGREDIENTS

- 10 OZS CHICKEN BREAST
- 1 SWEET POTATO (LARGE, CUT INTO SMALL CUBES)
- 1 RED BELL PEPPER (LARGE, CHOPPED)
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- SEA SALT & BLACK PEPPER (TO TASTE)

DIRECTIONS

1. PREHEAT OVEN TO 400°F (205°C) AND LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER.
2. PLACE THE CHICKEN, SWEET POTATO CUBES, AND BELL PEPPER ON THE PREPARED BAKING SHEET. DRIZZLE WITH THE OIL AND SEASON WITH SALT AND PEPPER TO TASTE. TOSS THE SWEET POTATOES AND BELL PEPPER TO EVENLY COAT IN THE SEASONING.
3. BAKE FOR ABOUT 30 MINUTES, STIRRING THE POTATOES AND PEPPERS HALFWAY, OR UNTIL THE CHICKEN IS COOKED THROUGH AND VEGETABLES ARE TENDER. ALLOW THE CHICKEN TO REST FOR FIVE TO 10 MINUTES BEFORE SLICING.
4. TO SERVE, SEASON WITH ADDITIONAL SALT AND PEPPER IF NEEDED THEN DIVIDE BETWEEN PLATES. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	301
FAT	11G
CARBS	17G
FIBER	3G
SUGAR	5G
PROTEIN	33G
CHOLESTEROL	103MG
SODIUM	102MG
VITAMIN A	11127IU
VITAMIN C	78MG
CALCIUM	31MG
IRON	1MG

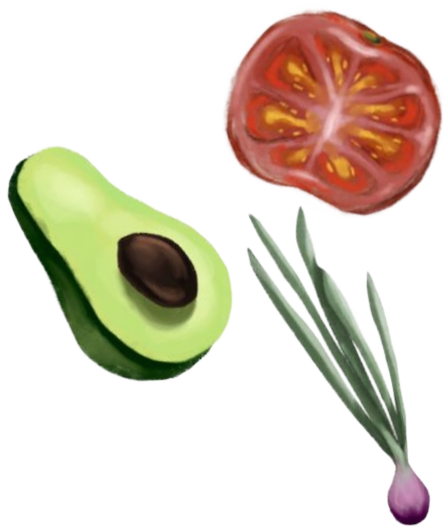
NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

MORE FLAVOUR: ADD OTHER DRIED HERBS AND SPICES TO TASTE.

NO BELL PEPPER: USE GREEN BEANS, ZUCCHINI, BROCCOLI, OR CAULIFLOWER FLORETS.

NO CHICKEN BREAST: USE CHICKEN THIGHS INSTEAD.



TOMATO AVOCADO SALAD

TWO SERVINGS
10 MINUTES

INGREDIENTS

- 2 TOMATO (MEDIUM, CHOPPED)
- 1 AVOCADO (MEDIUM, CHOPPED)
- 1/4 CUP RED ONION (SLICED)
- 1/4 CUP FETA CHEESE (CUBED)
- 1 LIME (JUICED)
- SEA SALT & BLACK PEPPER (TO TASTE)

DIRECTIONS

1. ARRANGE THE TOMATO, AVOCADO, AND RED ONION ON A SERVING PLATE
2. TOP WITH FETA CHEESE, DRIZZLE WITH LIME JUICE ON TOP, AND SEASON WITH SALT AND PEPPER. ENJOY!

NUTRITION

AMOUNT PER SERVING

CALORIES	242
FAT	19G
CARBS	17G
FIBER	8G
SUGAR	2G
PROTEIN	6G
CHOLESTEROL	17MG
SODIUM	268MG
VITAMIN A	1898IU
VITAMIN C	36MG
CALCIUM	118MG
IRON	1MG

NOTES

LEFTOVERS: BEST ENJOYED FRESH. REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO TWO DAYS.
SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY 1 1/2 CUPS.
MAKE IT VEGAN: OMIT THE FETA CHEESE OR USE PLANT-BASED CHEESE INSTEAD.
ADDITIONAL TOPPINGS: TOP WITH CHILI FLAKES AND CILANTRO.



AIR FRYER CRISPY CHICKEN THIGHS & POTATOES

FOUR SERVINGS
40 MINUTES

INGREDIENTS

- 4 CUPS MINI POTATOES (HALVED)
- 2 TBSPS EXTRA VIRGIN OLIVE OIL (DIVIDED)
- 1 TSP GARLIC POWDER (DIVIDED) SEA SALT & BLACK PEPPER (TO TASTE)
- 1 1/4 LBS CHICKEN THIGHS WITH SKIN (BONELESS)
- 1/2 TSP PAPRIKA
- 1/4 TSP DRIED THYME

DIRECTIONS

1. PREHEAT THE AIR FRYER TO 400°F (205°C).
2. ADD THE POTATOES AND HALF OF THE OIL TO A LARGE BOWL. ADD HALF OF THE GARLIC POWDER, SALT, AND PEPPER. TOSS TO COAT AND COMBINE. TRANSFER TO THE AIR FRYER AND COOK FOR 10 MINUTES. SHAKE THE BASKET AND COOK FOR EIGHT TO TEN MINUTES LONGER, UNTIL THE POTATOES ARE CRISPY AND COOKED THROUGH. REMOVE AND SET ASIDE.
3. PLACE THE CHICKEN IN THE SAME LARGE BOWL ALONG WITH THE REMAINING OIL, PAPRIKA, REMAINING GARLIC POWDER, AND THYME. MIX WELL TO COMBINE. SEASON WITH SALT AND PEPPER.
4. TRANSFER THE CHICKEN SKIN SIDE DOWN TO THE AIR FRYER AND COOK FOR NINE MINUTES. FLIP AND COOK THE CHICKEN SKIN SIDE UP FOR EIGHT TO NINE MINUTES LONGER, UNTIL COOKED THROUGH.
5. DIVIDE THE CHICKEN AND POTATOES BETWEEN PLATES AND ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	492
FAT	30G
CARBS	27G
FIBER	3G
SUGAR	1G
PROTEIN	27G
CHOLESTEROL	139MG
SODIUM	125MG
VITAMIN A	258IU
VITAMIN C	30MG
CALCIUM	30MG
IRON	2MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS ONE CHICKEN THIGH AND ONE CUP OF POTATOES.

SERVE IT HOT: ONCE THE CHICKEN IS DONE COOKING, ADD THE POTATOES BACK INTO THE AIR FRYER AND BAKE FOR ONE MINUTE TO REHEAT. IF YOU HAVE A MULTI-BASKET AIR FRYER, COOK THE CHICKEN AND POTATOES AT THE SAME TIME.



TWO SERVINGS
30 MINUTES

ROASTED CHICKEN, VEGGIES & QUINOA WITH TAHINI SAUCE

INGREDIENTS

- 1/2 CUP QUINOA (DRY)
- 12 OZS CHICKEN BREAST (BONELESS, SKINLESS)
- SEA SALT & BLACK PEPPER (TO TASTE)
- 1 1/2 TSPS PAPRIKA
- 1 ORANGE BELL PEPPER (MEDIUM, CHOPPED)
- 1 CUP CHERRY TOMATOES
- 2 TBSPS TAHINI
- 2 TBSPS WATER
- 1 TBSP LEMON JUICE

DIRECTIONS

1. PREHEAT THE OVEN TO 425°F (215°C) AND LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. COOK THE QUINOA ACCORDING TO THE PACKAGE DIRECTIONS. ONCE COOKED, FLUFF WITH A FORK AND LET IT COOL.
3. MEANWHILE, SEASON THE CHICKEN WITH SALT, PEPPER, AND PAPRIKA. PLACE THE CHICKEN, BELL PEPPER, AND CHERRY TOMATOES ON THE BAKING SHEET. BAKE IN THE OVEN FOR 22 TO 25 MINUTES, OR UNTIL THE CHICKEN IS COOKED THROUGH.
4. MAKE THE DRESSING BY WHISKING THE TAHINI, WATER, LEMON JUICE, SALT, AND PEPPER TOGETHER.
5. CHOP THE COOKED CHICKEN. DIVIDE THE QUINOA, CHICKEN, CHERRY TOMATOES, AND BELL PEPPERS EVENLY BETWEEN PLATES. SERVE WITH THE DRESSING AND ENJOY!

NUTRITION

AMOUNT PER SERVING	
CALORIES	494
FAT	16G
CARBS	41G
FIBER	7G
SUGAR	2G
PROTEIN	49G
CHOLESTEROL	124MG
SODIUM	103MG
VITAMIN A	1724IU
VITAMIN C	184MG
CALCIUM	116MG
IRON	5MG

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS. DRIZZLE WITH TAHINI DRESSING BEFORE SERVING.

SERVING SIZE: ONE SERVING IS EQUAL TO APPROXIMATELY TWO CUPS.

MAKE IT VEGAN: USE TOFU INSTEAD OF CHICKEN.

MORE FLAVOUR: ADD BROCCOLI AND RED ONION TO THE ROASTED VEGETABLES.

ADDITIONAL TOPPINGS: TOP WITH FRESH HERBS SUCH AS DILL OR PARSLEY.



ONE PAN SALMON & TOMATO ORZO

TWO SERVINGS
30 MINUTES

INGREDIENTS

- 1 1/2 TSPS EXTRA VIRGIN OLIVE OIL
- 12 OZS SALMON FILLET
- SEA SALT & BLACK PEPPER (TO TASTE)
- 1 TBSP ITALIAN SEASONING (DIVIDED)
- 2 GARLIC (CLOVE, SLICED)
- 1/2 CUP ORZO (DRY)
- 1 1/4 CUP WATER
- 1 CUP CHERRY TOMATOES
- 1 TBSP PARSLEY (CHOPPED)
- 1/2 LEMON (JUICED, OPTIONAL)

NUTRITION

AMOUNT PER SERVING

CALORIES	379
FAT	12G
CARBS	25G
FIBER	2G
SUGAR	3G
PROTEIN	42G
CHOLESTEROL	87MG
SODIUM	141MG
VITAMIN A	1057IU
VITAMIN C	18MG
CALCIUM	46MG
IRON	2MG

DIRECTIONS

1. WARM THE OIL IN A PAN OVER MEDIUM-HIGH HEAT. SEASON THE SALMON FILLETS ALL OVER WITH SALT, PEPPER, AND HALF OF THE ITALIAN SEASONING. PLACE THE SALMON IN THE PAN SKIN-SIDE DOWN, COOKING FOR ABOUT THREE TO FIVE MINUTES OR UNTIL THE SKIN IS CRISPY. FLIP AND COOK FOR ONE TO TWO MINUTES.
2. REMOVE THE SALMON FROM THE PAN AND SET ASIDE. IN THE SAME PAN, ADD THE GARLIC AND THE REMAINING ITALIAN SEASONING. SAUTÉ FOR ONE MINUTE, THEN ADD THE ORZO, WATER, AND CHERRY TOMATOES. STIR TO COMBINE.
3. BRING THE SALMON BACK TO THE PAN. COVER WITH A LID, TURN THE HEAT TO LOW AND LET SIMMER FOR 15 TO 20 MINUTES OR UNTIL THE WATER HAS ABSORBED AND THE ORZO IS COOKED THROUGH.
4. DIVIDE EVERYTHING EVENLY BETWEEN PLATES. SEASON WITH PARSLEY AND SQUEEZE THE LEMON JUICE ON TOP. ENJOY!

NOTES

LEFTOVERS: REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO THREE DAYS.

SERVING SIZE: ONE SERVING IS EQUAL TO ONE SALMON FILLET AND APPROXIMATELY 2/3 CUP ORZO

MORE FLAVOUR: ADD ONION, BELL PEPPER, AND BROCCOLI.