



The Cozy Kitchen: A Taste of Success



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About Us

This cookbook is a collaboration between the Golden Key International Honour Society and the Outstanding Scholars Student Council at the University of Windsor.

As students, we get it. You're racing between lectures, labs, part-time jobs, club meetings, and maybe even a nap if you are lucky. Eating well becomes an afterthought. And cooking? That can feel like climbing a mountain in flip-flops. Deciding what to make, finding a recipe that fits your mood and schedule, and hoping it all turns out edible is a lot. That's why we made this cookbook. To take the pressure off, make things easy to follow, and remind you that taking care of yourself can be quick, budget-friendly, and actually kind of fun.

Inside, you'll find recipes for every kind of craving:

- study snacks to keep your brain fired up
- breakfast, lunch, and dinner ideas for any time of the day
- energizing bites to get through the afternoon slump
- wellness-focused recipes when your body needs a little extra love
- high-protein options to keep you going
- and meal prep ideas to help future-you breathe a sigh of relief!

But this book is about more than just what's on your plate. It's about building habits that support your success in school, in health, and in life. Cooking can be a small act of self-care, a way to connect with culture, or just an excuse to hang out with your friends and family for a night that doesn't revolve around assignments.

We made this book for you, the student who wants to do it all and still eat something better than cereal for dinner. Every recipe was picked with care, tested with student life in mind, and meant to serve as a reminder to take care of yourself.

As Linda Nguyen and Sona Regonda, Co-Presidents of the UWindsor Golden Key chapter and heads of this project, say: "Success doesn't come from pushing through on an empty stomach. It comes from the small choices. The meals that fuel your focus, the moments shared around food, and the kindness you show yourself even on the busiest days."

So whether you're a total beginner, a meal prep pro, or someone who just wants to try something new, we hope this cookbook helps you find joy in the kitchen and maybe even taste a little success while you're at it.

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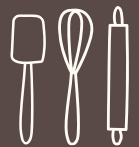


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Recipes for Success



The 20-Second Rule

Have you ever thought about what 20 seconds can turn into? Twenty seconds on TikTok somehow spirals into two hours of scrolling, and suddenly you're watching videos on how to teach your dog to talk. Twenty seconds of "I'm just closing my eyes" turns into a nap so long you wake up convinced you've missed your midterm. And let's not forget the classic 20-second panic attack where you're sure you've missed the deadline for an assignment because you confused 11:59 PM with 11:59 AM. Then you realize it's not even due until next week!

But what if you flipped that chaotic energy into something more useful? That same 20 seconds spent doing something unproductive could help you start building habits that actually stick. The 20-second rule is simple: make the good stuff easier and the bad stuff harder. Like putting your phone across the room on do not disturb while you study, you can say goodbye to endless scrolling and hello to actual productivity. University life is crazy enough, so why not learn a few easy tricks to make it easier? It's not magic, and it won't win you a Nobel Prize overnight, but those 20 seconds can turn into something powerful with effort, dedication, and time. All it takes is a tiny push, and who knows? Maybe it'll change the way you use your energy to benefit yourself rather than stressing over something silly.

To make life even easier, why not apply the 20-second rule to something as basic as your daily routine, like making a quick, nutritious meal that doesn't waste time?

Now, let's be real, university students don't have the time to cook gourmet meals every day. And those who do? They're not exactly Gordon Ramsay. We've all been there, standing in front of the fridge at 1 AM, questioning our life choices while pulling an all-nighter for a midterm, wondering if cheese and a banana will get us through the night. You're exhausted from meetings, lectures, and projects, and cooking feels like an Olympic event.

Here's the thing, it doesn't have to be complicated. With a little effort and just 20 seconds to start, you can whip up something way better than waiting 20 seconds for your instant Mr. noodles to finish cooking. These recipes are all about reminding yourself that small wins can make a big difference in how you feel. So, put down the phone, stop scrolling on TikTok, and take a step toward building habits that fuel instead of drain you.



Self-Care & Relaxation

Be honest, when was the last time you took a real break? And no, scrolling through Instagram reels while half-watching your lecture recordings at 2x speed doesn't count. If you're like most university students, the idea of taking time to relax probably feels impossible. There's always another assignment, another group project, or another email from Brightspace haunting you at 2 AM. But the reality of it is, if you don't take time for yourself or to recharge, your brain will shut down, and sometimes that means happening at the worst possible time, like mid-exam when you suddenly forget everything you spent hours studying.

It's not something to beat yourself up about. We all forget sometimes, especially if education is your main priority. The problem is it shouldn't be. Self-care shouldn't feel like another task on your agenda, or something that is too time-consuming to include in your schedule. We see influencers on social media having spa days and meditating, and while those are amazing, it doesn't have to be that complicated. It can be as simple as taking a 15-minute walk on local trails, going for a short drive with the windows open, taking a warm bath, or simply deep breathing. These small actions can help remind you that it's not the end of the world if you don't do well on the assignment you pulled three all-nighters for.

You aren't lazy, it's just like when your laptop keeps lagging and needs to be rebooted to function again. Just remember, self-care isn't some excuse to procrastinate. It's actually a way to stay productive without stressing yourself out. Regular breaks improve focus, reduce stress, help prevent burnout, and makes studying feel slightly less miserable ([Cornell Health, 2024](#)). That's why, even in their "day in my life" vlogs, you'll see these influencers enjoying small moments of self-care, whether it is reading, going to Pilates, or making some iced matcha. If you feel like you "don't have time" for self-care, that's just your stress talking. You don't need to block off hours every day. Even a few deep breaths after a brutal study session can be enough. Or, if you're feeling ambitious, baking is a great way to relax. A batch of chocolate chip cookies is the best way to turn a study session into something more enjoyable.

If you're someone who can't go five minutes without checking Brightspace for your midterm mark or an exam you thought you failed, try the Pomodoro technique: 25 minutes of work, followed by a 5-minute break ([Collins, 2020](#)). Use that break to stretch, grab a snack, or send that "I'm so done" text to your friends. The main idea is that self-care doesn't have to be complicated, it just needs to happen.

At the end of the day, remember that self-care is just as important as studying. Taking time to rest does not mean you are lazy. It means you understand the value of balance.



Sleepless @UWindsor

It's late, your work isn't done, you are panicked about something in your head, and you are mentally and physically exhausted. But with a jolt of caffeine (a legal neuro-enhancement strategy) you can push through and get it done. Since there is no "sleep police" you are vulnerable to making regularly scheduled bad decisions for your health span.

Excellence doesn't come easy at university. Most believe that it comes at a price, often, it is a deficit in sleep. Lots of people humbly brag about their work ethic in public. For example, Tim Walls when running in the past US election declared that "We'll sleep when we're dead, when this is done." I hope Tim Walls is getting better sleep for his next election campaign.

Several major universities now have sleep clinics. The market for sleep is valued at over \$430 billion, and the Transportation Safety Board of Canada is sounding the alarm on fatigue. And yet, many of us still use sleep as a trade-off for so-called "opportunities," "dedication," and "excellence" (Miller, 2023).

Acute sleep deprivation can be lethal in a car, in the workplace, and it impacts your health span (Attia, 2023). Sleep also impacts your ability to remember and learn (Malcolm, 2022). No worries! It is easy to increase your sleep literacy. It is time for you to start making your best recipes for getting better sleep!

Yes, the kind of sleep that can improve your well-being and performance. Matt Walker provides multimedia information about getting better sleep and sleep literacy. Matt is a professor of neuroscience and psychology at the University of California, Berkeley, and founder and director of the school's Center for Human Sleep Science. Matt sums up the importance of sleep in his Ted.com talk titled, "Sleep is Your Superpower".

If you want to show up to classes ready to read, ready to learn, and hit save before you lose what you've learned, get better sleep (Walker, 2017). You can learn more about getting better sleep through an interview with Peter Attia and Matt Walker titled: "Understanding sleep and how to improve it."

Walker provides six scientifically grounded tips for better sleep (see the video).

1. Be consistent. Whenever possible, follow a consistent schedule for sleeping. We usually only set an alarm for waking up. Walker suggests setting a go-to-bed alarm to improve the amount of sleep we get!
2. Keep it cool. Walker argues that your body temperature needs to drop in temperature by 1 degree Celsius to fall asleep. He suggests targeting your room to be 18 degrees Celsius.



Sleepless @UWindsor

3. Darkness. Walker argues that we need darkness in the evening to release melatonin. Dim the lights, shut down screens, use black out shades, etc.
4. Beds are for sleeping. Train your brain to associate your bed with sleep. If you can't get to bed after 20 – 25 minutes, get up, do something else, and then come back to bed when you are sleepy.
5. Avoid caffeine and alcohol before bed. Alcohol may help you be sedated, but chances are, you will wake up. Sedation is not the same as quality sleep (Walker, 2017).
6. Routine. Do you have a wind-down routine? Walker equates the going to sleep process to landing a plane. It takes a plan, a routine, and time.

If you are struggling to get sleep, make sure your doctor knows about it. It is a good topic of conversation and could lead to better health outcomes and a better health span.

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Student Guide: Tips for Understanding Food Labels



1. Always Check the Back of the Package: Food labels are your best source of information. Make sure to look for the following:

- **Ingredient List**
- **Nutrition Facts Table**
- **Allergen Information**
- **Preparation Instructions** (if applicable)

2. Read the Ingredient List First:

- Ingredients are listed by **weight**, from the most to the least.
For example: If sugar is the first ingredient, the food item is primarily sugar.
- If you encounter unfamiliar ingredients, don't worry! Many ingredients have multiple names or are used in different forms. You can look them up online to understand their function in food.

3. Read the Nutrition Facts Table Next:

In Canada, most packaged foods have a **Nutrition Facts Table** that provides key details about the food's nutritional content.

- **Serving Size:** The amount generally consumed, but not a recommendation for how much you should eat.
- **Calories:** The energy value of the food item. This is an estimate, not an exact number.
- **12 Key Nutrients:** These include fats, proteins, sugars, vitamins, minerals, and more, listed in units like grams (g) and milligrams (mg).
- **Percent Daily Value (% DV):** This shows how much a nutrient in a serving contributes to your daily diet.
 - **5% DV or less** is considered low.
 - **15% DV or more** is high.

4. Key Tips for Interpreting the Nutrition Facts Table:

- **Serving Size:** This is the amount commonly consumed based on statistical data, not a recommendation for your individual consumption. It's important to compare serving sizes if you're analyzing different foods.
- **Calories:** The calorie count is based on the listed serving size, providing an estimate of the food's energy value. Keep in mind, everyone has different daily energy needs.
- **% Daily Value:** Use this to compare the nutrition of different products.
 - A high percentage of **sodium**, **sugar**, or **saturated fat** means you may want to limit these items in your diet.
 - Look for foods that are **high in fibre**, **iron**, **calcium**, and **potassium**, as these nutrients are beneficial for your health.

REMINDER

The serving size is not a suggestion; it's just a standard measure.
The % DV helps you assess whether a food is low or high in nutrients.

Customized Supplements: Viva la Vida Vitamins

As a high-performing, stressed-out university student, maintaining mental clarity, energy, and overall well-being is crucial. Here’s a comprehensive guide to key supplements that can help support focus, stress management, immune function, muscle recovery, and general health. These supplements are chosen to provide maximum benefit with minimal side effects, tailored for students juggling academics, stress, and life.

Supplement	Why It's Important	Recommended Dose	Best Time to Take
Ashwagandha	Adaptogenic herb known for reducing stress and anxiety, improving focus, and supporting overall vitality.	300-600 mg (standardized to 5-10% withanolides)	Morning or before bed (if you're stressed)
Magnesium	Helps with relaxation, muscle recovery, and overall nervous system support. Also combats fatigue and improves sleep.	200-400 mg (Magnesium glycinate or citrate)	Evening (helps with relaxation and sleep)
L-Theanine	Promotes relaxation without sedation. Supports focus, reduces anxiety, and improves sleep quality.	100-200 mg	Mid-morning or afternoon (with caffeine)
Vitamin D3	Boosts immunity, improves mood, and enhances cognitive function, especially for those with limited sun exposure.	1000-2500 IU daily	Morning (with meal for optimal absorption)
Zinc	Supports immune function, aids in protein synthesis, and promotes skin health. Crucial for brain and body function.	15-30 mg	Evening (after meals)
Iron	Essential for oxygen transport and energy production. Vital for students who feel fatigued or have low iron levels.	18 mg (for females) / 8 mg (for males)	Morning (with food)
Omega-3 (EPA & DHA)	Supports brain function, reduces inflammation, and improves mood	1000-2000 mg (combined EPA/DHA)	With meals (helps absorption)

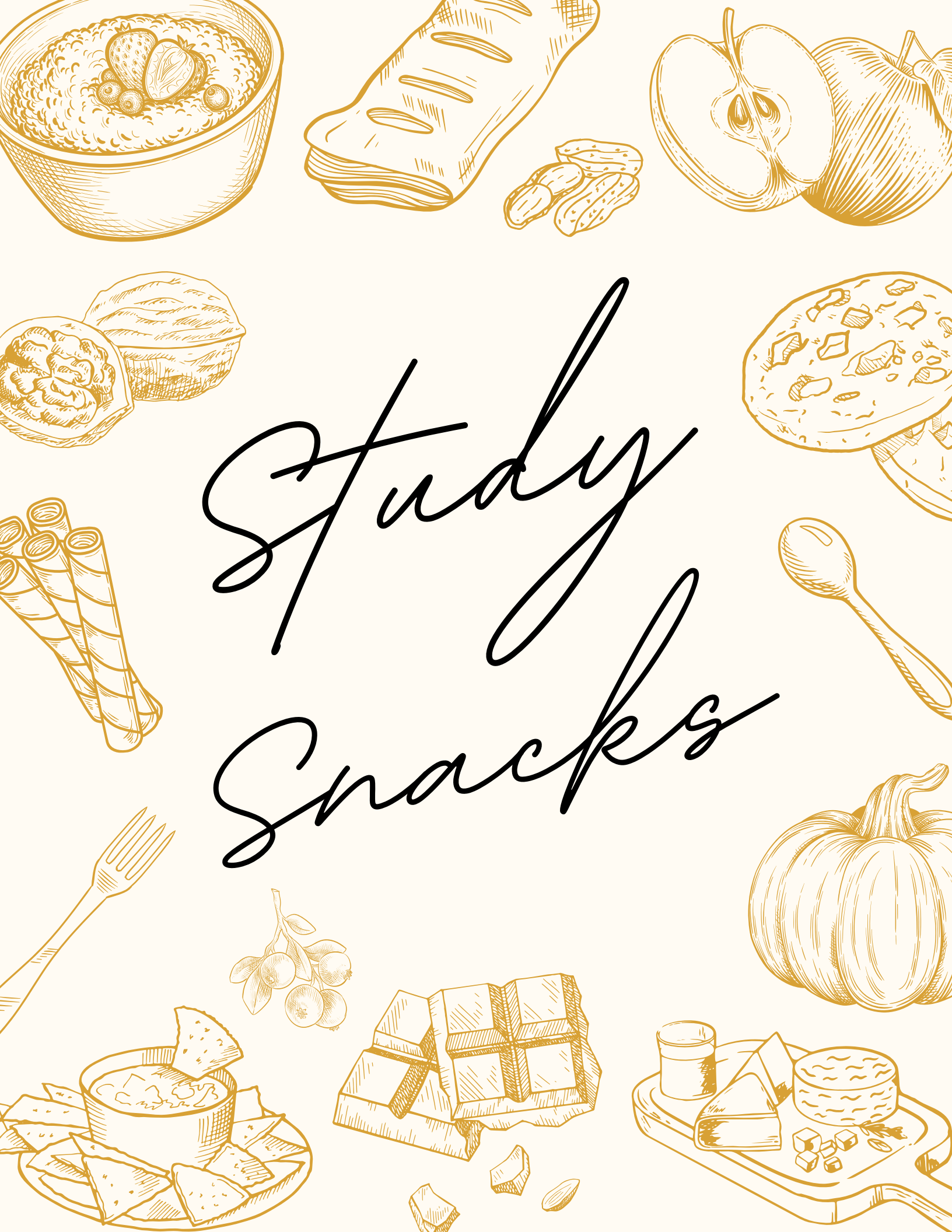
	and focus. Essential for mental performance.		
Ginseng	Enhances energy, focus, and memory while reducing stress and fatigue. Known for boosting academic performance.	200-400 mg (standardized extract)	Morning or early afternoon (energizing)
Bee Propolis Throat Spray	Supports immune function, soothes sore throats, and protects against infections. Ideal for students exposed to germs.	1-2 sprays (3-4 times a day)	As needed (before or after classes)
Collagen Powder	Supports skin elasticity, joint health, and overall connective tissue health. Aids in recovery from physical stress.	10-20 g per day (hydrolyzed collagen)	Morning or before bed (mix in smoothies, coffee, or water)
Biotin	Promotes healthy hair, skin, and nails. Supports cellular energy production, which is crucial during periods of mental and physical stress.	30-100 mcg daily	Morning (with food)
Electrolyte Powders	Helps maintain hydration, balances fluid levels, and prevents cramping. Essential for students exercising or in need of better hydration.	1 serving per day (depending on activity level)	During or after exercise, or throughout the day for hydration
Protein Powder	Aids in muscle recovery, supports immune function, and helps maintain energy levels. Essential for overall nutrition.	20-30 g per serving (whey, plant-based)	Post-workout or as a meal replacement, any time during the day

Final Tips:

- **Consistency is Key:** For maximum benefits, consistency with supplementation is important. Be sure to follow the recommended daily doses, and try to integrate these supplements into a routine that fits your lifestyle.
- **Quality Matters:** Choose high-quality supplements, preferably with third-party testing for purity and potency. When possible, opt for food-based supplements to ensure better absorption.



CUSTOMIZE YOUR MEALS NOW!



Study Snacks



★ RYE CRACKERS WITH PEANUT BUTTER & HONEY

INGREDIENTS:

- 2 tbsps All Natural Peanut Butter
- 2 Slices Light Rye Crisp
- 1 tsp Raw Honey

DIRECTIONS:

Spread the peanut butter on the crisp bread and drizzle with honey!

Nutrition

Amount per serving	
Calories	253
Fat	17g
Carbs	24g
Fiber	6g
Sugar	9g
Protein	9g
Cholesterol	0mg
Sodium	76mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	25mg
Iron	2mg

NOTES:

Leftovers: Best enjoyed immediately.

Serving Size: One serving is two pieces of crisp bread.

Additional Toppings: Top with sliced banana or blueberries.

No Peanut Butter: Use other nut or seed butter.

 1 serving  5 minutes



★ SPICY LABNEH & CUCUMBERS

INGREDIENTS:

- 2 tbsps Labneh
- 1/2 tsp Chili Flakes
- 1/4 Cucumber (large, sliced)

DIRECTIONS:

In a bowl, mix together the labneh with chili flakes. Serve with cucumbers!

Nutrition


Amount per serving	
Calories	56
Fat	3g
Carbs	5g
Fiber	0g
Sugar	2g
Protein	3g
Cholesterol	15mg
Sodium	82mg
Vitamin A	379IU
Vitamin C	2mg
Calcium	72mg
Iron	0mg

NOTES:

Leftovers: Refrigerate in an airtight container for up to three days.

More flavor: Add flaky salt and sumac to the labneh mixture.

More Vegetables: Add bell pepper or carrot.

 1 serving  5 minutes



EARL GREY CHIA PUDDING



2 servings



1 hour 30 minutes

INGREDIENTS:

- 1 cup Plain Coconut Milk (from the carton)
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 2 tpsps Earl Grey Tea (loose leaf or in tea bags)
- 1/4 cup Chia Seeds
- 1 cup Frozen Blueberries

DIRECTIONS:

1. In a small saucepan, add the coconut milk and stir in the maple syrup and vanilla. Bring to a low simmer.
2. Add the loose leaf tea or tea bags. Remove from the heat and let the tea steep for three to five minutes. If using tea bags, discard the bags. If using loose leaf, strain the tea.
3. Let the steeped tea mixture cool for five to ten minutes before pouring into a bowl.
4. Stir in the chia seeds. Let sit for five to ten minutes and then stir again. Refrigerate for at least one hour or until the chia seeds have set.
5. Once the pudding is ready to serve, top with frozen blueberries. Enjoy!

Nutrition

Amount per serving	
Calories	251
Fat	10g
Carbs	37g
Fiber	10g
Sugar	22g
Protein	4g
Cholesterol	0mg
Sodium	25mg
Vitamin A	285IU
Vitamin C	2mg
Calcium	406mg
Iron	2mg

NOTES:

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cups.



Whipped feta pumpkin dip



4 servings



10 minutes

INGREDIENTS

2/3 cup Feta Cheese (crumbled)

1/3 cup Pureed Pumpkin

1 1/2 tsps Raw Honey

1/4 Lemon (juiced)

1/2 tsp Chili Flakes

Sea Salt and Black Pepper

1 1/2 tsps Extra Virgin Olive Oil

1 tbsp Pistachios (optional toppings)

6 Ozs Whole Grain Crackers

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving size: One serving is approximately 1/4 cup with crackers.

More flavor: Add garlic and cumin.

Nut-free: Trade pistachios for herbs!

DIRECTIONS

1. In a blender, add the feta cheese, puréed pumpkin, honey, lemon and chili flakes. Blend until mostly smooth and creamy or your desired consistency.
2. Taste and adjust the salt and pepper if needed.
3. Transfer the chips into a serving bowl. Drizzle the oil on top. Garnish with pistachios and more chili flakes (optional). Serve with crackers and enjoy!

Nutrition

Amount per serving	
Calories	312
Fat	17g
Carbs	34g
Fiber	2g
Sugar	8g
Protein	7g
Cholesterol	22mg
Sodium	661mg
Vitamin A	3295IU
Vitamin C	2mg
Calcium	137mg
Iron	2mg



 1 serving  5 minutes

★ CHOCOLATE CHIPS, DRIED CRANBERRIES & WALNUTS

INGREDIENTS:

- 2 tbsps Dark Chocolate chips
- 3 tbsps Dried Unsweetened Cranberries
- 1/4 cup Walnuts

DIRECTIONS:

- Add the chocolate chips, dried cranberries and walnuts to a bowl or container if on-the-go.

Nutrition

Amount per serving	
Calories	444
Fat	30g
Carbs	37g
Fiber	3g
Sugar	30g
Protein	7g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg



 1 serving  5 minutes

★ CHEESE & APPLE PINWHEELS

INGREDIENTS:

- 1 1/2 ozs Cheddar Cheese (Sliced)
- 1/2 Apple (Small, Cored. Thinly Sliced)
- 1 Whole Wheat Tortilla (Large)

DIRECTIONS:

- Arrange the sliced cheese and apple onto the tortilla. Tightly roll up the tortilla and cut into slices. Enjoy!

NOTES:

Leftovers: Best enjoyed fresh.

Gluten-Free: Use a gluten-free tortilla.

More flavor: Add arugula and your favourite dressing.

Dairy-Free: Use a plant based cheese alternative or hummus!

Nutrition

Amount per serving	
Calories	346
Fat	18g
Carbs	33g
Fiber	6g
Sugar	11g
Protein	14g
Cholesterol	42mg
Sodium	532mg
Vitamin A	579IU
Vitamin C	4mg
Calcium	407mg
Iron	1mg



PEANUT BUTTER OAT BARS



9 servings



40 minutes

INGREDIENTS

- 1 cup All Natural Peanut Butter (smooth, runny)
- 2/3 cup Maple Syrup
- 2 tsp Vanilla Extract
- 3 cups Oats

Nutrition

Amount per serving	
Calories	338
Fat	16g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	10g
Cholesterol	0mg
Sodium	9mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	52mg
Iron	2mg

DIRECTIONS

1. Preheat the oven to 350° F (175° C) and line a baking pan with parchment paper.
2. In a small saucepan over low heat, combine the peanut butter, maple syrup, and vanilla. Continuously stir until melted and well combined.
3. Add the oats to a large bowl. Pour the melted peanut butter mixture over the oats and stir well until the oats are fully coated.
4. Add the oat mixture into the baking pan and use your hands to spread it out and press down into an even layer.
5. Bake for 15 minutes. Remove from the oven and let cool for 10 to 15 minutes before cutting into squares. Enjoy!

NOTES:

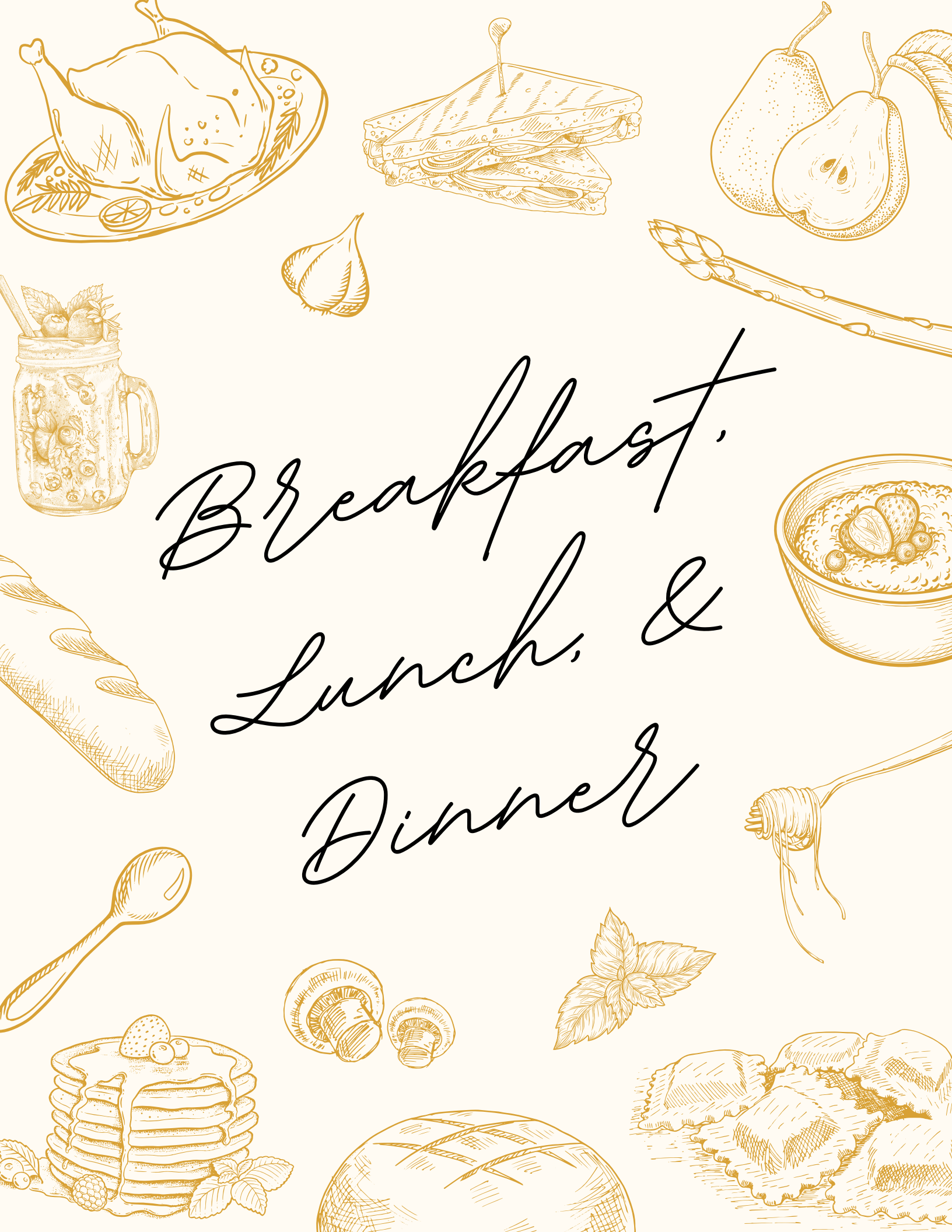
Leftovers: Store in an airtight container on the counter for up to three days.

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 nine servings.

No Peanut Butter: Use almond or cashew butter.

More Flavor: Add chocolate chips

Breakfast,
Lunch, &
Dinner





CREAMY CHOCOLATE BANANA SMOOTHIE



1 serving



5 minutes

INGREDIENTS:

- 1 tbsp Cacao Powder
- 1 1/2 cups Plain Greek Yogurt
- 1 cup Water
- 1 Banana (medium)

DIRECTIONS:

Add all ingredients to a blender and blend well until smooth!

NOTES:

Leftovers: Best enjoyed fresh.

Serving size: One serving is approximately 3 1/2 cups.

Make it Vegan: Use dairy-free yogurt.

Like it Sweet: Add maple syrup or honey.

More flavor: Add peanut butter.

Nutrition

Amount per serving

Calories	411
Fat	10g
Carbs	47g
Fiber	5g
Sugar	23g
Protein	35g
Cholesterol	51mg
Sodium	217mg
Vitamin A	1950IU
Vitamin C	33mg
Calcium	789mg
Iron	2mg

Matcha & White Chocolate Chip Pancakes



4 servings



25 minutes

Nutrition

Amount per serving

Calories	344
Fat	13g
Carbs	51g
Fiber	1g
Sugar	21g
Protein	4g
Cholesterol	0mg
Sodium	432mg
Vitamin A	126IU
Vitamin C	0mg
Calcium	261mg
Iron	2mg

INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Apple Cider Vinegar
- 5 ozs Unbleached All Purpose Flour
- 2 tsps Baking Powder
- 1 tbsp Green Tea Powder 1 tbsp Cane Sugar
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted, plus more for pan)
- 1 tsp Vanilla Extract
- 1/2 cup White Chocolate Chips

DIRECTIONS

1. In a small bowl or large measuring cup, combine the milk and apple cider vinegar. Let it sit for about five minutes.
2. In a large bowl, whisk the flour, baking powder, green tea powder, sugar, and salt.
3. Add the milk mixture, coconut oil, and vanilla to the dry ingredients. Mix with a spatula until just combined, some lumps are ok. Gently fold in the chocolate chips.
4. Heat a well-greased pan over medium heat. Scoop 1/4 cup of the batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
5. Divide evenly between plates and enjoy!

NOTES:

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster. Freeze between parchment paper in a freezer bag for up to one month.

No ACV: Use lemon juice

Additional Toppings: Maple syrup, butter, coconut butter, coconut whipped cream, berries, and/or nuts.

CINNAMON PEAR BAKED OATMEAL



4 servings



40 minutes

Ingredients

- 2 cups Oats (rolled)
- 1 tsp Cinnamon
- 3/4 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1/4 cup Maple Syrup
- 2 cups Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract
- 3 Pear (chopped)

Directions

1. Preheat the oven to 375°F (190°C) and grease a baking dish, or line it with parchment paper.
2. Add the oats, cinnamon, baking powder, and salt to a large bowl and mix well. Add the milk, maple syrup, and vanilla and mix to combine. Fold in the pears.
3. Bake for 30 to 35 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide evenly between plates and enjoy!

Notes:

Leftovers: Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

Additional Toppings: Yogurt, maple syrup, nuts/seeds or nut/seed butter.

Nutrition

Amount per serving	
Calories	300
Fat	4g
Carbs	62g
Fiber	9g
Sugar	26g
Protein	6g
Cholesterol	0mg
Sodium	252mg
Vitamin A	285IU
Vitamin C	6mg
Calcium	336mg
Iron	2mg

SPINACH & BELL PEPPER FRITTATA



4 servings



45 minutes

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (medium, chopped)
- 2 stalks Green Onion (chopped)
- 1 cup Baby Spinach (chopped) 1 cup Cottage Cheese (drained)
- 2 cups Egg Whites
- 1 tsp Italian Seasoning
- Salt & Black Pepper (to taste)

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. Grease a baking dish with the oil. Add the bell peppers, onions, spinach, cottage cheese, egg whites, Italian seasoning, salt, and pepper to the dish. Stir gently to mix.
3. Cook in the oven for 30 to 35 minutes or until the egg whites are set. Let cool slightly before serving. Divide evenly between plates and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days. Freeze separate portions for up to three months.

Serving Size: A 9-inch (23 cm) round baking dish was used to make four servings.

More flavor: Add chilli flakes, dill, basil, and/or parsley. Use a few whole eggs to bring more colour and flavor.

Nutrition

Amount per serving	
Calories	156
Fat	6g
Carbs	5g
Fiber	1g
Sugar	4g
Protein	20g
Cholesterol	9mg
Sodium	375mg
Vitamin A	1948IU
Vitamin C	41mg
Calcium	65mg
Iron	1mg

Butternut Squash Grilled Cheese



1 serving



30 minutes



Ingredients

- 1 cup Butternut Squash (peeled and cut into thin slices)
- 2 tsp Extra Virgin Olive Oil
- Sea Salt and Black Pepper
- 2 tbsps Fresh Sage
- 2 tpsps Butter (softened)
- 3 slices Sourdough Bread
- 2 ozs Cheddar Cheese (grated)

Nutrition

Amount per serving	
Calories	700
Fat	36g
Carbs	68g
Fiber	6g
Sugar	3g
Protein	24g
Cholesterol	76mg
Sodium	855mg
Vitamin A	16059IU
Vitamin C	33mg
Calcium	538mg
Iron	5mg

Directions

1. Preheat the oven to 425°F (220°C).
2. Place the squash slices on a baking sheet. Drizzle with half of the oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes, flipping halfway, until cooked through.
3. Heat a pan over medium-low heat and add the remaining oil. Once hot, add the sage and fry until crispy. Set aside.
4. Spread the butter on the outside of both slices of bread. Add the squash slices, cheddar and sage to the middle. Close the sandwich.
5. In the same pan, over medium-low heat, place the sandwich in the pan and cook for about four minutes per side or until browned on both sides. Remove, slice it in half, and enjoy!

Notes

Leftovers: Best enjoyed fresh. Cook the squash ahead of time to save on time.

More flavor: Season the squash with smoked paprika.

No Butter: Spread mayonnaise on each outside slice of bread instead.



Grilled Halloumi & Hummus Sandwich



2 servings



15 minutes

INGREDIENTS

- 4 ozs Halloumi (sliced)
- 1/4 cup Hummus
- 6 ozs Sourdough Baguette
- 1/2 Tomato (sliced)
- 1 cup Arugula

DIRECTIONS

1. Preheat the grill to medium heat and grease it with oil. Place the halloumi on the grill and cook for two to three minutes per side or until browned.
2. Divide the hummus onto the bread along with the grilled halloumi, tomato, and arugula. Enjoy!

NOTES

Leftovers: Can be refrigerated in an airtight container for up to one day.

Serving Size: One serving is one sandwich.

Additional Toppings: Onions and cucumbers.

Gluten-Free: Use gluten-free bread, a gluten-free bun, or turn it into a salad instead.

Nutrition

Amount per serving	
Calories	542
Fat	25g
Carbs	55g
Fiber	2g
Sugar	2g
Protein	25g
Cholesterol	50mg
Sodium	1331mg
Vitamin A	660IU
Vitamin C	6mg
Calcium	553mg
Iron	4mg

CRANBERRY CHICKEN SALAD PITA



2 servings



15 minutes



INGREDIENTS:

- 1 1/2 tsps Mayonnaise
- 1/4 lemon (medium, juiced)
- 1 1/2 tbsp Fresh Dill (chopped)
- Sea Salt and Black pepper (to taste)
- 6 ozs Chicken Breast (cooked, cubed)
- 1/4 Dried Unsweetened Cranberries
- 2 tsbps Red Onion (diced)
- 2 ozx Mini Whole Wheat Pita

DIRECTIONS:

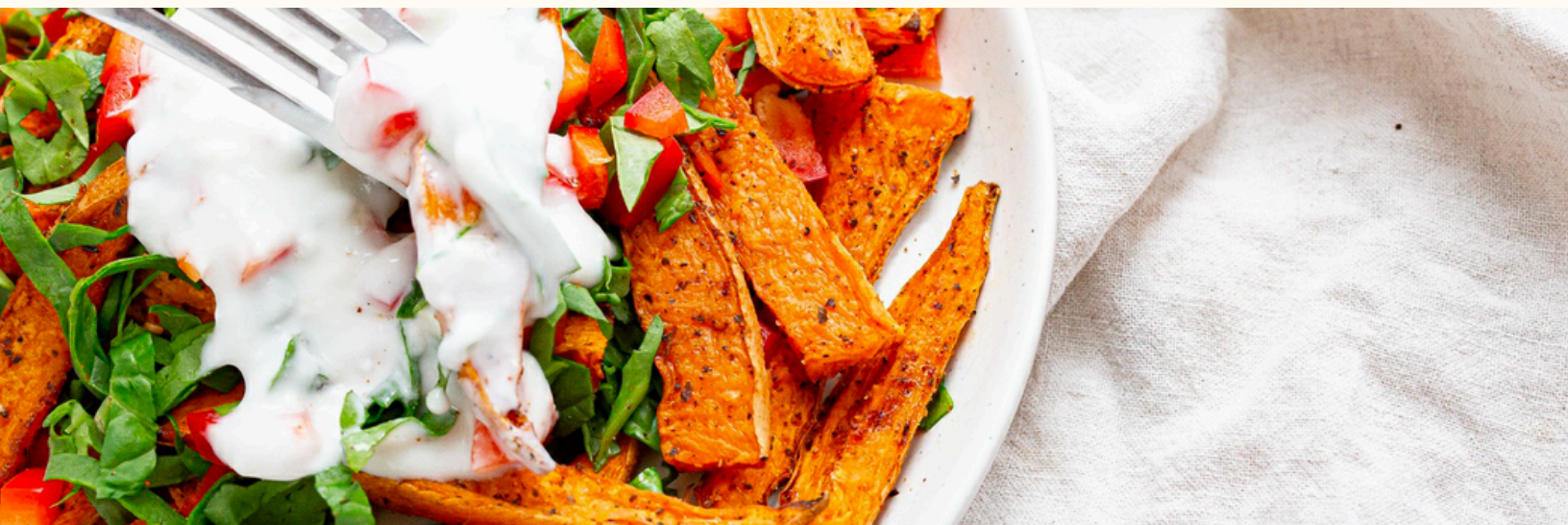
1. In a bowl, whisk together the mayonnaise, lemon juice, dill, salt, and pepper.
2. Add the chicken, cranberries, and red onion to the mayonnaise mixture and stir well. Taste and adjust the seasoning to your taste.
3. Cut the pitas in half and stuff them with the chicken mixture. Enjoy!

Nutrition

Amount per serving	
Calories	267
Fat	5g
Carbs	27g
Fiber	3g
Sugar	10g
Protein	29g
Cholesterol	90mg
Sodium	195mg
Vitamin A	62IU
Vitamin C	3mg
Calcium	26mg
Iron	2mg

NOTES:

Leftovers: Best enjoyed fresh. Make the chicken mixture ahead of time and refrigerate in an airtight container for up to two days. Stuff the pita(s) just before enjoying.



Mexican-style fries supreme



2 servings



15 minutes

INGREDIENTS

- 2 Sweet Potato (medium, sliced into 1/4-inch strips)
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach (thinly sliced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/4 cup Unsweetened Coconut

Yogurt

Nutrition

Amount per serving	
Calories	409
Fat	16g
Carbs	64g
Fiber	11g
Sugar	15g
Protein	6g
Cholesterol	0mg
Sodium	680mg
Vitamin A	40156IU
Vitamin C	86mg
Calcium	242mg
Iron	3mg

DIRECTIONS

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
3. Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Additional Toppings: Tomatoes, shredded cheese, or green onions.



Cheesy Baked Gnocchi & Sausage



4 servings



50 minutes

INGREDIENTS

- 8 ozs Pork Sausage (Italian, casing removed)
- 1/2 ozs Unbleached All Purpose Flour
- 1 1/2 cups Cow's Milk, Reduced Fat
- 4 ozs Cheddar Cheese (shredded)
- 16 ozs Potato Gnocchi
- 1/3 cup Panko Bread Crumbs
- 2 tbsps Parsley (for garnish)

Nutrition

Amount per serving	
Calories	550
Fat	29g
Carbs	50g
Fiber	2g
Sugar	10g
Protein	22g
Cholesterol	75mg
Sodium	1318mg
Vitamin A	554IU
Vitamin C	20mg
Calcium	346mg
Iron	2mg

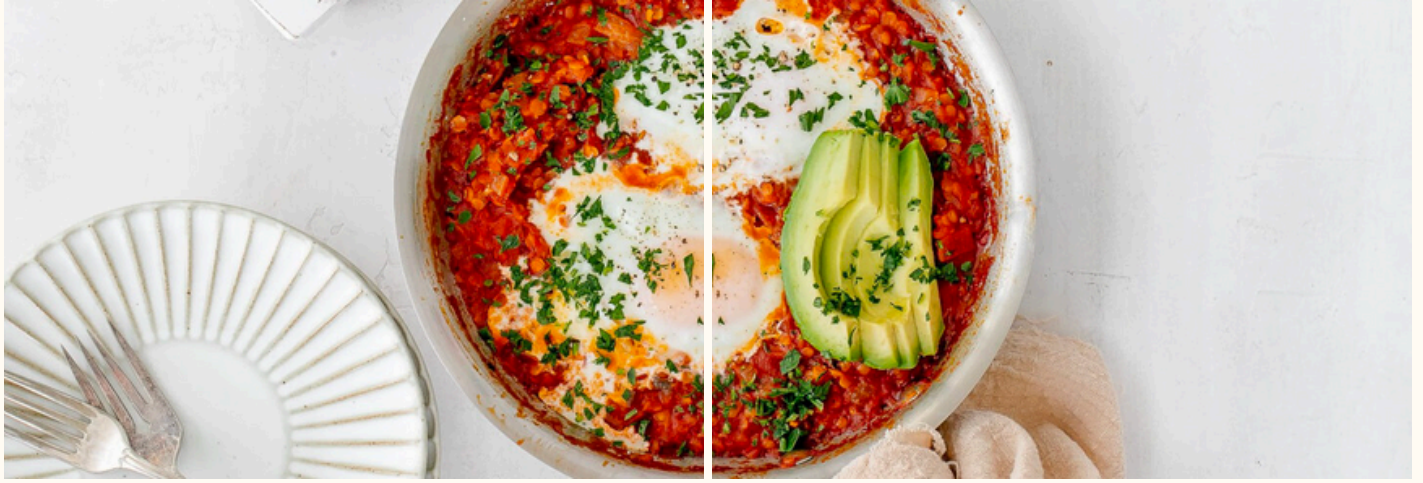
DIRECTIONS

1. In Preheat the oven to 375°F (190°C).
2. Heat a pan over medium-high heat. Add in the sausage and cook for eight to nine minutes or until browned, breaking it up as it cooks.
3. Add the flour and cook for about one minute. Gradually add the milk, whisking constantly, until thickened. Add the cheese and stir until fully melted.
4. Add the gnocchi to a deep baking dish and pour in the sausage mixture. Stir slightly to combine.
5. Top with the panko breadcrumbs and bake for 30 to 35 minutes or until the gnocchi is cooked. Before serving, top with parsley and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

More flavor: Add chili flakes and spinach.



Lentil Shakshuka



2 servings



40 minutes

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, chopped)
- 2 Garlic (clove, minced)
- 1 1/2 cups Tomato Sauce
- 1/4 cup Dry Red Lentils (rinsed)
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 2 Egg
- 1 tbsp Parsley (chopped)
- 1 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	448
Fat	27g
Carbs	40g
Fiber	14g
Sugar	10g
Protein	18g
Cholesterol	186mg
Sodium	102mg
Vitamin A	1380IU
Vitamin C	26mg
Calcium	92mg
Iron	7mg

DIRECTIONS

1. Heat a medium-sized pan over medium heat. Once hot, add the oil and chopped onion. Cook for about 2 minutes or until soft. Add the garlic and cook for one minute, until fragrant.
2. Add the tomato sauce, lentils, cumin, salt, and pepper. Stir to combine. Bring to a simmer and then reduce the heat to low. Cover and cook for 18 to 20 minutes or until the lentils are tender and cooked through.
3. Make small wells for eggs in the middle of the pan and crack the eggs into them. Cover and cook for 5 to 7 minutes, or until the whites are set. Season with salt and pepper.
4. Add parsley on top and divide evenly between plates or bowls. Serve with avocado and enjoy!

NOTES

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

More flavor: Add smoked paprika.

Additional Toppings: Serve with toasted bread for dipping.



4 servings



25 minutes



Pumpkin Ravioli

Ingredients

- 12 ozs Cheese Ravioli
- 1/2 Water (reserved from cooking pasta)
- 1 tsp Extra Virgin Olive Oil
- 2 tbsps Shallot (diced)
- 1/2 cup Pureed Pumpkin
- 1/3 cup Whipping Cream
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Parmigiano Reggiano (finely grated)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	278
Fat	15g
Carbs	28g
Fiber	3g
Sugar	4g
Protein	10g
Cholesterol	55mg
Sodium	224mg
Vitamin A	5505IU
Vitamin C	4mg
Calcium	162mg
Iron	2mg

Directions

1. Cook the ravioli according to the package directions. Drain the pasta and reserve some of the pasta water.
2. Heat the oil in a pan over medium heat. Add the shallot and sauté for two to three minutes or until slightly browned.
3. Add the pumpkin purée, cream, and reserved cooking water to the same pan. Stir well and bring to a simmer for about five minutes. Season with salt and pepper.
4. Transfer the ravioli into the pumpkin sauce. Stir in the parmesan cheese and cook for another two to three minutes.
5. Divide the ravioli evenly between bowls. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups salad and four meatballs.

More flavor: Add cucumber and parmesan cheese to the salad.

A vibrant orange-themed illustration featuring various food items like lemons, strawberries, sugar cubes, cinnamon sticks, pumpkins, blueberries, and citrus slices arranged around the central text "Energy Boost". The text is written in a large, black, cursive font.



1 serving



15 min

Vietnamese-Style Iced Coffee

INGREDIENTS

- 6 Ice cubes
- 1 cup coffee (brewed, chilled)
- 2 tbsps sweetened condense milk, low fat

Nutrition

Amount per serving	
Calories	122
Fat	2g
Carbs	23g
Fiber	0g
Sugar	23g
Protein	3g
Cholesterol	5mg
Sodium	45mg
Vitamin A	100IU
Vitamin C	0mg
Calcium	105mg
Iron	0mg

DIRECTIONS

1

Add ice cubes to a tall glass

2

Pour the chilled coffee over top of the ice then add the milk. Stir and enjoy!

NOTES

Leftovers: Best enjoyed fresh.

Refrigerate in an airtight container for up to three days



Iced Strawberry Lemon Matcha Latte



1 serving



10 minutes

INGREDIENTS

- 1/3 cup Strawberries (chopped)
- 1 tsp maple syrup
- 1/2 tsp Green tea powder
- 1/4 cup water (hot)
- 2 tps lemon juice
- 6 ice cubes
- 3/4 cup plain coconut milk (from the carton)

DIRECTIONS

1. In a small bowl, add the strawberries and maple syrup. Mash with a fork. Set aside.
2. In another bowl, whisk together the green tea powder, hot water, and lemon juice until it becomes frothy.
3. Add the mashed strawberries into a glass. Add the ice and coconut milk on top.
4. Lastly, pour the green tea powder mix into the glass. Stir, taste, and add more sweetener if desired. Enjoy!

NOTES

Leftovers: Best enjoyed fresh.

Serving Size: One serving = one cup.

No Coconut Milk: Use other milk of choice.

No Maple Drip: Use sweetener of choice.

Strawberry Texture: If you prefer no pieces of strawberries, puree them in a blender before pouring into the glass.

Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	14g
Fiber	1g
Sugar	12g
Protein	0g
Cholesterol	0mg
Sodium	30mg
Vitamin A	381IU
Vitamin C	32mg
Calcium	364mg
Iron	1mg

Masala Chai Smoothie



1 serving



5 minutes

INGREDIENTS

- 1 1/4 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (frozen)
- 1/4 cup Unsweetened coconut yogurt
- 2 tbsps Cashew Butter
- 2/3 oz Collagen Powder
- 1/2 tsp Masala Chai Spice

Nutrition

Amount per serving	
Calories	485
Fat	24g
Carbs	48g
Fiber	5g
Sugar	23g
Protein	23g
Cholesterol	0mg
Sodium	101mg
Vitamin A	705IU
Vitamin C	11mg
Calcium	725mg
Iron	3mg

DIRECTIONS

1. Add all of the ingredients into a blender and blend until smooth.
2. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder. Use plant-based protein powder.

Additional Toppings: Top with chia seeds or hemp seeds, or add before blending

No Coconut Milk: Use cow's milk or any other milk alternative.

No Cashew Butter: Use any other nut or seed butter.

Pink Iced Tea



4 servings



10 minutes



INGREDIENTS

- 3/4 cup Grapefruit juice
- 8 fl ozs Cranberry juice
- 1 cup Strawberries (no stems)
- 2 cups Earl Grey Tea (brewed)
- 12 Ice Cubes

NOTES

Serving Size: One serving equals approximately 1 1/2 cup (355 mL)

More flavor: Add your sweetener of choice.

DIRECTIONS

1. Combine the grapefruit juice, cranberry juice, strawberries, and earl grey tea in a blender and blend until smooth.
2. Strain the liquid (optional) and serve over ice. Divide between glasses and enjoy!

Nutrition

Amount per serving	
Calories	60
Fat	0g
Carbs	15g
Fiber	1g
Sugar	9g
Protein	1g
Cholesterol	0mg
Sodium	6mg
Vitamin A	237IU
Vitamin C	45mg
Calcium	15mg
Iron	0mg



Cardamom & Lime Rice Pudding



4 servings



25 minutes

INGREDIENTS

2 cups Canned Coconut Milk
1/2 cup Water
1/2 cup Basmati Rice
1/2 Lime (juiced and zested)
3/4 tsp Cardamom
1/4 tsp Cinnamon
1/2 tsp Vanilla Extract
2tbsps Coconut Sugar
2 tbsps Pistachios (shelled, chopped)

DIRECTIONS

1. In a medium pot, add the coconut milk, water, rice, lime juice, lime zest, cardamom, cinnamon, and vanilla extract.
2. Bring to a boil, stirring frequently. Simmer on low heat, stirring occasionally, for twenty minutes, or until the liquid is absorbed and the rice is cooked through.
3. Add the coconut sugar, stir to combine, and remove from heat. Allow it to sit for five minutes. Divide evenly between bowls, top with chopped pistachios and enjoy!

Nutrition

Amount per serving	
Calories	343
Fat	23g
Carbs	29g
Fiber	1g
Sugar	6g
Protein	4g
Cholesterol	0mg
Sodium	31mg
Vitamin A	23IU
Vitamin C	2mg
Calcium	16mg
Iron	0mg

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional coconut milk.

Serving Size: One serving is equal to approximately 1/2 cup.

Nut-Free: Use fresh fruit or raisins instead of pistachios.

More flavor: Omit the water and use milk instead for an extra creamy pudding.



Matcha Overnight Oats



2 servings



8 minutes

INGREDIENTS

- 1 cup Oats (rolled)
- 1 1/4 cups Unsweetened Almond Milk
- 1/2 tsp Green Tea powder
- 2 tbsps Chia seeds
- 1/2 tsp Vanilla Extract
- 1 Banana (sliced)

DIRECTIONS

1) Add the oats, almond milk, green tea powder, chia seeds, and vanilla extract together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours

2) Remove the oats from the fridge. Divide into containers and top with the banana slices. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk

Serving size: One serving is approximately 1 1/2 cups.

Nut-free: Use a nut-free milk as oat or soy.

No Banana: Use mixed berries instead.

Additional Toppings: Top with almond butter.

Nutrition

Amount per serving

Calories	284
Fat	8g
Carbs	47g
Fiber	10g
Sugar	8g
Protein	9g
Cholesterol	0mg
Sodium	105mg
Vitamin A	350IU
Vitamin C	5mg
Calcium	385mg
Iron	3mg



Peanut Butter & Blueberry Frozen Yogurt Bark



4 servings



4 hours and 5 minutes

INGREDIENTS

- 1 1/2 cups Plain greek Yogurt
- 1 tbsp Honey
- 3 tbsp all natural peanut butter
- 1/2 cup Blueberries

DIRECTIONS

1. Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
2. Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. top with blueberries.
3. Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Nutrition

Amount per serving

Calories	166
Fat	8g
Carbs	14g
Fiber	1g
Sugar	9g
Protein	11g
Cholesterol	13mg
Sodium	55mg
Vitamin A	479IU
Vitamin C	7mg
Calcium	194mg
Iron	1mg

NOTES

Leftovers: Keep frozen in an airtight container or freezer bag for up to one month.

Dairy-free: Use coconut yogurt instead of Greek yogurt.

More flavor: Add chocolate chips or melted chocolate.

No honey: Use maple syrup instead.

PUMPKIN OAT ENERGY BALLS



7 servings



10 minutes



INGREDIENTS:

- 1/3 cup Pureed Pumpkin
- 2/3 cup Cashews (raw)
- 1/4 cup Pitted dates
- 1/2 tsp Cinnamon
- 1/3 cup Oats (rolled)
- 2 tsps Water

Nutrition

Amount per serving	
Calories	109
Fat	6g
Carbs	12g
Fiber	2g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1817IU
Vitamin C	1mg
Calcium	15mg
Iron	1mg

DIRECTIONS:

1. Add all of the ingredients except for the water to a food processor. Process until you get a smooth texture with a few chunks of dates and nuts.
2. Add the water if necessary to help the mixture stick together.
3. Use a one inch cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
4. Store in the refrigerator for at least 30 minutes to set. Enjoy!

NOTES:

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is two energy balls.

More flavor: Add pumpkin spice.

Additional Toppings: Roll the energy balls in chopped pecans or shredded coconut.

BERRY BEET SMOOTHIE BOWL



2 servings



10 minutes

INGREDIENTS

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	136
Fat	2g
Carbs	29g
Fiber	6g
Sugar	22g
Protein	3g
Cholesterol	0mg
Sodium	116mg
Vitamin A	1208IU
Vitamin C	44mg
Calcium	263mg
Iron	1mg

DIRECTIONS

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

NOTES

Topping ideas: Blueberries, raspberries, strawberries, mango, chia seeds, or shredded coconut.

No Schisandra Berry Powder:

Leave it out, or use acai powder instead.



Mango Green Smoothie Bowl



1 serving



5 minutes

INGREDIENTS

- 1 Banana (frozen)
- 1 cup Frozen mango
- 1 cup Baby Spinach
- 1/4 cup vanilla protein powder
- 3/4 cup unsweetened almond milk
- 1/2 kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

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!

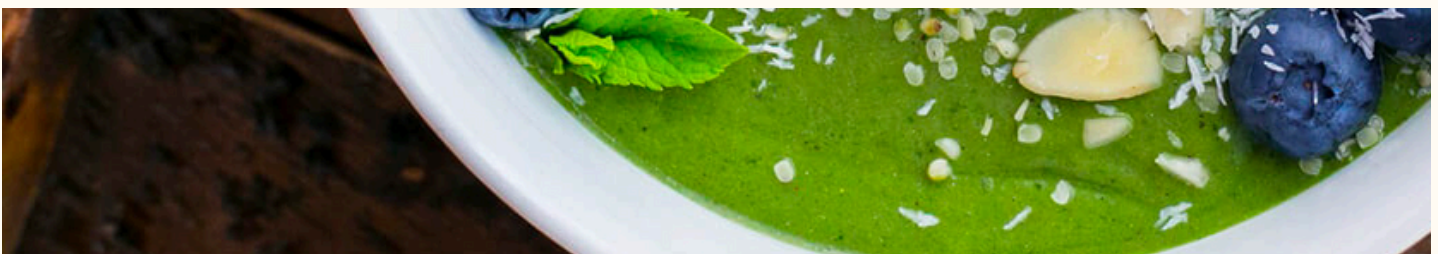
Nutrition

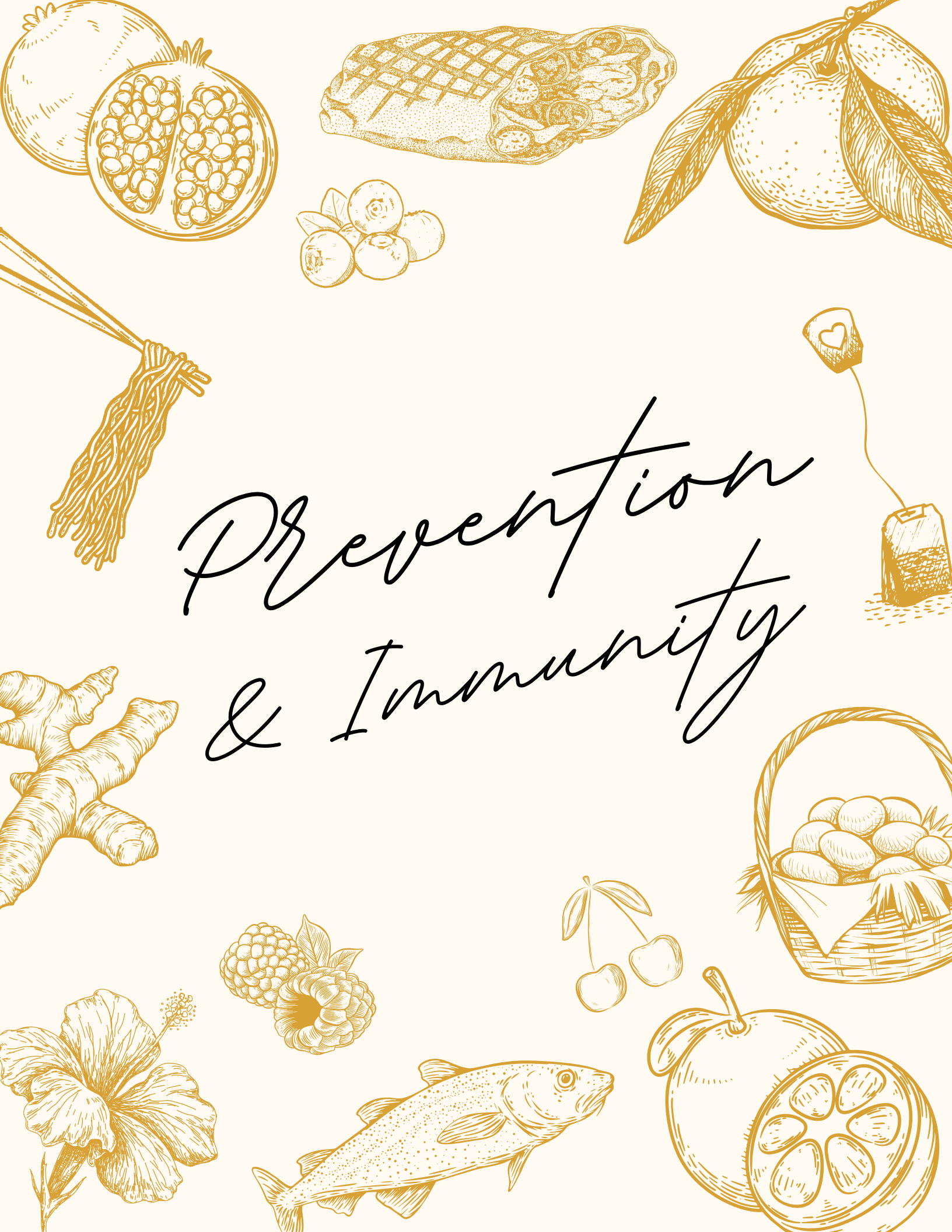
Amount per serving	
Calories	436
Fat	9g
Carbs	72g
Fiber	11g
Sugar	48g
Protein	27g
Cholesterol	4mg
Sodium	187mg
Vitamin A	5119IU
Vitamin C	118mg
Calcium	529mg
Iron	3mg

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.





Prevention & Immunity

★ LEMON GINGER TEA

 2 servings  10 minutes



INGREDIENTS:

- 2 1/2 cups Water
- 3 tbsps Ginger
- 1/2 Lemon

DIRECTIONS:

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Nutrition

Amount per serving	
Calories	10
Fat	0g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	7mg
Vitamin A	1IU
Vitamin C	5mg
Calcium	32mg
Iron	0mg

NOTES:

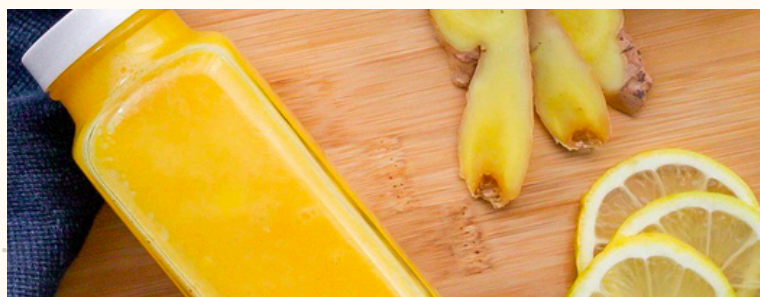
Leftovers: Refrigerate in an airtight container for up to five days.

More flavor: Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold: Add ice cubes.

★ GINGER LEMON ORANGE JUICE

 2 servings  5 minutes



INGREDIENTS:

- 1 1/2 tbsps Ginger
- 1 Lemon
- 1 Orange

DIRECTIONS:

1. Combine all ingredients in a high-speed blender. Blend until smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve to remove the pulp. Enjoy!

Nutrition

Amount per serving	
Calories	43
Fat	0g
Carbs	11g
Fiber	2g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	174IU
Vitamin C	51mg
Calcium	32mg
Iron	0mg

NOTES:

Leftovers: Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

More flavor: Add turmeric root or powder.

Make it Thinner: Add water as needed to thin the juice or to make more.



HIBISCUS BERRY KOMBUCHA MOCKTAIL



4 servings



2 hours

INGREDIENTS:

- 1 1/3 tbsps Hibiscus Tea (loose lead or in tea bags)
- 4 cups Water (cold or room temperature)
- 4 Ice Cubes (large)
- 1 pint Kombucha (berry flavored)
- 1 cup Frozen Berries

Nutrition

Amount per serving	
Calories	45
Fat	0g
Carbs	11g
Fiber	1g
Sugar	9g
Protein	0g
Cholesterol	0mg
Sodium	9mg
Vitamin A	0IU
Vitamin C	10mg
Calcium	30mg
Iron	0mg

DIRECTIONS:

1. Add the tea to a pitcher or large French press. Add the water and refrigerate for at least two hours. Once steeped, discard the tea, Strain if needed.
2. Divide the ice into glasses along with the tea, kombucha and berries. Enjoy!

NOTES:

Leftovers: Refrigerate the hibiscus tea for up to five days. Add the kombucha and berries when ready to serve.

Serving Size: One serving is approximately 1 1/2 cups.



Broiled Grapefruit



2 servings



15 minutes

INGREDIENTS

- 1 Grapefruit
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	67
Fat	0g
Carbs	17g
Fiber	1g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	1187IU
Vitamin C	44mg
Calcium	26mg
Iron	0mg

DIRECTIONS

1. Set your oven to broil and move the rack to the top rung.
2. Slice your grapefruit in half and remove the seeds. Use a knife to score each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to avoid burning!
3. Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon/ Enjoy!

NOTES:

Coconut Lover: Sprinkle with shredded coconut after baking.

Magical Touch: Sprinkle with a pinch of sea salt before eating.

Leftovers: Wrap leftovers in saran and store in the fridge. Reheat before eating.

CHICKEN AND MUSHROOMS IN ROASTED RED PEPPER RICOTTA



2 servings



25 minutes



INGREDIENTS:

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Shallot (diced)
- 8 ozs Chicken Breast (boneless, skinless, cubed)
- 1 1/2 cups Mushrooms (sliced)
- Sea Salt & Black Pepper
- 1/2 cup Ricotta Cheese
- 4 ozs Roasted Red Peppers
- 1/2 Lemon (juiced)
- 2 Garlic cloves
- 2 tbsps Parsley (for garnish)

DIRECTIONS:

1. Heat the oil in a pan over medium heat. Add the shallot and sauté for 2-3 minutes, or until softened.
2. Add chicken and mushrooms to pan. Season with salt and pepper, and cook for about 10 minutes, stirring occasionally.
3. Meanwhile, combine the ricotta, roasted red peppers, lemon juice, and garlic in a blender. Blend until smooth, adding a splash of water if the sauce is too thick to blend.
4. Pour the ricotta mixture into the pan. Stir well, then reduce the heat to medium-low. Simmer for 5-7 minutes.
5. Taste and adjust the seasoning as needed. Divide evenly between bowls and top with parsley. Enjoy!

Nutrition

Amount per serving	
Calories	310
Fat	14g
Carbs	12g
Fiber	1g
Sugar	5g
Protein	33g
Cholesterol	113mg
Sodium	287mg
Vitamin A	1387IU
Vitamin C	30mg
Calcium	151mg
Iron	1mg

Note: Refrigerate in an airtight container for up to three days. One serving = 1 1/2 cups. Can serve over rice or pasta.

Orange Immunity Booster Smoothie



2 servings



10 minutes



Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsp Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

Directions

Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Nutrition

Amount per serving	
Calories	221
Fat	3g
Carbs	50g
Fiber	10g
Sugar	29g
Protein	5g
Cholesterol	0mg
Sodium	70mg
Vitamin A	19636IU
Vitamin C	93mg
Calcium	284mg
Iron	3mg

Notes

No Pureed Pumpkin: Use steamed sweet potato instead.

More Protein: Add protein powder, hemp seeds, or nut butter.

No Maple Syrup: Sweeten with raw honey or soaked dates instead.



Cod & Kimchi Stew



2 servings



35 minutes

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 cup Shiitake Mushrooms (chopped)
- 1/2 cup Shallot (chopped)
- 2 tbsps Ginger (fresh, minced)
- 3 Garlic cloves (sliced)
- 1 cup Kimchi (with its juices)
- 2 tbsps Coconut Aminos
- 2 cups Water
- 2 Cod Fillet (cut into small pieces)

Nutrition

Amount per serving	
Calories	356
Fat	9g
Carbs	25g
Fiber	4g
Sugar	10g
Protein	45g
Cholesterol	99mg
Sodium	782mg
Vitamin A	164IU
Vitamin C	7mg
Calcium	112mg
Iron	4mg

DIRECTIONS

1. Heat the oil in a saucepan over medium-high heat. Add the mushrooms and shallots and sauté for three to five minutes or until lightly browned. Add the ginger and garlic, cooking for one more minute.
2. Stir in the kimchi, scraping the pan, and cook for three to five minutes or until the liquid evaporates.
3. Add coconut aminos and water. Bring to a boil. reduce the heat to low, cover, and simmer for 15 minutes.
4. Add the fish, cover, and remove from the heat. Let it sit for five minutes, undisturbed to cook through. Divide evenly between bowls and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving = two cups.

Can Serve With: Steamed white rice on the side. Nori chips, toasted sesame seeds, green onions and/or cilantro.

Cod Fillet: One cod fillet is equal to 231 grams or eight ounces. Cut into 2-inch (5 cm) pieces.

INGREDIENTS

- 4 ozs Chicken Breast (boneless, skinless)
- 6 cups Chicken Broth
- 2 cups Coleslaw Mix
- 1/2 cup Brown Rice (dry, rinsed)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Turmeric (ground)
- 1/4 cup Parsley

DIRECTIONS

1. Add the chicken and broth to a pot. Bring to a boil then reduce the heat to a simmer. Cover partially and simmer for 15 to 17 minutes or until the chicken is cooked through. Remove the chicken from the broth and set aside.
2. Add the coleslaw mix, rice, salt, and pepper to the broth. Bring to a boil, reduce the heat, and simmer, partially covered, for 25 to 30 minutes or until the vegetables and rice are cooked.
3. Cut the chicken into bite-sized pieces and add it to the soup. Stir in the turmeric and parsley. Divide evenly between bowls and enjoy!



Chicken, Turmeric & Brown Rice Soup

Nutrition

Amount per serving	
Calories	314
Fat	5g
Carbs	46g
Fiber	4g
Sugar	7g
Protein	22g
Cholesterol	56mg
Sodium	2834mg
Vitamin A	3672IU
Vitamin C	46mg
Calcium	90mg
Iron	3mg



2 servings



50 minutes

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Make it Vegan: Use chickpeas, lentils, or tofu instead of chicken.

Short on Time: Use leftover chicken or roast chicken from the grocery store.



High Protein

Blended Chocolate Strawberry Protein Chia Pudding



1 serving



35 minutes

INGREDIENTS

- 3/4 cup Cow's Milk, Reduced Fat
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 3 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbsp Cocoa Powder
- 1/2 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	531
Fat	17g
Carbs	64g
Fiber	16g
Sugar	39g
Protein	38g
Cholesterol	27mg
Sodium	171mg
Vitamin A	321IU
Vitamin C	46mg
Calcium	747mg
Iron	4mg

DIRECTIONS

1. In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
2. Pour into a container and place in the fridge for 30 minutes to thicken.
3. When ready to serve, top with strawberries and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 3/4 cups, including strawberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.

★ GREEK YOGURT WITH PEAR & WALNUTS



1 serving



5 minutes



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/2 Pear (sliced)
- 1 tbsp Walnuts (roasted, chopped)
- 1 1/2 tsps Raw Honey

DIRECTIONS

Add the yogurt to a bowl. Top with pears, walnuts, and honey. Enjoy!

Nutrition

Amount per serving	
Calories	311
Fat	10g
Carbs	35g
Fiber	3g
Sugar	23g
Protein	23g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	515mg
Iron	1mg

NOTES:

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Chia seeds, hemp seeds, and/or flax seeds.

★ YOGURT WITH CRANBERRIES & HONEY



1 serving



5 minutes



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/2 cup Frozen Cranberries (thawed)
- 1 tsp Raw Honey

DIRECTIONS

Add the yogurt to a bowl and top with cranberries and honey. Enjoy!

Nutrition

Amount per serving	
Calories	224
Fat	5g
Carbs	24g
Fiber	2g
Sugar	13g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1281IU
Vitamin C	22mg
Calcium	503mg
Iron	1mg

NOTES:

Leftovers: Best enjoyed immediately.

Serving Size: One serving is 1 1/2 cups.

No Cranberries: Use any other berries or dried cranberries instead.

Additional Toppings: Top with hemp seeds or chia seeds.

Dairy-Free: Use a dairy-free alternative yogurt.



Chocolate Chip Cookie Dough Protein Balls



8 servings



15 minutes

INGREDIENTS

- 1 cup Vanilla Protein Powder
- 3/4 cup Almond Flour
- 1/4 tsp Sea Salt
- 1/3 cup Tahini
- 1/4 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/3 cup Soy Milk
- 2/3 cup Dark Chocolate Chips

NOTES

Leftovers: Refrigerate in an airtight container for up to five days.

No Tahini: Use peanut butter, almond butter, or cashew butter.

More Flavor: Garnish with flaky salt after forming into balls.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

No Soy Milk: Use almond milk, cashew milk, or oat milk.

DIRECTIONS

1. In a large bowl whisk together the protein powder, almond flour, and salt.
2. Add the tahini, maple syrup, vanilla, and milk. Stir with a spatula until thoroughly combined and the mixture holds together. Add an additional splash of milk if the mixture is too dry. Fold in the chocolate chips.
3. Use a large cookie scoop to form into balls, or use your hands to roll into balls approximately three inches (7.5 cm). You can eat them as is or refrigerate them for 15 minutes to firm up. Enjoy!

Nutrition

Amount per serving	
Calories	314
Fat	18g
Carbs	23g
Fiber	2g
Sugar	16g
Protein	15g
Cholesterol	2mg
Sodium	111mg
Vitamin A	7IU
Vitamin C	0mg
Calcium	146mg
Iron	2mg

★ALMOND BUTTER & BANANA OVERNIGHT OATS



1 serving



8 hours



INGREDIENTS

- 1 Banana (divided)
- 2 tbsps Almond Butter
- 1 1/2 tps Raw Honey
- 3/4 cup Oats (rolled)
- 3/4 cup Oat Milk

Nutrition

Amount per serving	
Calories	647
Fat	25g
Carbs	94g
Fiber	14g
Sugar	30g
Protein	18g
Cholesterol	0mg
Sodium	83mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	409mg
Iron	4mg

DIRECTIONS

1. Mash and mix 3/4 of the banana with the almond butter and honey in a jar.
2. Add the oats and milk. Mix well to combine.
3. Cover and place in the refrigerator overnight, or for at least eight hours.

Top with the remaining banana and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/2 cups.

No Oat Milk: Use your choice of milk.

★ CREAMY MANGO TROPICAL SMOOTHIE



1 serving



5 minutes



INGREDIENTS

- 1/2 cup Cottage Cheese
- 3/4 cup Unsweetened Almond Milk
- 1/2 Lime (juiced, zested)
- 1/2 cup Frozen Mango
- 1/2 cup Frozen Pineapple
- 2 tbsps Unsweetened Coconut Flakes
- 1 tsp Maple Syrup
- 1/3 cup Protein Powder

DIRECTIONS

Add all of the ingredients to a blender and blend until smooth. Enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cups.

No Almond Milk: Use any milk of choice.

Nutrition

Amount per serving	
Calories	419
Fat	14g
Carbs	38g
Fiber	6g
Sugar	27g
Protein	40g
Cholesterol	23mg
Sodium	508mg
Vitamin A	1473IU
Vitamin C	76mg
Calcium	607mg
Iron	1mg

Chocolate Protein Crunch Bars



12 servings



1 hour



INGREDIENTS:

- 1 cup All Natural Peanut Butter (runny)
- 1 cup Maple Syrup
- 3 cups Rice Puffs Cereal
- 1 1/4 cup Vanilla Protein Powder
- 1 1/2 cup Dark Chocolate Chips

DIRECTIONS:

1. Line a pan with parchment paper and set aside.
2. In a large bowl, add the peanut butter and maple syrup and mix well to combine. Add the cereal and protein powder and mix well with a spatula until thoroughly combined.
3. Transfer the cereal mixture into the prepared pan, pressing down to create an even layer.
4. Add water to a double boiler or fill a small pot halfway with water and place a heat-safe bowl on top. Bring the water to a boil and add the chocolate chips to the bowl. Melt the chocolate, stirring often. Alternatively, you can melt the chocolate chips in the microwave on 30-second intervals.
5. Pour the melted chocolate over the cereal, spreading it out to create an even layer. Transfer to the fridge until the chocolate has completely set, about 45 minutes, or overnight.
6. Remove the cereal bars and slice into rectangular pieces.

Nutrition

Amount per serving	
Calories	428
Fat	21g
Carbs	42g
Fiber	1g
Sugar	32g
Protein	15g
Cholesterol	2mg
Sodium	23mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	85mg
Iron	2mg

NOTES:

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is one bar. An 8 x 8-inch (20 x 20 cm) square pan was used to make 12 servings.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Tomato & Pesto Bagel



1 serving



10 minutes

INGREDIENTS

- 2 tbsps Pesto
- 1 Bagel (halved, toasted)
- 1/4 Tomato (medium, sliced)

DIRECTIONS

Spread the pesto on each half of the toasted bagel. Place the tomato slices on top of each half. Enjoy!

Nutrition

Amount per serving	
Calories	413
Fat	13g
Carbs	59g
Fiber	2g
Sugar	11g
Protein	15g
Cholesterol	0mg
Sodium	645mg
Vitamin A	902IU
Vitamin C	4mg
Calcium	328mg
Iron	4mg

NOTES

Leftovers: Best enjoyed immediately.

More Flavor: Add a cooked protein of your choice and/or greens.



Celery, Tuna, & Cream Cheese



2 servings



5 minutes

INGREDIENTS

- 1 can Tuna (drained)
- 3 tbsps Cream Cheese
- 3 stalks Celery (leaves removed, cut into sticks)

DIRECTIONS

Mix the tuna and cream cheese until well combined. Spread the mixture over each celery stick, and enjoy!

Nutrition

Amount per serving	
Calories	143
Fat	7g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	18g
Cholesterol	50mg
Sodium	334mg
Vitamin A	227IU
Vitamin C	1mg
Calcium	46mg
Iron	2mg

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add sea salt and black pepper, green onions, and/or fresh herbs.



Chicken Salad on Apple Slices



2 servings



10 minutes

INGREDIENTS

- 8 ozs Chicken Breast, Cooked
- (shredded)
- 2 stalks Celery (finely chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/3 cup Plain Greek Yogurt
- 1/2 Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 2 Apple (large, cored, cut into thin slices)

Nutrition

Amount per serving	
Calories	312
Fat	5g
Carbs	31g
Fiber	5g
Sugar	22g
Protein	39g
Cholesterol	124mg
Sodium	117mg
Vitamin A	524IU
Vitamin C	18mg
Calcium	121mg
Iron	1mg

DIRECTIONS

1. In a medium-sized bowl, add the chicken, celery, onion, yogurt, lemon juice, lemon zest, salt, and pepper. Mix well to incorporate.
2. Divide onto the apple slices and enjoy!

NOTES

Leftovers: Refrigerate the chicken in an airtight container for up to three days. Slice the apple just before serving.

Serving Size: One serving is about six slices of apples with chicken.

Additional Toppings: Add dried chopped cranberries to the chicken.



CHICKPEA & CUCUMBER SALAD WITH COTTAGE CHEESE



3 servings



15 minutes

INGREDIENTS

- 1 cup Chickpeas (cooked)
- 1/2 Orange Bell Pepper (medium, finely chopped)
- 1/2 Cucumber (medium, finely chopped)
- 1 tbsp Shallot (finely chopped)
- 1bsp Extra Virgin Olive Oil
- 1 1/2 tsps Lemon Juice
- 1/4 cup Cilantro (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 3 cups Cottage Cheese

DIRECTIONS

1. In a bowl, mix the chickpeas, bell pepper, cucumbers, shallots, oil, lemon juice, and cilantro together. Season with salt and pepper.
2. Spread the cottage cheese on a platter. Arrange the chickpea salad on top. Add more salt and pepper, if needed. Divide evenly between plates and enjoy!

NOTES:

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup salad and one cup cottage cheese.

Additional Toppings: Try with fresh herbs like basil, dill, chives, or parsley. Add olives, nuts, and seeds for more flavor.

Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	27g
Fiber	5g
Sugar	9g
Protein	29g
Cholesterol	36mg
Sodium	668mg
Vitamin A	514IU
Vitamin C	61mg
Calcium	215mg
Iron	2mg



HAM & GUACAMOLE PINWHEELS WITH VEGGIES



1 serving



5 minutes

INGREDIENTS:

- 3 ozs Sliced Ham
- 1 Whole Wheat Tortilla (large)
- 2 tbsps Guacamole
- 1/4 Cucumber (medium, sliced)
- 1/3 cup Cherry Tomatoes

DIRECTIONS:

1. Layer the sliced ham over the tortilla and spread the guacamole evenly over the top.
2. Roll each tortilla tightly and slice it into six or eight pieces. Serve with cherry tomatoes and cucumber. Enjoy!

Nutrition

Amount per serving	
Calories	307
Fat	13g
Carbs	27g
Fiber	7g
Sugar	4g
Protein	22g
Cholesterol	57mg
Sodium	1183mg
Vitamin A	495IU
Vitamin C	12mg
Calcium	125mg
Iron	3mg

NOTES:

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

More Flavor: Add bell pepper and spinach to the tortilla.

Gluten-Free: Use a gluten-free tortilla or lettuce wraps instead.

Cucumber & Tomato Whipped Cottage Cheese



2 servings



15 minutes

INGREDIENTS

- 2 cups Cottage Cheese
- 1/2 Tomato (medium, chopped)
- 1/4 Cucumber (medium, chopped)
- 1/2 Avocado (medium, diced)
- 2 tsps Extra Virgin Olive Oil
- 2 tsps Balsamic Vinegar
- 1 tsp Everything Bagel Seasoning
- 1 tbsp Basil Leaves (chopped, optional)

DIRECTIONS

1. Add the cottage cheese to a blender or food processor. Blend on high speed until smooth, scraping down the sides as needed. Transfer to small serving dishes or containers.
2. Top with tomatoes, cucumbers, avocado, olive oil, balsamic vinegar, everything bagel seasoning, and basil (optional). Enjoy!

Nutrition

Amount per serving	
Calories	341
Fat	21g
Carbs	15g
Fiber	4g
Sugar	7g
Protein	25g
Cholesterol	36mg
Sodium	779mg
Vitamin A	892IU
Vitamin C	11mg
Calcium	192mg
Iron	1mg

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. The toppings are best stored separately and added just before serving.

Serving Size: One serving is approximately one cup of cottage cheese with one cup of toppings.

Additional Toppings: Hemp seeds, chia seeds, and/or roasted nuts.



Deconstructed Sushi Bowl



2 servings



20 minutes

INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 oz Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

DIRECTIONS

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
2. Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
3. Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

Leftovers: This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

No Coconut Aminos: Use tamari or soy sauce instead.

Nutrition

Amount per serving	
Calories	511
Fat	34g
Carbs	23g
Fiber	14g
Sugar	7g
Protein	30g
Cholesterol	32mg
Sodium	999mg
Vitamin A	1180IU
Vitamin C	102mg
Calcium	128mg
Iron	3mg





Chicken Tikka Naan Wraps



2 servings



50 minutes

INGREDIENTS

- 10 oz Chicken Breast (boneless, skinless, chopped)
- 1 tbsp Tikka Masala Paste
- 1/2 cup Plain Greek Yogurt (divided)
Sea Salt & Black Pepper (to taste)
- 1/4 Yellow Onion (small, thinly chopped)
- 1/3 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (medium, chopped)
- 1 1/2 tsps Lemon Juice (divided)
- 2 tsps Cilantro v(chopped)
- 2 pieces Naan (warmed)

Nutrition

Amount per serving	
Calories	513
Fat	12g
Carbs	53g
Fiber	3g
Sugar	7g
Protein	47g
Cholesterol	112mg
Sodium	660mg
Vitamin A	669IU
Vitamin C	10mg
Calcium	222mg
Iron	4mg

DIRECTIONS

1. In a bowl, combine the chicken with the tikka masala paste, 1/3 of the yogurt, salt, and pepper. Mix well and marinate for 30 minutes or overnight
2. Preheat the oven broiler and position the rack six inches (15 cm) from the heat source. Spread the chicken evenly on a baking sheet. Broil on high for six to eight minutes or until it is fully cooked and begins to char.
3. In a bowl, toss the onion, cherry tomatoes, and cucumber with half the lemon juice. Season with salt and pepper. Set aside.
4. Mix the remaining yogurt and lemon juice with the cilantro and season with salt and pepper.
5. Layer the tomato, cucumber salad, and chicken over the naan bread. Top with the cilantro yogurt and enjoy!

NOTES

Leftovers: Best enjoyed fresh. Refrigerate the ingredients separately in airtight containers for up to three days. Assemble when ready to eat.

Gluten-Free: Omit the naan or use a gluten-free tortilla instead.



Meal Prep



SAUCY BEEF STUFFED PEPPERS



4 servings



35 minutes

INGREDIENTS

- 4 Red Bell Peppers (medium, halved)
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, grated)
- 1 Carrot (peeled, grated)
- 1 lb Lean Ground Beef
- 1 tbsp Italian Seasoning
- 2 cups Crushed Tomatoes (from the can)
- 8 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	547
Fat	37g
Carbs	20g
Fiber	6g
Sugar	13g
Protein	33g
Cholesterol	131mg
Sodium	498mg
Vitamin A	6954IU
Vitamin C	164mg
Calcium	287mg
Iron	5mg

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.

More flavor: Add garlic, celery, fennel, and/or spinach to the beef sauce. Swap Italian seasoning for ground cinnamon and ground cloves.

Additional Toppings: Fresh basil, parsley, oregano, red pepper flakes, parmesan cheese, salt, and pepper to taste.

DIRECTIONS

1. Preheat the oven to 400°F (205°C). Arrange the red bell pepper halves, cut side up, on a parchment-lined baking sheet, and bake for 25 minutes or until peppers begin to char. Set aside.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and carrot and cook for about five minutes or until tender.
3. Add the beef, stirring until well browned and crumbled about seven to 10 minutes.
4. Add the Italian seasoning and the crushed tomatoes. Continue cooking, stirring frequently, for about three minutes. Keep warm.
5. Stuff the peppers with the beef sauce and top with the mozzarella cheese.
6. Set the oven to broil and return the stuffed peppers to the oven. Watch closely and cook for about three minutes, or until the cheese is golden brown.



Veggie Ramen Noodle Jars



2 servings



50 minutes

INGREDIENTS

- 10 ozs Gluten-Free Ramen Noodles (dry)
- 1/4 cup Coconut Aminos
- 1 1/3 tbsps Sriracha
- 2 tsps Garlic Powder
- 4 cups Vegetable Broth (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup Mushrooms (sliced)
- 1 cup Purple Cabbage (grated)
- 2 Carrot (medium, grated)
- 4 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	328
Fat	4g
Carbs	68g
Fiber	4g
Sugar	8g
Protein	8g
Cholesterol	0mg
Sodium	1093mg
Vitamin A	6517IU
Vitamin C	19mg
Calcium	36mg
Iron	2mg

DIRECTIONS

1. Cook the ramen noodles according to the package directions.
2. Divide the coconut aminos, sriracha, garlic powder, salt, and pepper evenly between the mason jars, using one mason jar per serving.
3. Divide the mushrooms, cabbage, carrots, and green onions evenly between the jars. Divide the cooked ramen into each jar and let it cool before refrigerating.
4. When ready to eat, heat one cup of the vegetable broth per jar and pour into the jar. Close the lid and carefully shake to combine. Pour into a bowl and enjoy!

NOTES

Refrigerate in the mason jars for up to three days. One serving is approximately two cups.



Sriracha Salmon Rice Bowl



2 serving



25 minutes

INGREDIENTS

- 1/2 cup Basmati Rice (dry, rinsed)
- 1 1/2 tsps Sriracha
- 1 tsp Sesame Oil
- 3 tsps Mayonnaise
- 1 tbsp Water
- 10 ozs Canned Wild Salmon (drained and broken into large chunks)
- 2 Avacado (medium, sliced)
- 1/2 cup Frozen Edamame (thawed)
- 1 tsp Everything Bagel Seasoning
- 2 tsps Cilantro (chopped)

DIRECTIONS

1. Cook the rice according to the package directions.
Set aside to cool.
2. Mix the sriracha, sesame oil, mayonnaise, and water in a bowl until well combined
3. Divide the rice, salmon, avocado, edamame, and sriracha mayo evenly between bowls. Garnish with everything bagel seasoning and cilantro.
Enjoy!

Nutrition

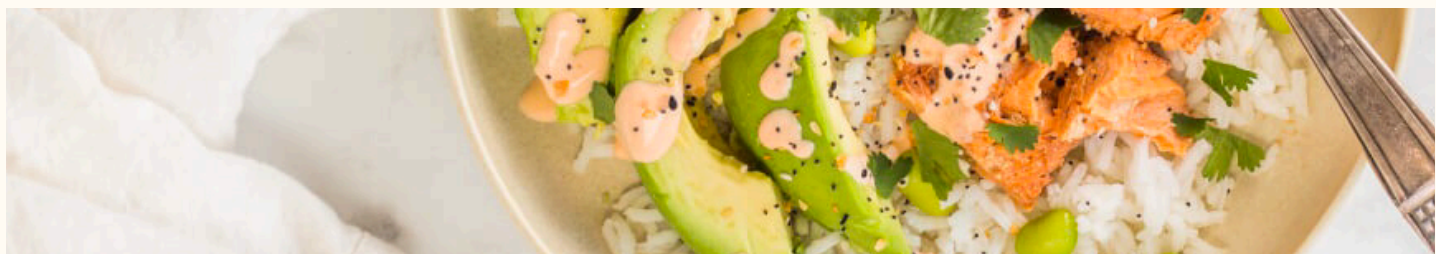
Amount per serving	
Calories	697
Fat	35g
Carbs	49g
Fiber	7g
Sugar	2g
Protein	47g
Cholesterol	102mg
Sodium	888mg
Vitamin A	660IU
Vitamin C	9mg
Calcium	87mg
Iron	2mg

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

More flavor: Add minced garlic while cooking the rice.

Additional Toppings: Top with green onions.



TOFU BIBIMBAP



4 servings



30 minutes



INGREDIENTS

- 15 ozs Tofu (extra-firm, pressed, and cubed)
- 2 tbsps Tamari (divided)
- 2 tbsps Avocado Oil (divided)
- 1 tbsp Arrowroot Powder
- 1 cup Jasmine Rice
- 2 1/2 cups Shiitake Mushrooms (stem removed, torn)
- 6 cups Baby Spinach
- Sea Salt & Black Pepper
- 3 tbsps Gochujang
- 1 1/2 tbsps Rice Vinegar
- 2 tsps Coconut Sugar

DIRECTIONS

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
3. Meanwhile, cook the rice according to package directions.
4. In a skillet over medium heat, add the remaining oil. Once hot, pour in the mushrooms and cook until softened, about five minutes. Add in the spinach and toss until wilted. Season with salt and pepper and set aside.
5. In a small bowl, whisk together the gochujang, remaining tamari, vinegar, and coconut sugar.
6. Divide the rice, tofu, and vegetables into a bowl, and add the sauce.

Nutrition

Amount per serving	
Calories	415
Fat	13g
Carbs	64g
Fiber	6g
Sugar	11g
Protein	17g
Cholesterol	0mg
Sodium	846mg
Vitamin A	4220IU
Vitamin C	13mg
Calcium	379mg
Iron	4mg

NOTES

Leftovers: Store leftovers separately from the sauce and refrigerate for up to three days.

Serving Size: One serving is about 3/4 cup rice and 1 1/4 cup tofu and veggies.

Additional Toppings: Top with a fried egg, sesame seeds, or green onion.



Greek Pasta Salad



4 servings



15 minutes

INGREDIENTS

- 1 1/2 cups Brown Rice Pasta Shells (dry)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered, sliced)
- 1/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	292
Fat	13g
Carbs	40g
Fiber	3g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	87mg
Vitamin A	544IU
Vitamin C	9mg
Calcium	24mg
Iron	2mg

DIRECTIONS

1. Cook the pasta according to package directions. Drain, rinse well and set aside to cool.
2. In a small bowl, add the oil, red wine vinegar, oregano, salt, and pepper. Mix well to combine.
3. In a large bowl, add the pasta, and the dressing and mix well. Add the tomatoes, cucumber, and olives and toss to combine. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Feta cheese or tofu.



Malai Shrimp Curry



5 servings



25 minutes

INGREDIENTS

- 1 1/2 cups Jasmine Rice (dry, uncooked)
- 2 Tomato (roughly chopped)
- 1 Green Chili Pepper (roughly chopped)
- 1 Yellow Onion (small, roughly chopped)
- 1 tbsp Avocado Oil
- 1 tsp Ginger (minced)
- 2 Garlic (cloves, minced)
- 2 tsp Garam Masala
- 1 tsp Coriander (ground)
- 1/2 tsp Cumin
- 1 3/4 cups Canned Coconut Milk
- 1 tsp Sea Salt
- 1 1/2 lbs Shrimp (raw, deveined, peeled, no tails)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	509
Fat	19g
Carbs	54g
Fiber	3g
Sugar	3g
Protein	33g
Cholesterol	219mg
Sodium	678mg
Vitamin A	827IU
Vitamin C	30mg
Calcium	110mg
Iron	2mg

DIRECTIONS

1. Cook the rice according to package instructions and set aside.
2. In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.
3. Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.
4. Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.
5. Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.
6. Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Enjoy!

NOTES

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is about 1 1/2 cups shrimp and rice mixture.



Miso Beef Soba Noodles



2 servings



30 minutes

INGREDIENTS

- 3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)
- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 8 ozs Extra Lean Ground Beef
- 2 tbsps Tamari
- 1 tbsp Miso Paste
- 1 tsp Brown Sugar
- 1/4 tsp Ground Ginger
- 2 stalks Green Onion (roughly chopped)
- 1/3 Cucumber (large, sliced)

Nutrition

Amount per serving	
Calories	518
Fat	15g
Carbs	49g
Fiber	4g
Sugar	9g
Protein	33g
Cholesterol	74mg
Sodium	1652mg
Vitamin A	549IU
Vitamin C	3mg
Calcium	54mg
Iron	5mg

DIRECTIONS

1. Cook the soba noodles according to the package directions.
2. Meanwhile, heat the oil in a pan over medium heat. Add the onion and sauté for about five minutes or until translucent. Add the beef and cook for about 10 minutes, breaking the meat up as it cooks.
3. In a small bowl, whisk together the tamari, miso paste, brown sugar, and ginger. Add the mixture to the beef along with the green onions. Stir and cook for another five minutes.
4. Divide the noodles, beef, and cucumber evenly between plates. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More flavor: Add garlic, bell peppers, and broccoli to the meat.

Turkish Bulgur Pilaf



2 servings



30 minutes

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, diced)
- 1.2 Red Bell Pepper (medium, diced)
- 1 tbsp Tomato Paste
- Sea Salt & Black Pepper
- 3/4 cup Bulgur (dry)
- 1 tbsp Butter
- 1 cup Chicken Broth

DIRECTIONS

1. Heat the oil in a saucepan over medium heat. Add the onions and bell peppers and cook for two to three minutes, or until tender.
2. Add the tomato paste, cooking for one more minute. Season with salt and pepper.
3. Stir in the bulgur, butter, and chicken broth. Bring to a boil. Reduce the heat to low, cover, and cook for 12 to 15 minutes, or until the liquid is absorbed.
4. Fluff with a fork and divide evenly between plates or bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups. Additional Toppings: Fresh herbs like parsley, dill, or cilantro.

Make it Vegan: Omit the butter and use vegetable broth instead.

Nutrition

Amount per serving	
Calories	323
Fat	14g
Carbs	46g
Fiber	8g
Sugar	5g
Protein	8g
Cholesterol	18mg
Sodium	479mg
Vitamin A	1238IU
Vitamin C	40mg
Calcium	40mg
Iron	3mg

BEEF & CHICKPEA CHILI



2 servings



30 minutes



INGREDIENTS:

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 8 ozs Lean Ground Beef
- 2 tsps Taco Seasoning
- 1 Yellow Bell Pepper (small, diced)
- Sea Salt & Black Pepper
- 1 cup Tomato Sauce
- 1 cup Vegetable Broth
- 2/3 cup Chickpeas (cooked)
- 2 tbsps Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	480
Fat	27g
Carbs	34g
Fiber	8g
Sugar	10g
Protein	28g
Cholesterol	81mg
Sodium	679mg
Vitamin A	1333IU
Vitamin C	185mg
Calcium	103mg
Iron	7mg

DIRECTIONS:

1. Heat the oil in a pot over medium-high heat. Add the onion and sauté for five minutes or until soft.
2. Add the beef and cook for five minutes or until slightly browned, breaking it up as it cooks.
3. Add the taco seasoning, bell pepper, salt, and pepper. Stir and cook for another two to three minutes.
4. Add the tomato sauce, broth, and chickpeas. Cover the pot with a lid and simmer on low heat for 15 minutes or until everything is cooked.
5. Divide between bowls, top with parsley, and enjoy!

NOTES:

Leftovers: Refrigerate in an airtight container for up to three days.

More flavor: Add your veggies of choice and jalapeño for a spicy kick.

No Taco Seasoning: Use garlic powder and cumin instead or your choice of spices.



*Thank you for
reading!*



**With Leeauna Duchesne, RD & Shelley Amato,
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