


















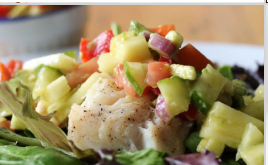




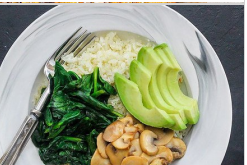


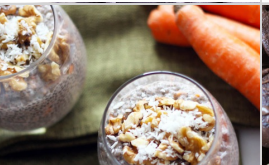








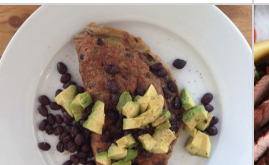


This is a general program that is designed to give you some ideas about some meals and recipes that have ingredients in them that can really help keep your body healthy if you are planning on having a baby.

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	 Banana Coconut Steel Cut Oats	 Bell Pepper & Spinach Egg Bake	 Peanut Butter Banana Oat Smoothie	 Cherry Blaster Green Smoothie	 Blueberry Beet Chia Pudding	 Blueberry Breakfast Bars	 Triple Berry Protein Bowl
Snack 1	 Yogurt & Berries	 Cinnamon Yogurt Overnight Oats	 Salt n' Vinegar Hard Boiled Eggs	 Sunbutter Oat Cookies	 Trail Mix With Banana	 Glowing Green Mango Energy Smoothie	 Carrot & Banana N'Oatmeal Bake
Lunch	 Slow Cooker Black Bean Soup	 Pan Seared Haddock with Pineapple Salsa	 Pressure Cooker Rice & Beans	 Zucchini Noodles with Sausage & Tomato Sauce	 Cozy Tofu Shakshuka	 Tuna Salad Lettuce Wraps	 Mushroom & Cauliflower Rice Bowl
Snack 2	 Peanut Butter & Jelly Banana Rolls	 Mango Green Smoothie Bowl	 Carrot Cake Chia Pudding	 Brownie Batter Protein Balls	 Chocolate Pumpkin Muffins	 Apples & Almonds	 Green Pineapple Smoothie
Dinner	 Apple Turkey Burgers with Caramelized Onions & Brie	 Slow Cooker Hawaiian Beef	 Creamy Garlic Kale with Crispy Chickpeas & Sweet...	 Baked Salmon with Broccoli & Quinoa	 Mexican Black Bean Omelette	 Kale Greek Salad with Steak	 Rainbow Chicken Salad with Tahini Dressing

Fruits

- ☐ 7 1/2 Apple
- ☐ 4 3/4 Avocado
- ☐ 13 Banana
- ☐ 2 cups Blackberries
- ☐ 5 3/4 cups Blueberries
- ☐ 1 cup Cherries
- ☐ 1 1/2 Kiwi
- ☐ 2 1/4 Lemon
- ☐ 4 Lime
- ☐ 3 tbsps Lime Juice
- ☐ 1/3 Navel Orange
- ☐ 1/2 cup Pineapple
- ☐ 2 3/4 cups Strawberries

Breakfast

- ☐ 2/3 cup All Natural Peanut Butter
- ☐ 1/4 cup Almond Butter
- ☐ 1/4 cup Maple Syrup
- ☐ 3 1/2 tbsps Pumpkin Seed Butter
- ☐ 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 2/3 tsp Black Pepper
- ☐ 1/3 tsp Cayenne Pepper
- ☐ 2 1/16 cups Chia Seeds
- ☐ 1 1/4 tbsps Chili Powder
- ☐ 2 tpsps Cinnamon
- ☐ 1/3 cup Clean Trail Mix
- ☐ 2 1/4 tpsps Cumin
- ☐ 1 1/2 tpsps Curry Powder
- ☐ 1/4 tsp Dried Thyme
- ☐ 1 tsp Garam Masala
- ☐ 1/4 tsp Ground Allspice
- ☐ 1 tsp Ground Flax Seed
- ☐ 1/3 tsp Ground Ginger
- ☐ 1/4 tsp Ground Sage
- ☐ 1/2 cup Hemp Seeds
- ☐ 1/2 tsp Nutmeg
- ☐ 1/4 tsp Oregano

Vegetables

- ☐ 17 2/3 cups Baby Spinach
- ☐ 1/3 cup Basil Leaves
- ☐ 1 Beet
- ☐ 2 cups Broccoli
- ☐ 3 1/3 Carrot
- ☐ 4 1/2 cups Cauliflower Rice
- ☐ 1 stalk Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 1/2 Cucumber
- ☐ 6 3/4 Garlic
- ☐ 1/4 Green Bell Pepper
- ☐ 1/2 head Green Lettuce
- ☐ 5 1/16 stalks Green Onion
- ☐ 11 1/3 cups Kale Leaves
- ☐ 2 tpsps Mint Leaves
- ☐ 2 cups Mixed Greens
- ☐ 1/4 cup Mushrooms
- ☐ 1/2 cup Parsley
- ☐ 3 2/3 Red Bell Pepper
- ☐ 2/3 cup Red Onion
- ☐ 6 leaves Romaine
- ☐ 1 Sweet Potato
- ☐ 886 milligrams Thyme Sprigs
- ☐ 1/2 Tomato
- ☐ 12 White Button Mushrooms
- ☐ 1 1/2 Yellow Bell Pepper
- ☐ 2 Yellow Onion
- ☐ 3 Zucchini

Boxed & Canned

- ☐ 3/4 cup Basmati Rice
- ☐ 4 3/4 cups Black Beans
- ☐ 2 1/2 cups Canned Coconut Milk
- ☐ 2 cups Chickpeas
- ☐ 3/4 cup Crushed Pineapple
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 2 cups Fire Roasted Diced Tomatoes
- ☐ 3/4 cup Quinoa
- ☐ 1 cup Red Kidney Beans
- ☐ 1 1/2 cans Tuna

Bread, Fish, Meat & Cheese

- ☐ 227 grams Beef Brisket
- ☐ 170 grams Beef Tenderloin
- ☐ 57 grams Brie Cheese
- ☐ 76 grams Chicken Breast, Cooked
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 1/4 cup Feta Cheese
- ☐ 2 Haddock Fillet
- ☐ 340 grams Pork Sausage
- ☐ 142 grams Salmon Fillet
- ☐ 297 grams Tofu

Condiments & Oils

- ☐ 3 tpsps Apple Cider Vinegar
- ☐ 1 1/2 tpsps Avocado Oil
- ☐ 1 1/2 tpsps Coconut Aminos
- ☐ 1/4 cup Coconut Oil
- ☐ 2 1/3 tpsps Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tpsps Red Wine Vinegar
- ☐ 1/4 cup Sunflower Seed Butter
- ☐ 3 tpsps Tahini
- ☐ 1 tpsps Tamari
- ☐ 1 1/2 cups Tomato Sauce
- ☐ 1 tsp Yellow Mustard

Cold

- ☐ 9 Egg
- ☐ 1 1/3 tpsps Oat Milk
- ☐ 1 cup Plain Coconut Milk
- ☐ 2 cups Plain Greek Yogurt
- ☐ 12 1/3 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/3 cup Chocolate Protein Powder
- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 8 1/16 cups Water

- ☐ 1 tbsp Paprika
- ☐ 1/4 cup Pecans
- ☐ 2 3/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 cup Slivered Almonds
- ☐ 1/3 cup Walnuts

Frozen

- ☐ 3 Brown Rice Tortilla
- ☐ 2 cups Frozen Berries
- ☐ 3 3/4 cups Frozen Mango
- ☐ 4 cups Frozen Pineapple

Baking

- ☐ 1 1/3 tsps Arrowroot Powder
- ☐ 1/3 tsp Baking Powder
- ☐ 1/4 tsp Baking Soda
- ☐ 2 tsps Cacao Powder
- ☐ 2 2/3 tbsps Cocoa Powder
- ☐ 2 1/16 tsps Coconut Flour
- ☐ 2 3/4 tbsps Coconut Sugar
- ☐ 1/2 cup Dark Chocolate Chips
- ☐ 1/8 tsp Ground Cloves
- ☐ 1/2 cup Oat Flour
- ☐ 2 2/3 cups Oats
- ☐ 3 1/2 tbsps Pitted Dates
- ☐ 2/3 tsp Pumpkin Pie Spice
- ☐ 1/3 cup Pureed Pumpkin
- ☐ 1 1/3 tbsps Raisins
- ☐ 1 1/2 tsps Stevia Powder
- ☐ 1/2 cup Unsweetened Coconut Flakes
- ☐ 2 1/16 tbsps Unsweetened Shredded Coconut
- ☐ 1/2 tsp Vanilla Extract



Banana Coconut Steel Cut Oats

2 servings

25 minutes

Ingredients

3/4 cup Canned Coconut Milk
3/4 cup Water
1/2 cup Steel Cut Oats (uncooked)
1 Banana (very ripe)
1/4 cup Pecans (toasted)
1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- 1 In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
- 2 Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
- 3 Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

Make it Sweeter: Top with sliced banana or a drizzle of maple syrup.

On-the-Go: Pack the oats into mason jars and reheat before eating.

No Coconut Milk: Use unsweetened almond milk.



Bell Pepper & Spinach Egg Bake

2 servings

30 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil (divided)
1/3 Red Bell Pepper
2/3 cup Baby Spinach (chopped)
2 2/3 tbsps Cherry Tomatoes (halved)
1 stalk Green Onion (chopped)
2 2/3 Egg
2 2/3 tbsps Water
1/8 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

Notes

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

Serving Size: An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

More Flavor: Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

Veggies: This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.



Peanut Butter Banana Oat Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

Directions

1

Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Cherry Blaster Green Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Baby Spinach
- 1 cup Cherries (fresh or frozen)
- 1 Banana (frozen)
- 2 tbsps Chia Seeds
- 2 tbsps Hemp Seeds

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add honey or pitted dates.

More Protein: Add vanilla protein powder.



Blueberry Beet Chia Pudding

4 servings

3 hours

Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Canned Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 2 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 3 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 4 Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time: Buy canned beets. Make sure they are not pickled!

Topping Ideas: Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.



Blueberry Breakfast Bars

4 servings

40 minutes

Ingredients

1 cup Blueberries (fresh or frozen, thawed)
1 3/4 tbsps Maple Syrup
1 1/3 tsps Arrowroot Powder
1 1/3 cups Oats (rolled, divided)
1/2 Banana (very ripe, mashed)
1 1/3 tbsps Water

Directions

- 1 Preheat the oven to 350°F (175°F). Line a baking pan with parchment paper.
- 2 In a bowl, smash the blueberries using the back of a fork. Combine with the maple syrup and arrowroot powder. Set aside.
- 3 Add half the oats to a food processor or blender to create oat flour. Transfer to a mixing bowl and combine with the remaining rolled oats, banana and water.
- 4 Firmly press half of the oat mixture into a thin even layer in the baking pan. Spread the blueberry mixture on top and then crumble the remaining oat mixture over top of the blueberry layer. Bake for 20 to 25 minutes, or until golden brown. Slice and enjoy!

Notes

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

Serving Size: One serving equals one square.

Baking Dish: An 8 x 8-inch baking dish was used to create the standard nine servings.

More Flavor: Add vanilla extract, substitute half the blueberries with another fruit such as peaches or strawberries.

Additional Toppings: Maple syrup, honey, yogurt or nut butter.

No Banana: Use applesauce or pear puree instead.



Triple Berry Protein Bowl

4 servings

10 minutes

Ingredients

- 2 cups Strawberries (sliced)
- 2 cups Blueberries
- 2 cups Blackberries
- 1/4 cup Almond Butter
- 1/4 cup Hemp Seeds
- 1/2 cup Slivered Almonds
- 1 cup Unsweetened Almond Milk

Directions

1

Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!



Yogurt & Berries

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2 cups 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.



Cinnamon Yogurt Overnight Oats

2 servings

8 hours

Ingredients

2/3 cup Oats (rolled)
2 tbsps Chia Seeds
1/4 tsp Cinnamon
1/2 tsp Vanilla Extract
1 cup Unsweetened Coconut Yogurt
1 cup Plain Coconut Milk (from the carton)
1 Banana (sliced)

Directions

- 1 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove from the fridge and enjoy!

Notes

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

Serving Size: One serving is about 1 1/4 cup.

No Coconut Yogurt: Use another type of yogurt.

Additional Toppings: Berries, nuts and/or seeds.



Salt n' Vinegar Hard Boiled Eggs

2 servings

35 minutes

Ingredients

4 Egg
1/2 tsp Sea Salt (divided)
2 tbsps Apple Cider Vinegar (divided)

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!



Sunbutter Oat Cookies

2 servings

15 minutes

Ingredients

1/4 cup Sunflower Seed Butter
1/4 Egg
1 tbsp Coconut Sugar
3 tbsps Oats (large flake)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

Notes

No Sunflower Seed Butter: Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

No Coconut Sugar: Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

Storage: Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

Serving Size: One serving is equal to approximately two cookies.



Trail Mix With Banana

1 serving

5 minutes

Ingredients

1/3 cup Clean Trail Mix

1 Banana

Directions

1

Divide trail mix into bowls or containers, and serve with a banana on the side.
Happy snacking!



Glowing Green Mango Energy Smoothie

1 serving
10 minutes

Ingredients

- 2 cups Baby Spinach
- 1/4 Cucumber
- 1/2 Lime (juiced)
- 1/2 Lemon (juiced)
- 1/2 Apple (skin removed and diced)
- 3/4 cup Frozen Mango
- 1 cup Water

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Enjoy!



Carrot & Banana N'Oatmeal Bake

1 serving

1 hour

Ingredients

1/3 cup Canned Coconut Milk
1/2 Banana (medium, ripe, mashed)
2 tsps Coconut Flour
1/16 tsp Baking Soda
1 Carrot (medium, shredded)
2 tsps Unsweetened Shredded Coconut (plus more for garnish)
1 1/3 tsps Raisins

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 3 Garnish with shredded coconut (optional). Slice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

Serving Size: One serving equals one square. A 9 by 13-inch baking dish was used to make six servings.

More Flavor: Add cinnamon, nutmeg, vanilla extract, your sweetener of choice and/or a pinch of salt.

Additional Toppings: Walnuts, whipped coconut cream, yogurt, or ice cream.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Slow Cooker Black Bean Soup

3 servings

4 hours

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely diced)
- 1 stalk Celery (diced)
- 1/2 Carrot (large, chopped)
- 3 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1/4 tsp Cayenne Pepper
- 3 cups Black Beans (cooked, drained and rinsed)
- 1 1/2 cups Diced Tomatoes
- 1 cup Water
- 1 Lime (juiced)

Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

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

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



Pan Seared Haddock with Pineapple Salsa

2 servings

30 minutes

Ingredients

- 1/2 cup Pineapple (diced)
- 1/2 Avocado (diced)
- 1/2 Tomato (diced)
- 1/2 Red Bell Pepper (diced)
- 1/4 Cucumber (diced)
- 2 tbsps Mint Leaves (chopped)
- 2 tbsps Red Onion (diced)
- 1/2 Lime (juiced)
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Coconut Oil
- 2 Haddock Fillet
- 2 cups Mixed Greens

Directions

- 1 Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
- 2 Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
- 3 Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

Notes

BBQ Version: Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

No Haddock: Any type of white fish will do.

No Fish: Use chicken breast or steak instead.

Vegan: Skip the fish and use a veggie burger instead.

More Carbs: Serve with brown rice or quinoa.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Pressure Cooker Rice & Beans

2 servings

15 minutes

Ingredients

1 tsp Coconut Oil
1/2 Yellow Onion (small, chopped)
1 stalk Green Onion (chopped)
1 Garlic (cloves, minced)
3/4 cup Basmati Rice
1/3 cup Canned Coconut Milk
1/3 cup Water
1/2 tsp Sea Salt
1/4 tsp Ground Allspice
1/8 tsp Cayenne Pepper (optional)
886 milligrams Thyme Sprigs
1 cup Red Kidney Beans (from the can, not drained)

Directions

- 1 Using the sauté function on your pressure cooker, add the oil. Once hot, add the yellow onion and sauté until translucent, about 3 minutes. In the last 30 seconds, add the green onion and garlic and stir. Turn off the sauté function.
- 2 Add the rice, coconut milk, water, salt, allspice and cayenne. Stir to combine. Then add the thyme and kidney beans. Put the lid on without stirring. Set to sealing.
- 3 Cook on high pressure for 8 minutes. Allow the pressure to naturally release for 10 minutes, then quick release. Carefully remove the lid. Fluff the rice, serve and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 cup of rice and beans.

Additional Toppings: Top with additional sliced green onion.

Less Spicy: Omit the cayenne.



Zucchini Noodles with Sausage & Tomato Sauce

3 servings
20 minutes

Ingredients

340 grams Pork Sausage (Italian)
1 1/2 Yellow Bell Pepper (thinly sliced)
1 1/2 cups Tomato Sauce
3 Zucchini (medium size, spiralized into noodles)
1/3 cup Basil Leaves (chopped)

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

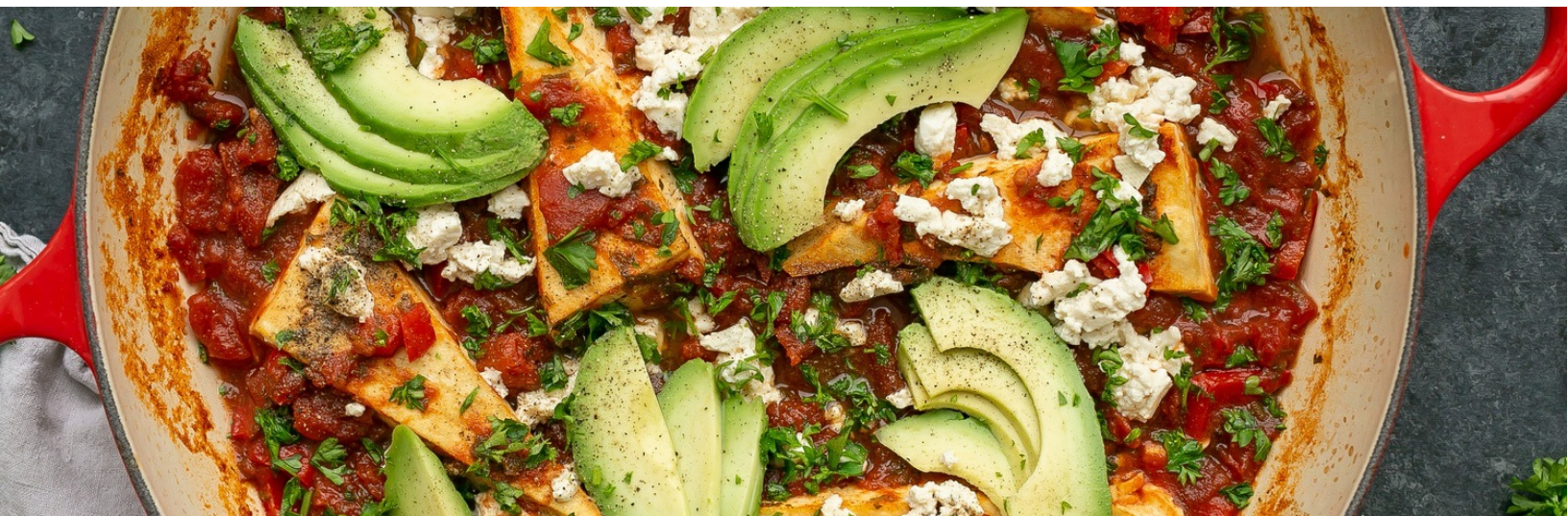
Notes

Leftovers: For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings: Top with nutritional yeast or chili flakes.

Make it Vegan: Use a vegan sausage or chickpeas instead.



Cozy Tofu Shakshuka

3 servings
30 minutes

Ingredients

297 grams Tofu (firm, pat dry)
3 tbsps Water
3/4 Red Bell Pepper (chopped)
1 1/2 tsps Paprika
3/4 tsp Cumin
2 cups Fire Roasted Diced Tomatoes
(from the can with juices)
1/2 cup Parsley (finely chopped,
divided)
Sea Salt & Black Pepper (to taste)
3/4 Avocado (sliced)

Directions

- 1 Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
- 2 Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender, about 3 to 4 minutes.
- 3 Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
- 4 Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
- 5 Garnish with the crumbled tofu, remaining parsley and avocado. Divide into bowls and enjoy!

Notes

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

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

More Flavor: Use oil or broth instead of water. Add onion, garlic and/or chili powder.



Tuna Salad Lettuce Wraps

3 servings

15 minutes

Ingredients

1 1/2 Avocado
3 tbsps Lime Juice
1/3 tsp Sea Salt
1 1/2 cans Tuna (flaked)
3 stalks Green Onion (sliced)
1/8 Cucumber (deseeded and finely chopped)
6 leaves Romaine

Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

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

Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.



Mushroom & Cauliflower Rice Bowl

3 servings

15 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 4 1/2 cups Cauliflower Rice
- 12 White Button Mushrooms (sliced)
- 6 cups Baby Spinach
- 1 1/2 tbsps Coconut Aminos
- 1 1/2 Avocado (sliced)

Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 2 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 3 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

Notes

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

No Coconut Aminos: Use tamari or soy sauce instead.

No Avocado Oil: Use olive oil or coconut oil instead.

More Flavor: Season with chili flakes and/or garlic.

Additional Toppings: Add sliced nori and/or sesame seeds on top.



Peanut Butter & Jelly Banana Rolls

3 servings

1 hour

Ingredients

3/4 cup Strawberries (halved)
2 1/4 tsp Maple Syrup
2 1/4 tsp Chia Seeds
3 Brown Rice Tortilla
3 Banana (peeled)
1/3 cup All Natural Peanut Butter

Directions

- 1 Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
- 2 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 3 Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
- 4 Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

Notes

No Strawberries: Use any type of berry instead.



Mango Green Smoothie Bowl

3 servings

5 minutes

Ingredients

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

Directions

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

Notes

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

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



Carrot Cake Chia Pudding

3 servings

3 hours

Ingredients

- 1 1/2 Carrot (medium, grated)
- 3/4 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/3 tsp Ground Ginger
- 1 1/2 tps Stevia Powder (to taste)
- 3 cups Unsweetened Almond Milk
- 3/4 cup Chia Seeds
- 1/3 cup Walnuts (chopped)
- 3 tbsps Unsweetened Coconut Flakes

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.



Brownie Batter Protein Balls

4 servings

40 minutes

Ingredients

3 1/2 tbsps Pitted Dates (packed)
1 1/3 cups Black Beans (cooked)
1/3 cup Chocolate Protein Powder
3 1/2 tbsps Pumpkin Seed Butter
1/3 tsp Sea Salt
2 tsps Cacao Powder
1/3 cup Dark Chocolate Chips
(optional)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size: Nutrition information is calculated based on 3 balls per serving.

Storage: Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter: Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder: This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



Chocolate Pumpkin Muffins

4 servings

35 minutes

Ingredients

1 tsp Ground Flax Seed
1 tbsp Water
1/3 cup Pureed Pumpkin
1 1/3 tbsps Oat Milk
1 3/4 tbsps Coconut Sugar
1 1/3 tbsps Coconut Oil
1/2 cup Oat Flour
2 2/3 tbsps Cocoa Powder
2/3 tsp Pumpkin Pie Spice
1/3 tsp Baking Powder
1/8 tsp Baking Soda
1/16 tsp Sea Salt
2 2/3 tbsps Dark Chocolate Chips
(optional)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
- 3 To the same bowl, add the pumpkin, oat milk, coconut sugar, and coconut oil. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips, if using.
- 4 Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size: One serving is equal to one muffin.

No Oat Milk: Use almond milk.

Additional Toppings: Chopped pecans or walnuts.



Apples & Almonds

4 servings

5 minutes

Ingredients

4 Apple (sliced)

1 cup Almonds

Directions

1

Core apple and cut it into slices. Serve with almonds.



Green Pineapple Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Frozen Pineapple
- 4 cups Baby Spinach
- 3 cups Water
- 2 Apple (peeled and chopped)
- 1 Cucumber (chopped)
- 2 Lime (juiced)

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Spinach: Use kale instead.

Consistency: For a thicker smoothie add some ice cubes.



Apple Turkey Burgers with Caramelized Onions & Brie

2 servings
45 minutes

Ingredients

1 1/2 tsps Coconut Oil
1 Yellow Onion (peeled and finely sliced)
1 Apple (green, divided)
227 grams Extra Lean Ground Turkey
1 tsp Dijon Mustard
1/4 tsp Ground Sage
1/4 tsp Dried Thyme
1/2 tsp Sea Salt
1/8 tsp Black Pepper
57 grams Brie Cheese
1/2 head Green Lettuce (separated into leaves and washed)

Directions

- 1 Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- 2 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 3 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 4 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 5 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover: Grill your apple slices too.

No Grill: Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs: Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers: Can be frozen up to 6 months in an airtight container.



Slow Cooker Hawaiian Beef

2 servings

6 hours

Ingredients

227 grams Beef Brisket
1 1/2 Red Bell Pepper (sliced)
3/4 cup Crushed Pineapple (canned,
packed in pineapple juice)
1/4 cup Red Onion (finely diced)
1 tbsp Apple Cider Vinegar
1 tbsp Tamari
1 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Water
1/2 cup Quinoa (dry)

Directions

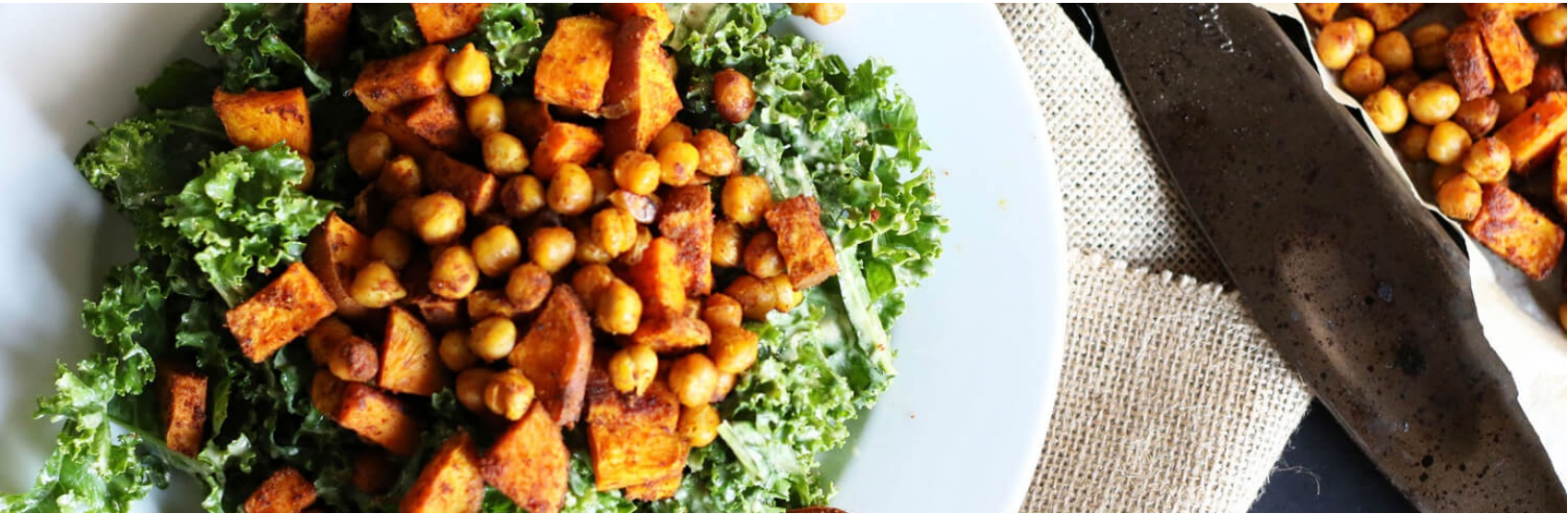
- 1 Place beef in the slow cooker surrounded by sliced red peppers.
- 2 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 3 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 4 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 5 Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 6 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo: Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

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

Save Time: Cook the quinoa in advance and reheat before serving.



Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

3 servings
40 minutes

Ingredients

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
- 2 Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
- 3 Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
- 4 Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time: Used pre-washed and sliced bagged kale.

No Kale: Use spinach, romaine or any leafy green.

No Sweet Potato: Use diced carrot or beet instead.

Make it Ahead: The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.



Baked Salmon with Broccoli & Quinoa

1 serving
20 minutes

Ingredients

142 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (sliced into small florets)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Quinoa (uncooked)
1/3 cup Water
1/8 Lemon (sliced into wedges)

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Mexican Black Bean Omelette

1 serving
15 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 2 Egg (whisked)
- 2 tbsps Unsweetened Almond Milk
- 1/4 Green Bell Pepper (finely diced)
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/4 cup Mushrooms (diced)
- 3/4 tsp Chili Powder
- 1/2 tsp Nutmeg
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)

Directions

- 1 Place coconut oil in a frying pan and place on medium-low heat.
- 2 Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- 3 Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- 4 Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!



Kale Greek Salad with Steak

2 servings

40 minutes

Ingredients

1/2 Red Bell Pepper (de-seeded and cut into slices)
1/4 cup Red Onion (finely sliced)
1/2 Cucumber (diced)
2 cups Kale Leaves (finely chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pitted Kalamata Olives (diced)
1/4 cup Feta Cheese (crumbled)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Red Wine Vinegar
1/4 tsp Oregano
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
1/16 tsp Black Pepper
170 grams Beef Tenderloin

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
- 2 Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
- 3 Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
- 4 Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
- 5 Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- 6 Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
- 7 Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians: Skip the steak and add roasted chickpeas.



Rainbow Chicken Salad with Tahini Dressing

2 servings

35 minutes

Ingredients

76 grams Chicken Breast, Cooked (sliced)
1 1/3 cups Kale Leaves (finely sliced)
2 tsps Extra Virgin Olive Oil (divided)
1/8 Lemon (juiced)
1/3 Cucumber (diced)
1/3 Carrot (grated)
1/3 cup Cherry Tomatoes (halved)
1/3 cup Slivered Almonds
1/3 cup Blueberries
1/3 Avocado (peeled and diced)
1 tbsp Tahini
1/3 Navel Orange (juiced)
1 tsp Yellow Mustard
1/3 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
1 1/3 tbsps Water

Directions

- 1 Grill your chicken breasts with your favorite seasoning. Chop and set aside.
- 2 Place kale in a large mixing bowl with half of your extra virgin olive oil and lemon juice. Massage the lemon and oil into the kale leaves.
- 3 Place kale in a salad bowl. Layer your fruit, veggies and chicken onto the top of the kale leaves working your way around the bowl. Cucumber, shredded carrots, almonds, blueberries, avocado and chicken.
- 4 Create the dressing by blending tahini, remaining olive oil, orange juice, yellow mustard, garlic, sea salt, pepper and water together in a blender or food processor. Blend until a creamy consistency forms.
- 5 Drizzle desired amount of dressing over top of salad. Toss well and enjoy!