





































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Breakfast Cauliflower Casserole	 Breakfast Cauliflower Casserole	 Breakfast Cauliflower Casserole	 Carrot Cake Chia Pudding	 Carrot Cake Chia Pudding	 Avocado Sweet Potato Toast with Poached Egg	 Avocado Sweet Potato Toast with Poached Egg
Snack 1	 Apple with Almond Butter	 Apple with Almond Butter	 Hummus Dippers	 Hummus Dippers	 Apple with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter
Lunch	 Cream of Celery & Asparagus Soup	 Mediterranean Goddess Bowl	 Cajun Chicken, Sweet Potatoes & Kale	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 15 Minute Shrimp & Cabbage Stir Fry	 Sausage, Broccoli & Cabbage Stir Fry	 Cream of Celery & Asparagus Soup
Snack 2	 Smoked Salmon Wrapped Avocado	 Smoked Salmon Wrapped Avocado	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Hummus Dippers	 Hummus Dippers
Dinner	 Mediterranean Goddess Bowl	 Cajun Chicken, Sweet Potatoes & Kale	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 15 Minute Shrimp & Cabbage Stir Fry	 Sausage, Broccoli & Cabbage Stir Fry	 Cheesy Cauliflower & Broccoli Casserole	 Cheesy Cauliflower & Broccoli Casserole

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 56%	Fat	<div><div></div></div> 54%	Fat	<div><div></div></div> 54%	Fat	<div><div></div></div> 52%	Fat	<div><div></div></div> 49%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 51%
Carbs	<div><div></div></div> 28%	Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 17%	Carbs	<div><div></div></div> 21%	Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 33%
Protein	<div><div></div></div> 16%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 16%
Calories	1422	Calories	1493	Calories	1206	Calories	1583	Calories	1542	Calories	1321	Calories	1319
Fat	94g	Fat	94g	Fat	74g	Fat	97g	Fat	91g	Fat	73g	Fat	79g
Carbs	105g	Carbs	108g	Carbs	54g	Carbs	87g	Carbs	110g	Carbs	125g	Carbs	116g
Fiber	32g	Fiber	31g	Fiber	17g	Fiber	36g	Fiber	39g	Fiber	39g	Fiber	39g
Sugar	31g	Sugar	29g	Sugar	14g	Sugar	23g	Sugar	44g	Sugar	44g	Sugar	40g
Protein	61g	Protein	73g	Protein	89g	Protein	112g	Protein	98g	Protein	62g	Protein	58g
Cholesterol	446mg	Cholesterol	544mg	Cholesterol	986mg	Cholesterol	819mg	Cholesterol	822mg	Cholesterol	457mg	Cholesterol	372mg
Sodium	2412mg	Sodium	2197mg	Sodium	2804mg	Sodium	1843mg	Sodium	2044mg	Sodium	1709mg	Sodium	1592mg
Vitamin A	10355IU	Vitamin A	17751IU	Vitamin A	26512IU	Vitamin A	19754IU	Vitamin A	8335IU	Vitamin A	22480IU	Vitamin A	24767IU
Vitamin C	113mg	Vitamin C	137mg	Vitamin C	253mg	Vitamin C	305mg	Vitamin C	283mg	Vitamin C	406mg	Vitamin C	291mg
Calcium	582mg	Calcium	584mg	Calcium	488mg	Calcium	1318mg	Calcium	1477mg	Calcium	570mg	Calcium	536mg
Iron	17mg	Iron	13mg	Iron	12mg	Iron	16mg	Iron	18mg	Iron	18mg	Iron	18mg

Fruits

- ☐ 5 Apple
- ☐ 2 Avocado
- ☐ 1 1/4 Lemon

Breakfast

- ☐ 2/3 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1 tbsp Cajun Spice
- ☐ 1/4 cup Cashews
- ☐ 1/2 cup Chia Seeds
- ☐ 1 1/2 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 1 tsp Garlic Powder
- ☐ 1/4 tsp Ground Ginger
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 1/4 tsp Oregano
- ☐ 1/8 tsp Paprika
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 2 2/3 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sesame Seeds
- ☐ 1 tsp Turmeric
- ☐ 1/4 cup Walnuts

Vegetables

- ☐ 1 1/2 cups Asparagus
- ☐ 5 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 1 cup Butternut Squash
- ☐ 4 Carrot
- ☐ 1 1/2 heads Cauliflower
- ☐ 7 stalks Celery
- ☐ 1/2 Cucumber
- ☐ 6 Garlic
- ☐ 8 cups Green Cabbage
- ☐ 4 cups Kale Leaves
- ☐ 1/4 cup Parsley
- ☐ 2 cups Purple Cabbage
- ☐ 2 tbsps Red Onion
- ☐ 2 Sweet Potato
- ☐ 1/2 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion

Boxed & Canned

- ☐ 1/2 cup Quinoa

Baking

- ☐ 1/8 tsp Ground Cloves
- ☐ 1/3 cup Nutritional Yeast
- ☐ 1 tsp Stevia Powder
- ☐ 2 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 227 grams Chicken Breast
- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 1 1/2 cups Hummus
- ☐ 142 grams Organic Chicken Sausage
- ☐ 454 grams Shrimp
- ☐ 100 grams Smoked Salmon

Condiments & Oils

- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 3 1/2 tbsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Tahini

Cold

- ☐ 17 Egg
- ☐ 2 1/2 cups Unsweetened Almond Milk

Other

- ☐ 3 cups Water



Breakfast Cauliflower Casserole

3 servings

1 hour

Ingredients

1/2 head Cauliflower (chopped into florets)
7 Egg
1/2 cup Unsweetened Almond Milk
1 tsp Garlic Powder
1 tbsp Nutritional Yeast
1 tsp Sea Salt
1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	213
Fat	12g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	19g
Cholesterol	434mg
Sodium	1025mg
Vitamin A	1651IU
Vitamin C	50mg
Calcium	174mg
Iron	3mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 3 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 4 Pour mixture into a baking dish and bake for 45 minutes.
- 5 Remove from oven and let cool slightly before serving. Enjoy!

Notes

More Greens: Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower: Use steamed broccoli instead.

Storage: Store in an airtight container up to three days. Reheat before serving.



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	415
Fat	32g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	184mg
Vitamin A	5597IU
Vitamin C	2mg
Calcium	751mg
Iron	5mg

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 to 4 days.

Extra Creamy: Replace half of the almond milk with full-fat canned coconut milk.



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	360
Fat	24g
Carbs	22g
Fiber	9g
Sugar	4g
Protein	16g
Cholesterol	372mg
Sodium	185mg
Vitamin A	9908IU
Vitamin C	12mg
Calcium	88mg
Iron	3mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free: Skip the eggs and top with hemp seeds instead.



Apple with Almond Butter

5 servings

5 minutes

Ingredients

5 Apple
2/3 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg

Directions

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



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade: Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Cream of Celery & Asparagus Soup

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	671mg
Vitamin A	3847IU
Vitamin C	17mg
Calcium	131mg
Iron	6mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size: One serving is approximately 2 cups.

No Hemp Seeds: Use cashews.

Add Some Crunch: Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach: Use kale, swiss chard or any leafy green.



Smoked Salmon Wrapped Avocado

2 servings

5 minutes

Ingredients

- 1 Avocado
- 100 grams Smoked Salmon (sliced)

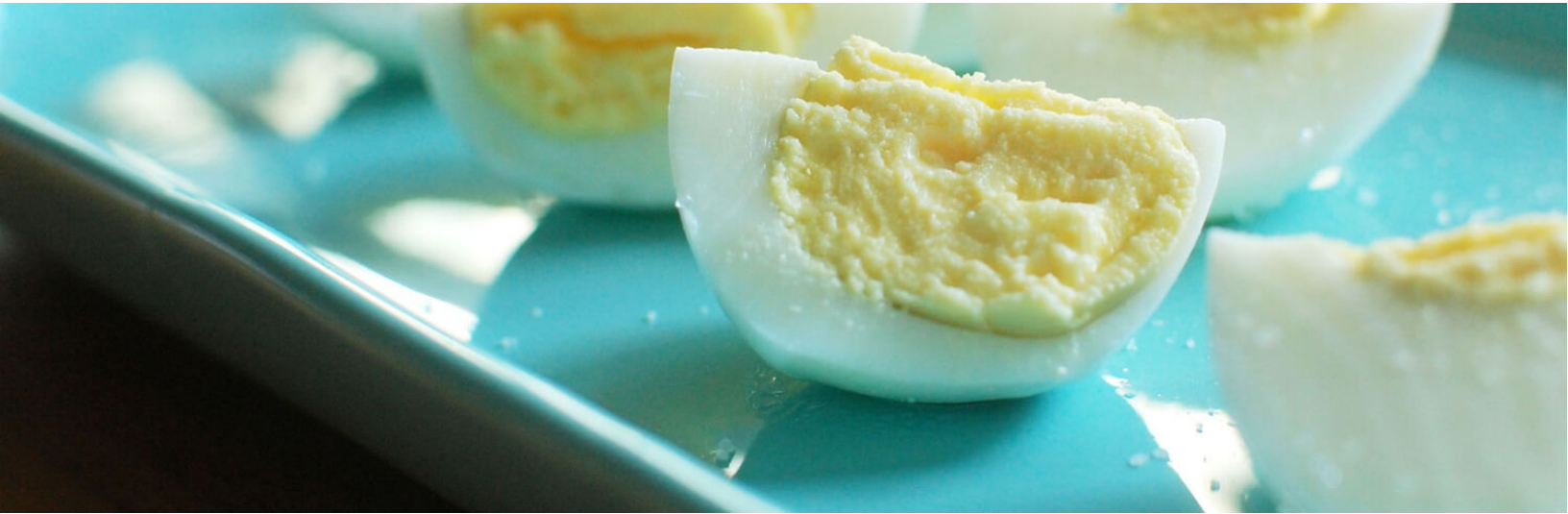
Directions

1

Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg



Salt n' Vinegar Hard Boiled Eggs

3 servings

35 minutes

Ingredients

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps Apple Cider Vinegar (divided)

Nutrition

Amount per serving	
Calories	148
Fat	10g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	372mg
Sodium	732mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

Directions

1

Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.

2

After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.

3

When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Mediterranean Goddess Bowl

2 servings

25 minutes

Ingredients

1/2 cup Quinoa (uncooked)
3/4 cup Water
2 cups Baby Spinach
1 1/2 tsps Tahini
2 tbsps Extra Virgin Olive Oil
1/4 tsp Oregano
1/4 tsp Black Pepper
1/4 Lemon (juiced)
1/2 Tomato (diced)
2 tbsps Red Onion (finely diced)
1/2 Cucumber (diced)
1/4 cup Parsley (finely chopped)
1/2 cup Hummus
1 1/2 tsps Chili Powder

Nutrition

Amount per serving	
Calories	481
Fat	30g
Carbs	45g
Fiber	9g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	369mg
Vitamin A	4568IU
Vitamin C	28mg
Calcium	140mg
Iron	6mg

Directions

- 1 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 2 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 3 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 4 Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

Notes

On-the-Go: Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.



Cajun Chicken, Sweet Potatoes & Kale

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Cajun Spice (divided)
1 1/2 tsps Coconut Oil (divided)
227 grams Extra Lean Ground Chicken
4 cups Kale Leaves (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	293
Fat	17g
Carbs	15g
Fiber	4g
Sugar	3g
Protein	22g
Cholesterol	98mg
Sodium	456mg
Vitamin A	11243IU
Vitamin C	41mg
Calcium	133mg
Iron	2mg

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 2 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 3 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 4 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken: Use any type of ground meat.

Vegan & Vegetarian: Use lentils or chickpeas instead of chicken.

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



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings

40 minutes

Ingredients

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
227 grams Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	382
Fat	24g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	29g
Cholesterol	82mg
Sodium	286mg
Vitamin A	10244IU
Vitamin C	75mg
Calcium	70mg
Iron	3mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP: Use zucchini instead of cauliflower.



15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

Ingredients

2 tbsps Coconut Oil (divided)
454 grams Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
8 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	468
Fat	20g
Carbs	26g
Fiber	10g
Sugar	12g
Protein	52g
Cholesterol	365mg
Sodium	336mg
Vitamin A	539IU
Vitamin C	141mg
Calcium	386mg
Iron	4mg

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs: Serve with brown rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 2 days.



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

142 grams Organic Chicken Sausage
1/2 Yellow Onion (small, diced)
1/2 Garlic (clove, minced)
2 cups Broccoli (chopped into small florets)
2 cups Purple Cabbage (finely sliced)
1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	85mg
Sodium	788mg
Vitamin A	1560IU
Vitamin C	132mg
Calcium	165mg
Iron	6mg

Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

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

No Sausage: Use ground meat instead.

Make it Quick: Use bagged coleslaw mix to save time on slicing cabbage.



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

1 cup Butternut Squash (peeled, seeded and cubed)
1/2 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/4 cup Water
1/2 head Cauliflower (medium, chopped into florets)
2 cups Broccoli (chopped into florets)
1/4 cup Cashews
1/4 cup Nutritional Yeast
1/4 tsp Sea Salt
1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Protein: Serve with roasted chicken or top with bacon.

More Carbs: Serve with brown rice macaroni or quinoa.