





















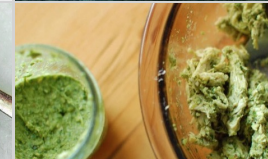



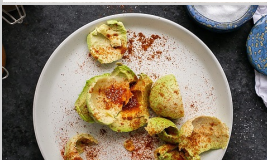




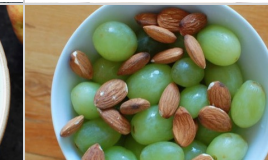




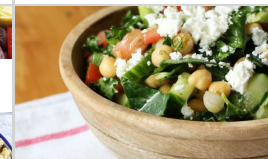

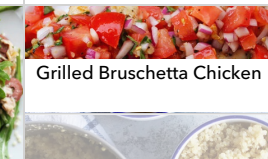
This is a general program that is designed to give you some ideas about some meals and recipes based on the Mediterranean Diet principles.

This is not designed to be followed exactly every single day but rather to start your creative juices and give you a place to start with food planning.

You might notice that on some of the recipes that there will be more than one serve that the recipe makes, feel free to use those as leftovers!

I hope this gives you some inspiration - feel free to share with your friends!

Much love
Wendy

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Sweet Cherry Steel Cut Oats	 Berry Avocado Smoothie	 Overnight Bircher Muesli	 Post Workout Green Smoothie	 Pumpkin Pie Protein Smoothie	 Hummus Toast with Avocado	 Chocolate Banana Cauliflower N'Oats
Snack 1	 Crackers & Hummus	 Homemade Coconut Yogurt	 Apple with Almond Butter	 Celery with Peanut Butter	 Yogurt & Berries	 Blueberry Protein Smoothie	 Sauerkraut Avocado Mash with Crackers
Lunch	 Lentil & Feta Tabbouleh	 Chickpea & Potato Curry	 Lemony White Bean & Quinoa Bowl	 Beef with Cabbage & Mushrooms	 Pulled Chicken & Pesto Wraps	 Golden Hashbrowns & Chickpeas with Kale	 Hummus Kimchi Wrap
Snack 2	 Salmon Cucumber Bites	 Simple Spiced Avocado	 Celery & Hummus	 Smoked Salmon Crackers	 Apple Slices & Hummus	 Warm Apples with Almond Butter	 Grapes & Almonds
Dinner	 Penne with Bursted Cherry Tomato Sauce	 Greek Chicken Salad	 Roasted Carrots with Lentils & Tahini	 One Pan Mediterranean Trout	 Greek Kale Chickpea Salad	 Mediterranean Tuna Pasta Salad	 Quinoa

Fruits

- ☐ 3 3/4 Apple
- ☐ 4 Avocado
- ☐ 2 Banana
- ☐ 1 cup Grapes
- ☐ 3 Lemon
- ☐ 1/4 cup Lemon Juice

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 1/4 cup Almond Butter
- ☐ 3/4 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 2/3 tsp Black Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1 1/3 tsps Cinnamon
- ☐ 2 1/16 tsps Curry Powder
- ☐ 1 tsp Dried Parsley
- ☐ 1 1/3 tsps Garam Masala
- ☐ 1 tbsp Greek Seasoning
- ☐ 2 1/2 tsps Ground Flax Seed
- ☐ 3/4 cup Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 3/4 tsp Paprika
- ☐ 2 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 tsps Sliced Almonds
- ☐ 2 tsps Sunflower Seeds
- ☐ 1/8 tsp Turmeric
- ☐ 1/3 cup Walnuts

Frozen

- ☐ 2 1/2 cups Frozen Berries
- ☐ 1 cup Frozen Blueberries
- ☐ 3/4 cup Frozen Cauliflower
- ☐ 1 1/2 cups Frozen Cherries

Vegetables

- ☐ 4 cups Arugula
- ☐ 6 1/3 cups Baby Spinach
- ☐ 2 1/2 cups Basil Leaves
- ☐ 1 cup Cauliflower Rice
- ☐ 3 1/2 stalks Celery
- ☐ 5 1/2 cups Cherry Tomatoes
- ☐ 2 cups Collard Greens
- ☐ 2 3/4 Cucumber
- ☐ 1 2/3 tbsps Fresh Dill
- ☐ 5 1/2 Garlic
- ☐ 2 1/16 tsps Ginger
- ☐ 1/2 Green Bell Pepper
- ☐ 1 1/2 cups Green Cabbage
- ☐ 6 Heirloom Carrots
- ☐ 7 1/2 cups Kale Leaves
- ☐ 1 3/4 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 2/3 cup Red Onion
- ☐ 3 3/4 Tomato
- ☐ 2/3 Yellow Onion
- ☐ 1 2/3 Yellow Potato
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 1 cup Brown Rice Fusilli, Cooked
- ☐ 1 cup Canned Coconut Milk
- ☐ 2 cups Cannellini Beans
- ☐ 113 grams Chickpea Pasta
- ☐ 2 3/4 cups Chickpeas
- ☐ 1/2 cup Jasmine Rice
- ☐ 1 1/2 cups Lentils
- ☐ 2 slices Light Rye Crisp Bread
- ☐ 1 1/3 cups Quinoa
- ☐ 50 grams Seed Crackers
- ☐ 1/2 can Tuna
- ☐ 1/2 cup Vegetable Broth
- ☐ 50 grams Whole Grain Crackers

Baking

Bread, Fish, Meat & Cheese

- ☐ 624 grams Chicken Breast
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 1/2 cup Feta Cheese
- ☐ 1 3/4 cups Hummus
- ☐ 2 Rainbow Trout Fillet
- ☐ 2 slices Rye Bread
- ☐ 130 grams Smoked Salmon
- ☐ 2 Whole Wheat Tortilla

Condiments & Oils

- ☐ 3/4 cup Artichoke Hearts
- ☐ 1 3/4 tbsps Balsamic Vinegar
- ☐ 2 1/2 tsps Coconut Oil
- ☐ 1 1/8 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 1/2 cup Kimchi
- ☐ 3/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tsps Red Wine Vinegar
- ☐ 2 tsps Sauerkraut
- ☐ 1/4 cup Sun Dried Tomatoes
- ☐ 1 1/2 tsps Tahini

Cold

- ☐ 3 cups Plain Coconut Milk
- ☐ 1 1/2 cups Plain Greek Yogurt
- ☐ 2 1/2 cups Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 114 grams Coconut Meat
- ☐ 1/2 Probiotic Capsules
- ☐ 2 tsps Protein Powder
- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 6 1/16 cups Water

-
- ☐ 1 tbsp Cacao Nibs
 - ☐ 1 tbsp Cacao Powder
 - ☐ 1 tbsp Nutritional Yeast
 - ☐ 1 1/2 cups Oats
 - ☐ 1/2 tsp Pumpkin Pie Spice
 - ☐ 1/2 cup Pureed Pumpkin
 - ☐ 3 tbsps Raisins
 - ☐ 3 tbsps Unsweetened Shredded Coconut
 - ☐ 1/2 tsp Vanilla Extract



Sweet Cherry Steel Cut Oats

3 servings

20 minutes

Ingredients

3/4 cup Steel Cut Oats
2 1/4 cups Water
1 1/2 cups Frozen Cherries
1/3 cup Hemp Seeds

Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries: Any fruit will work.



Berry Avocado Smoothie

3 servings

5 minutes

Ingredients

3 cups Plain Coconut Milk
(unsweetened, from the box)
1 1/2 Zucchini (chopped, frozen)
3/4 cup Frozen Cauliflower
1 1/2 cups Frozen Berries
3/4 Avocado
3 tbsps Chia Seeds
3/4 cup Vanilla Protein Powder

Directions

1

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Overnight Bircher Muesli

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (rolled)
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Sliced Almonds
- 1 1/2 tbsps Ground Flax Seed
- 3 tbsps Raisins
- 3 tbsps Hemp Seeds
- 1/3 tsp Cinnamon
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 Apple (medium, grated)

Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

Notes

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

Prep Ahead: The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet: Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein: Make with Greek yogurt instead of coconut yogurt.



Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

2 tbsps Protein Powder (vanilla)
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Pumpkin Pie Protein Smoothie

1 serving
10 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Pureed Pumpkin
1 Banana (frozen)
1/2 tsp Vanilla Extract
1/2 tsp Pumpkin Pie Spice
1/4 cup Vanilla Protein Powder

Directions

1

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Hummus Toast with Avocado

1 serving
10 minutes

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Directions

1

Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds: Use hemp seeds, sesame seeds or pumpkin seeds instead.



Chocolate Banana Cauliflower N'Oats

1 serving
20 minutes

Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

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

Nut-Free: Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor: Add cinnamon or maple syrup.

More Protein: Add collagen or protein powder.

No Cacao Powder: Use cocoa powder instead.

No Banana: Top with berries instead.



Crackers & Hummus

1 serving

5 minutes

Ingredients

50 grams Whole Grain Crackers

1/4 cup Hummus

Directions

- 1 Dip the crackers into the hummus and enjoy!

Notes

Crackers: Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!



Homemade Coconut Yogurt

1 serving

24 hours

Ingredients

114 grams Coconut Meat (thawed)
2 tbsps Water
1 1/2 tsps Lemon Juice
1/2 Probiotic Capsules

Directions

- 1 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 2 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 3 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

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

Probiotic Sensitivity: Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor: Use coconut water instead of water.



Apple with Almond Butter

1 serving
5 minutes

Ingredients

1 Apple
2 tbsps Almond Butter

Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.



Celery with Peanut Butter

1 serving

5 minutes

Ingredients

1 1/2 stalks Celery (sliced into sticks)
2 tbsps All Natural Peanut Butter

Directions

1 Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free: Use sunflower seed butter or hummus instead.



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Directions

1

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

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead



Sauerkraut Avocado Mash with Crackers

1 serving

5 minutes

Ingredients

1/2 Avocado (peeled, pit removed)
2 tbsps Sauerkraut (roughly chopped)
50 grams Seed Crackers

Directions

1

Use the back of a fork to mash together the avocado and sauerkraut in a bowl.
Serve with crackers and enjoy!

Notes

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

No Crackers: Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



Lentil & Feta Tabbouleh

1 serving
10 minutes

Ingredients

1/2 cup Lentils (cooked)
1/2 Tomato (medium, diced)
2 2/3 tbsps Feta Cheese (crumbled)
1 cup Parsley (chopped)
2 tbsps Red Onion (finely diced)
1 tbsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
1/2 tsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

1

Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

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



Chickpea & Potato Curry

2 servings

20 minutes

Ingredients

- 1/3 cup Water
- 2/3 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 2 tsps Ginger (fresh, grated or minced)
- 2 tsps Curry Powder
- 1 1/3 tsps Garam Masala
- 1 tsp Chili Powder
- 1/3 tsp Sea Salt
- 1 1/3 cups Chickpeas (cooked, rinsed)
- 2/3 Yellow Potato (medium, peeled, diced)
- 1 cup Canned Coconut Milk
- 1 1/3 cups Baby Spinach

Directions

- 1 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 2 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 3 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

Serving Size: One serving is approximately one cup of curry.

More Flavor: For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

Additional Toppings: Fresh cilantro or lime wedges.

No Chickpeas: Use cooked lentils instead.



Lemony White Bean & Quinoa Bowl

2 servings

25 minutes

Ingredients

2/3 cup Quinoa (dry)
2 cups Cannellini Beans (drained, rinsed)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Lemon Juice
1/2 Garlic (clove, minced)
1 tsp Dried Parsley
1/4 tsp Sea Salt
1/2 Cucumber (sliced)
1 cup Cherry Tomatoes (chopped)

Directions

- 1 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 2 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 3 In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
- 4 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Notes

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

Additional Toppings: More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans: Use another white bean or chickpeas instead.

No Quinoa: Use brown rice or cauliflower rice instead.

More Fat: Add extra virgin olive oil to the dressing.



Beef with Cabbage & Mushrooms

2 servings

25 minutes

Ingredients

1/2 cup Jasmine Rice
227 grams Extra Lean Ground Beef
1/2 tsp Sea Salt (divided)
1 3/4 cups Mushrooms (sliced)
1 1/2 cups Green Cabbage (thinly sliced)
1 tbsp Water

Directions

- 1 Cook the rice according to package directions.
- 2 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 3 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 4 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 5 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 6 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

Notes

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

More Flavor: Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

Additional Toppings: Top with sesame seeds or sliced green onion.

No Green Cabbage: Use purple cabbage instead.

No Beef: Use ground chicken, ground turkey or ground pork.



Pulled Chicken & Pesto Wraps

2 servings
1 hour 10 minutes

Ingredients

227 grams Chicken Breast
1/2 cup Vegetable Broth
1/3 cup Walnuts
1/4 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 cup Baby Spinach
1/2 cup Basil Leaves
1/8 tsp Sea Salt
1/4 tsp Black Pepper
2 cups Collard Greens (washed and stems removed)

Directions

- 1 Preheat oven to 325°F (163°C).
- 2 Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
- 3 Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
- 4 Remove chicken from oven. Use a fork to shred the chicken.
- 5 Place the pulled chicken in a bowl and toss with desired amount of pesto.
- 6 Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

Notes

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

Save Time: Throw your chicken into the slow cooker in the morning and shred by night.

More Carbs: Serve on bread or in a brown rice wrap.

Make it Crunchy: Add diced celery, cherry tomatoes or sunflower seeds.

Vegetarian: Skip the chicken and use roasted chickpeas.



Golden Hashbrowns & Chickpeas with Kale

2 servings

25 minutes

Ingredients

- 1 Yellow Potato (shredded, pat dry)
- 1/2 cup Chickpeas (cooked, rinsed)
- 1/4 tsp Sea Salt
- 1/8 tsp Turmeric
- 1 1/2 cups Kale Leaves (stems removed, leaves torn)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper or a silicone baking mat.
- 2 Arrange the shredded potato on one half of the baking sheet, and the chickpeas on the other. Season with sea salt and turmeric and toss gently to distribute. Bake for 10 minutes.
- 3 Meanwhile, rinse the kale and shake off excess water.
- 4 Remove the potatoes and chickpeas from the oven, and toss gently. Shift aside and add the wet kale to the same baking sheet. Return to the oven and bake for another 5 minutes.
- 5 Divide the potato onto plates and top with the kale and chickpeas. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Re-crisp in the oven or toaster oven if preferred.

Serving Size: One serving equals approximately 1 1/2 cups of shredded potato, 1/4 cup of chickpeas and 1/2 cup of kale.

More Flavor: Add oil to the vegetables and chickpeas before cooking. Add your choice of spices or dried herbs to the hashbrowns before cooking.

Additional Toppings: Top with avocado, red pepper flakes, mayonnaise or salsa.



Hummus Kimchi Wrap

2 servings

5 minutes

Ingredients

1/2 cup Hummus
1/2 cup Kimchi (drained)
2 Whole Wheat Tortilla (large)
2 cups Baby Spinach
1 Cucumber (julienned)

Directions

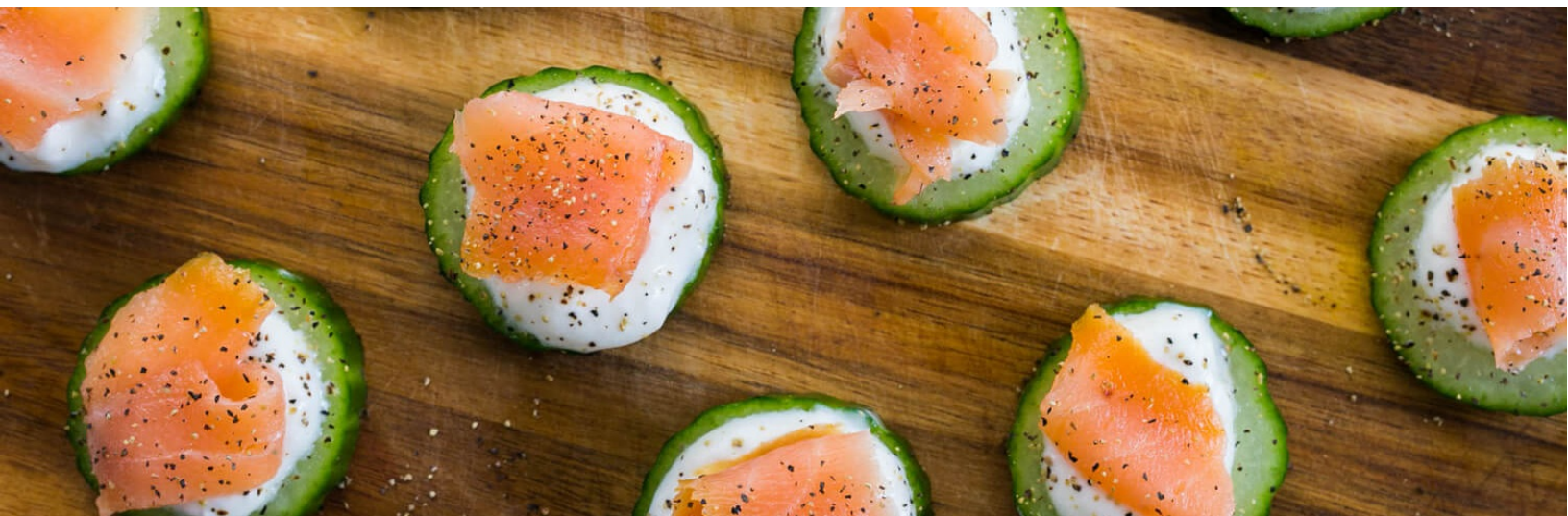
- 1 In a bowl, mix together the hummus and kimchi until well combined.
- 2 Lay the tortilla flat and layer with spinach, cucumber and the hummus kimchi. Roll the wrap tightly and enjoy!

Notes

Leftovers: Refrigerate the leftover hummus kimchi in an airtight container for up to three days. For best results, assemble the wrap just before eating.

Additional Toppings: Add avocado, sprouts, sesame seeds or any leftover veggies.

No Kimchi: Use sauerkraut instead.



Salmon Cucumber Bites

2 servings

5 minutes

Ingredients

1/4 cup Plain Greek Yogurt
1/2 Cucumber (sliced)
100 grams Smoked Salmon (sliced)
1/4 tsp Black Pepper

Directions

1

Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



Simple Spiced Avocado

2 servings

5 minutes

Ingredients

2 Avocado (halved)
1/2 tsp Paprika
1/2 tsp Chili Powder
1/4 tsp Sea Salt

Directions

1

Roughly scoop out the avocado flesh. Sprinkle with paprika, chili powder and sea salt. Enjoy!

Notes

Leftovers: Best enjoyed the same day. For best results, slice and serve the avocado just before enjoying.

Additional Toppings: Extra virgin olive oil, hemp seeds, sesame seeds, red pepper flakes or nutritional yeast.



Celery & Hummus

1 serving

5 minutes

Ingredients

2 stalks Celery (cut into sticks)
1/4 cup Hummus
1/4 tsp Paprika (optional)

Directions

1

Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself: Check out our Green Pea Hummus or Sweet Potato Hummus recipes.



Smoked Salmon Crackers

1 serving

5 minutes

Ingredients

1/4 cup Plain Greek Yogurt
2 slices Light Rye Crisp Bread
30 grams Smoked Salmon (sliced)
2 tsps Fresh Dill (chopped)

Directions

1

Spread the greek yogurt evenly onto each crispbread. Top with the smoked salmon slices and fresh dill. Enjoy!

Notes

Leftovers: Best enjoyed immediately as the crispbread will soften over time.

Serving Size: One serving is equal to two topped crispbreads.

Additional Toppings: Capers, red onion, or cucumber.

No Crispbread: Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

No Greek Yogurt: Use coconut butter, cottage cheese, or cream cheese instead.



Apple Slices & Hummus

1 serving

5 minutes

Ingredients

1 Apple
1/4 cup Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Warm Apples with Almond Butter

1 serving
15 minutes

Ingredients

1 tsp Coconut Oil
1 Apple (diced)
1/2 tsp Cinnamon (ground)
2 tbsps Almond Butter

Directions

- 1 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 2 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.

No Apples: Use pears or plantains instead.



Grapes & Almonds

1 serving
5 minutes

Ingredients

1 cup Grapes
1/4 cup Almonds

Directions

- 1 Combine grapes and almonds together in a bowl.
- 2 Happy snacking!



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

113 grams Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Greek Chicken Salad

2 servings

45 minutes

Ingredients

1 tbsp Greek Seasoning
1/2 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
283 grams Chicken Breast (boneless, skinless)
1 1/2 cups Cherry Tomatoes (halved)
1/2 Cucumber (diced)
2 tbsps Red Onion (finely diced)
1/2 cup Pitted Kalamata Olives (chopped)
1 1/2 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs: Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning instead.



Roasted Carrots with Lentils & Tahini

2 servings

25 minutes

Ingredients

6 Heirloom Carrots (washed)
1 1/2 tsps Coconut Oil
1/4 tsp Sea Salt
1 1/2 tsps Tahini
1/2 Lemon (juiced)
2 tsps Water
1 tbsp Extra Virgin Olive Oil (divided)
4 cups Kale Leaves (finely sliced)
1 1/2 tsps Red Wine Vinegar
1 cup Lentils (cooked, drained and rinsed)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ontop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead: Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers: Store covered in the fridge up to 3 days.



One Pan Mediterranean Trout

2 servings

25 minutes

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout: Use salmon fillets instead.

More Carbs: Serve with rice or quinoa.



Quinoa

3 servings

15 minutes

Ingredients

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Greek Kale Chickpea Salad

2 servings

15 minutes

Ingredients

1 tbsp Fresh Dill (chopped)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1 cup Chickpeas (cooked, drained and rinsed)
1/4 Cucumber (diced)
1/2 Tomato (diced)
1/2 Green Bell Pepper (diced)
2 cups Kale Leaves (finely sliced)
1/4 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!

Notes

No Chickpeas: Use lentils or kidney beans instead.

Extra Greek: Add chopped black olives.

No Kale: Use spinach or any dark leafy green instead.



Mediterranean Tuna Pasta Salad

2 servings

15 minutes

Ingredients

1 cup Brown Rice Fusilli, Cooked
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 1/2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/4 cup Green Olives (sliced)
1/4 cup Sun Dried Tomatoes (sliced)
1/2 can Tuna (drained and flaked)
4 cups Arugula
2 tbsps Hemp Seeds

Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan: Use chickpeas or lentils instead of tuna.

Leftovers: Keeps well in the fridge up to 3 days.



Grilled Bruschetta Chicken

1 serving
30 minutes

Ingredients

113 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover: Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.