



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 nourish your nervous system.




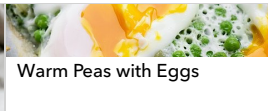




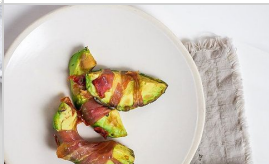



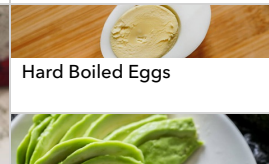

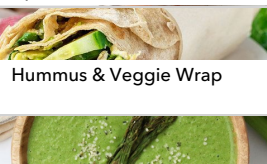
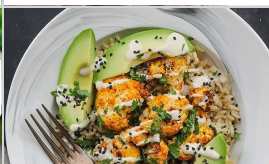
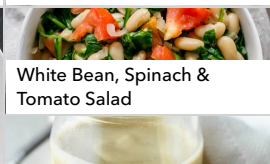

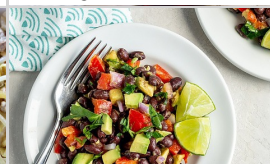


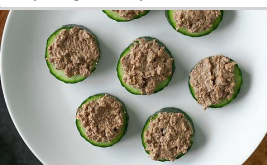
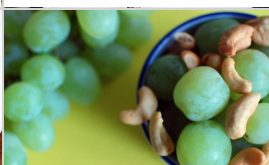




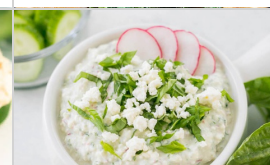
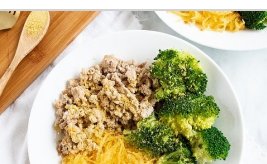



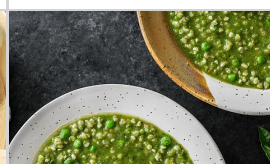
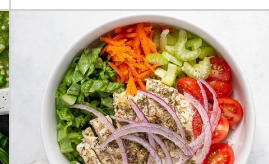
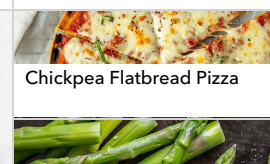
This is not designed to be followed exactly every single day but rather to start your creative juices and give you a place to start with food planning.

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	 Coconut Chia Seed Yogurt	 Carrot & Banana N'Oatmeal Bake	 Vanilla Protein Yogurt Parfait	 Warm Peas with Eggs	 Scrambled Eggs with Peppers & Kale	 Chocolate Banana Cauliflower N'Oats	 Cottage Cheese with Mixed Berries
Snack 1	 Hard Boiled Eggs with Apricots	 Air Fryer Prosciutto Wrapped Avocado	 Grapes & Cheese Snack Box	 Cucumber Hummus Bites	 Fruit-On-The-Bottom Chia Pudding	 Hard Boiled Eggs	 Avocado Breakfast Toast
Lunch	 Hummus & Veggie Wrap	 Spiced Cauliflower Rice Bowl	 White Bean, Spinach & Tomato Salad	 Egg Roll in a Bowl	 Mexican Black Bean Salad	 Ginger Cilantro Salmon Burgers	 Kale & White Bean Caesar Salad
Snack 2	 Cucumbers with Beef Liver Pate	 Grapes & Cashews	 Toasted Trail Mix	 Granola, Yogurt & Berry Snack Box	 Coconut Mug Cake	 Cucumber Hummus Bites	 Basil Radish Dip with Cucumber Slices
Dinner	 Spaghetti Squash, Turkey & Broccoli	 Cajun Jambalaya	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Kale & White Bean Caesar Salad	 Pea & Basil Buckwheat Risotto	 Italian Chicken Meal Prep Bowls	 Chickpea Flatbread Pizza

## Fruits

- ☐ 5 1/2 Avocado
- ☐ 3 Banana
- ☐ 3 1/2 cups Grapes
- ☐ 1 1/4 Lemon
- ☐ 3 tbsps Lemon Juice
- ☐ 2 1/2 tbsps Lime Juice
- ☐ 4 3/4 cups Strawberries

## Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 3 tbsps Almond Butter
- ☐ 1 1/4 cups Buckwheat Groats
- ☐ 3 tbsps Cashew Butter
- ☐ 2 1/16 cups Granola

## Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1 tsp Black Pepper
- ☐ 1 1/2 tsps Cajun Seasoning
- ☐ 1/2 cup Cashews
- ☐ 1 1/4 cups Chia Seeds
- ☐ 1/8 tsp Chili Powder
- ☐ 1 tbsp Cinnamon
- ☐ 1/8 tsp Cumin
- ☐ 1 1/2 tsps Dried Thyme
- ☐ 1/16 tsp Garlic Powder
- ☐ 3/4 cup Hemp Seeds
- ☐ 2 tbsps Italian Seasoning
- ☐ 1/8 tsp Oregano
- ☐ 1/2 tsp Paprika
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 cup Raw Peanuts
- ☐ 1/16 tsp Red Pepper Flakes
- ☐ 3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 1/4 tsp Turmeric

## Frozen

- ☐ 1 1/4 cups Frozen Berries

## Vegetables

- ☐ 4 1/2 cups Asparagus
- ☐ 1 1/2 cups Baby Carrots
- ☐ 6 cups Baby Spinach
- ☐ 3 1/16 cups Basil Leaves
- ☐ 1 cup Bean Sprouts
- ☐ 2 cups Broccoli
- ☐ 4 Carrot
- ☐ 1/2 head Cauliflower
- ☐ 1 cup Cauliflower Rice
- ☐ 14 3/4 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 2/3 cup Cilantro
- ☐ 3 cups Coleslaw Mix
- ☐ 3 1/4 Cucumber
- ☐ 2 cups Fresh Peas
- ☐ 11 Garlic
- ☐ 2 tbsps Ginger
- ☐ 2 1/2 stalks Green Onion
- ☐ 13 cups Kale Leaves
- ☐ 1 cup Radishes
- ☐ 1 1/2 Red Bell Pepper
- ☐ 2/3 cup Red Onion
- ☐ 8 leaves Romaine
- ☐ 1/4 cup Shallot
- ☐ 1/2 Spaghetti Squash
- ☐ 1 1/2 Sweet Potato
- ☐ 1/2 tsp Thyme
- ☐ 2 1/16 Tomato
- ☐ 1/4 White Onion
- ☐ 1/4 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion

## Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 2/3 cup Brown Rice
- ☐ 1 2/3 cups Canned Coconut Milk
- ☐ 2/3 cup Chicken Broth
- ☐ 1/3 cup Fire Roasted Diced Tomatoes
- ☐ 1 1/2 cups Jasmine Rice
- ☐ 3 cups Vegetable Broth

## Bread, Fish, Meat & Cheese

- ☐ 9 1/2 slices Bacon
- ☐ 114 grams Beef Liver
- ☐ 57 grams Cajun Smoked Andouille Sausage
- ☐ 84 grams Cheddar Cheese
- ☐ 454 grams Chicken Breast
- ☐ 227 grams Chicken Leg, Bone In
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 1/4 cup Feta Cheese
- ☐ 2 cups Hummus
- ☐ 227 grams Lean Ground Pork
- ☐ 85 grams Mozzarella Cheese
- ☐ 85 grams Prosciutto
- ☐ 340 grams Salmon Fillet
- ☐ 57 grams Shrimp
- ☐ 2 1/16 slices Whole Grain Bread
- ☐ 2 Whole Wheat Tortilla

## Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 3 tbsps Coconut Aminos
- ☐ 1/3 cup Coconut Oil
- ☐ 3 1/4 tbsps Extra Virgin Olive Oil
- ☐ 2 tbsps Red Wine Vinegar
- ☐ 1 1/2 tsps Sesame Oil
- ☐ 1/4 cup Tahini
- ☐ 2 2/3 tbsps Tomato Sauce

## Cold

- ☐ 1 cup Cottage Cheese
- ☐ 14 1/16 Egg
- ☐ 3 cups Plain Greek Yogurt
- ☐ 2 1/4 cups Unsweetened Almond Milk
- ☐ 6 cups Unsweetened Coconut Yogurt

## Other

- ☐ 3/4 cup Dried Apricots
- ☐ 1/3 cup Vanilla Protein Powder
- ☐ 4 1/16 cups Water



- ☐ 1 1/2 cups Frozen Peas
- ☐ 1 1/2 cups Frozen Strawberries

- ☐ 6 cups White Navy Beans

### Baking

- ☐ 1/3 cup Almond Flour
- ☐ 1 tsp Baking Powder
- ☐ 1/4 tsp Baking Soda
- ☐ 1 tbsp Cacao Nibs
- ☐ 1 tbsp Cacao Powder
- ☐ 1/2 cup Chickpea Flour
- ☐ 1/3 cup Coconut Flour
- ☐ 1/4 cup Monk Fruit Sweetener
- ☐ 1/3 cup Nutritional Yeast
- ☐ 3/4 cup Raisins
- ☐ 2/3 cup Unsweetened Shredded Coconut



## Coconut Chia Seed Yogurt

3 servings  
30 minutes

### Ingredients

3 cups Unsweetened Coconut Yogurt  
3/4 cup Chia Seeds  
1 tbsp Cinnamon  
3/4 cup Strawberries (chopped)

### Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

### Notes

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

**More Flavor:** Add maple syrup, honey, monk fruit sweetener or cardamom.

**Additional Toppings:** Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.





## Banana

1 serving

1 minute

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### Ingredients

1 Banana

### Directions

- 1 Peel and enjoy!

### Notes

More protein: Dip in almond butter.



## Carrot & Banana N'Oatmeal Bake

3 servings

1 hour

### Ingredients

- 1 cup Canned Coconut Milk
- 1 1/2 Banana (medium, ripe, mashed)
- 2 tbsps Coconut Flour
- 1/4 tsp Baking Soda
- 3 Carrot (medium, shredded)
- 1/3 cup Unsweetened Shredded Coconut (plus more for garnish)
- 1/4 cup 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.





## Vanilla Protein Yogurt Parfait

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Coconut Yogurt  
1/3 cup Vanilla Protein Powder  
1 1/2 cups Frozen Strawberries  
3/4 cup Granola  
3 tbsps Cashew Butter

### Directions

- 1 In a bowl, mix together the coconut yogurt and protein powder.
- 2 In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

### Notes

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

**Nut-Free:** Omit the cashew butter or use tahini or sunflower seed butter instead.

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

**No Protein Powder:** Use collagen powder instead or omit.



## Warm Peas with Eggs

1 serving  
15 minutes

### Ingredients

1/4 White Onion (diced)  
1 1/2 tbsps Water  
1 1/2 cups Frozen Peas  
1/8 tsp Sea Salt  
2 Egg

### Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

**More Flavor:** Use broth or oil instead of water.

**Additional Toppings:** Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.





## Avocado

1 serving

5 minutes

### Ingredients

1/2 Avocado

### Directions

- 1 Cut avocado into slices or chunks. Enjoy!

### Notes

**Serve it With:** Salads, soups, chilli, on toast, or in a wrap with leftovers.

**Savoury Snack:** Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

**Sweet Snack:** Top with maple syrup, honey, maple butter and/or cinnamon.



## Scrambled Eggs with Peppers & Kale

1 serving

15 minutes

### Ingredients

3/4 tsp Extra Virgin Olive Oil  
1/2 Red Bell Pepper (sliced)  
1 cup Kale Leaves (chopped)  
3 Egg  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs:** Serve with toast, roasted potatoes, or sweet potatoes.

**Egg-Free:** Use mashed tofu instead of eggs.



## 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.





## Cottage Cheese with Mixed Berries

1 serving

5 minutes

### Ingredients

1 cup Cottage Cheese  
1/2 cup Frozen Berries (or fresh)

### Directions

- 1 Top the cottage cheese with frozen berries and enjoy!

### Notes

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

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



## Hard Boiled Eggs with Apricots

3 servings

15 minutes

### Ingredients

3 Egg  
3/4 cup Dried Apricots

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

**Easier to Peel:** Add salt to the water while boiling.



## Air Fryer Prosciutto Wrapped Avocado

3 servings

10 minutes

### Ingredients

1 1/2 Avocado (sliced into wedges)  
85 grams Prosciutto

### Directions

- 1 Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
- 2 Set the temperature on the air fryer to 400°F (204°C). Place the avocado slices inside, ensuring they are spaced out.
- 3 Bake for 7 to 8 minutes until the prosciutto is crispy. Enjoy!

### Notes

**Leftovers:** Best served immediately after making.

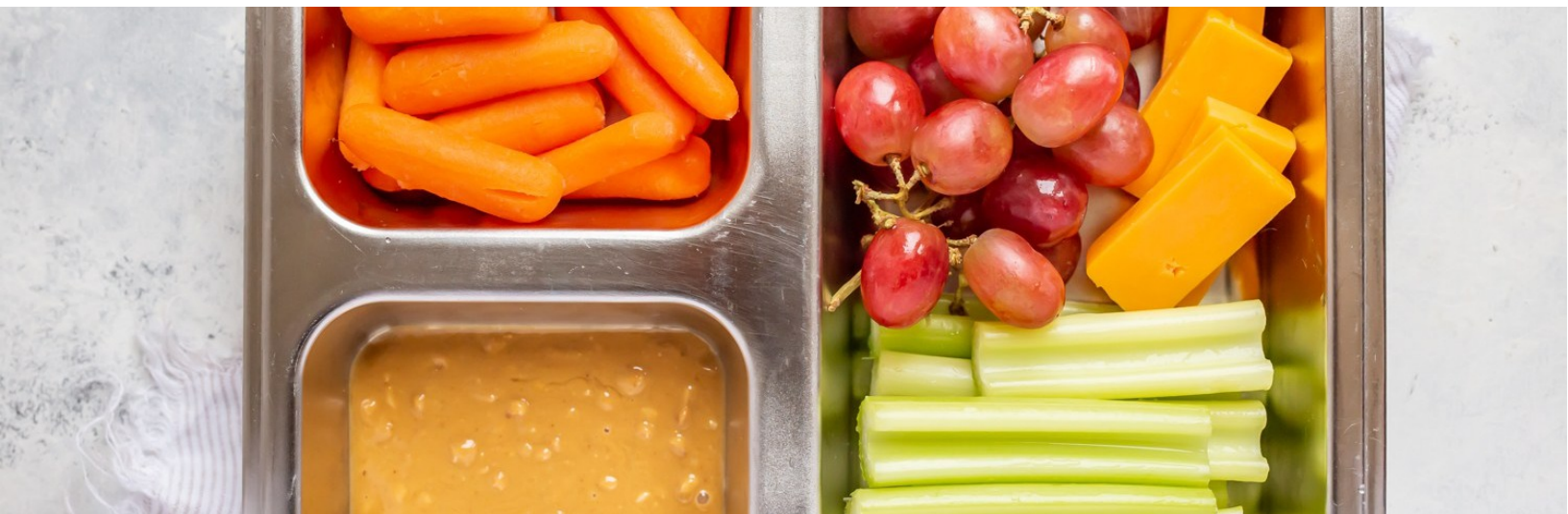
**Serving Size:** One serving is equal to half an avocado wrapped with prosciutto.

**No Prosciutto:** Use bacon.

**More Flavor:** Season with salt and pepper.

**Additional Toppings:** Serve with a ranch dip on the side.





## Grapes & Cheese Snack Box

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Baby Carrots
- 1 1/2 cups Grapes
- 9 stalks Celery (chopped)
- 1/3 cup All Natural Peanut Butter
- 84 grams Cheddar Cheese (sliced)

### Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

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

**Make it Vegan/Dairy-Free:** Use a dairy-free cheese.

**Nut-Free:** Use sunflower seed butter instead of peanut butter.



## Cucumber Hummus Bites

3 servings

10 minutes

### Ingredients

3/4 Cucumber (large)  
3/4 cup Hummus  
1/3 tsp Black Pepper

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

### Notes

**More Flavour:** Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



## Fruit-On-The-Bottom Chia Pudding

3 servings

30 minutes

### Ingredients

1/3 cup Chia Seeds  
1 1/2 cups Unsweetened Almond Milk  
3/4 cup Frozen Berries (thawed)  
3 tbsps Almond Butter

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

### Notes

**Storage:** Store covered in the fridge up to 4 to 5 days.

**Additional Toppings:** Blackberries, sliced peaches or any chopped fruit you like.

**No Almond Milk:** Use any other type of milk instead.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.





## Hard Boiled Eggs

2 servings

15 minutes

### Ingredients

4 Egg

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

### Notes

**Leftovers:** Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel:** Add salt to the water while boiling.



## Avocado Breakfast Toast

2 servings

25 minutes

### Ingredients

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

### Directions

1

Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

### Notes

**How to Hard-Boil Eggs:** Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

**Gluten-Free:** Use gluten-free bread.

**No Hard-Boiled Eggs:** Use fried, scrambled or poached eggs instead.

**Likes it Spicy:** Add a pinch of chili flakes or hot sauce to the mashed avocado.



## Hummus & Veggie Wrap

2 servings

5 minutes

### Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

### Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

### Notes

**Gluten-Free:** Use a brown rice tortilla instead.

**Oil-Free:** Use an oil-free hummus.

**More Flavor:** Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

**Easy Eating:** Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.





## 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

### 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.



## Spiced Cauliflower Rice Bowl

2 servings  
40 minutes

### Ingredients

2/3 cup Brown Rice (dry, uncooked)  
1/4 tsp Sea Salt  
1/2 head Cauliflower (chopped into florets)  
1/4 tsp Turmeric  
1/2 tsp Paprika  
1/2 tsp Thyme (dried)  
2 tbsps Tahini  
1 Garlic (clove, minced)  
1 tbsp Lemon Juice  
1 tbsp Water  
1 Avocado (sliced)  
1/4 cup Cilantro (chopped)  
1 tsp Sesame Seeds (for topping)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

### Notes

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

**Additional Toppings:** Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

**No Brown Rice:** Use jasmine rice, cauliflower rice, quinoa or millet instead.



## White Bean, Spinach & Tomato Salad

2 servings

10 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
1/4 cup Shallot (diced)  
2 Garlic (cloves, minced)  
2 cups White Navy Beans (cooked, drained and rinsed)  
4 cups Baby Spinach (chopped)  
1 Tomato (medium, diced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

### Notes

**No White Beans:** Use chickpeas or lentils instead.

**Extra Flavour:** Add avocado, lemon juice and/or feta cheese.

**Leftovers:** Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.





## Lemon Garlic Tahini Dressing

2 servings

5 minutes

### Ingredients

2 tbsps Tahini  
2 tbsps Water (warm)  
2 tbsps Lemon Juice  
1 Garlic (clove, small, minced)  
1 1/2 tps Nutritional Yeast  
1/8 tsp Sea Salt

### Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Notes

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

**Serving Size:** One serving is equal to approximately two and a half tablespoons.

**Dressing Consistency:** If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



## Egg Roll in a Bowl

2 servings

30 minutes

### Ingredients

1 tbsp Avocado Oil  
1/2 Yellow Onion (medium, diced)  
2 1/2 stalks Green Onion (diced)  
2 Garlic (cloves, minced)  
1 1/2 tsps Ginger (peeled and grated)  
227 grams Lean Ground Pork  
3 cups Coleslaw Mix  
1 cup Bean Sprouts  
2 tsps Coconut Aminos

### Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

### Notes

**No Coconut Aminos:** Use tamari or soy sauce instead.

**Meat-Free:** Replace the ground meat with scrambled eggs or tofu.



## Mexican Black Bean Salad

2 servings

15 minutes

### Ingredients

1 cup Black Beans (cooked)  
1/2 Red Bell Pepper (chopped)  
2 tbsps Red Onion (chopped)  
1/2 Avocado (diced)  
2 tbsps Lime Juice  
1/8 tsp Chili Powder  
1/8 tsp Cumin  
1/16 tsp Sea Salt

### Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

### Notes

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

**Serving Size:** One serving is approximately 1 cup.

**More Flavor:** Add cilantro, tomato, corn or hot sauce.

**No Black Beans:** Use cooked lentils or chickpeas instead.





## Ginger Cilantro Salmon Burgers

3 servings

30 minutes

### Ingredients

340 grams Salmon Fillet (skinless, cut into 1/2-inch chunks)  
1/3 cup Cilantro (finely chopped)  
1 1/2 tbsps Ginger (peeled and finely grated)  
1 tbsp Coconut Aminos  
1 1/2 tsps Sesame Oil  
1 1/2 tsps Lime Juice  
1 1/2 tbsps Avocado Oil

### Directions

- 1 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 2 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 3 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 4 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 5 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 2 days.

**Serving Size:** One serving is equal to one salmon burger.

**More Flavor:** Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

**Serve it With:** Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

**No Coconut Aminos:** Use tamari or soy sauce instead.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil instead.



## Kale & White Bean Caesar Salad

3 servings

25 minutes

### Ingredients

4 slices Bacon  
1/4 cup Hemp Seeds  
2 tbsps Water  
1 tbsp Nutritional Yeast  
1/2 Lemon (juiced)  
1 Garlic (clove, peeled)  
6 cups Kale Leaves (chopped)  
2 cups White Navy Beans (cooked)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

### Notes

**Vegan and Vegetarian:** Omit the bacon, or use coconut bacon.

**Leftovers:** Keeps well in the fridge for 2 to 3 days.





## Cucumbers with Beef Liver Pate

2 servings

15 minutes

### Ingredients

1 1/2 slices Bacon  
1/4 Yellow Onion (small, minced)  
1 Garlic (cloves, minced)  
114 grams Beef Liver  
1 1/2 tsps Dried Thyme  
2 tbsps Coconut Oil (melted)  
1/8 tsp Sea Salt  
1/4 Cucumber (sliced)

### Directions

- 1 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 2 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 3 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 4 Spread onto cucumber slices and enjoy!

### Notes

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

**Serving Size:** Each serving equals approximately 1/4 cup of beef pate.

**More Flavor:** Use fresh instead of dried herbs.

**No Cucumbers:** Use carrot sticks or plantain chips instead.





## Grapes & Cashews

2 servings

2 minutes

### Ingredients

2 cups Grapes  
1/2 cup Cashews

### Directions

- 1 Place grapes and cashews together in a bowl.
- 2 Happy munching!



## Toasted Trail Mix

4 servings

10 minutes

### Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

### Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

### Notes

**Serve it With:** Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

**Make it Paleo:** Replace peanuts with another type of nut or seed.

**Storage:** Refrigerate in an air-tight container.

**Other Add-Ins:** Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



## Granola, Yogurt & Berry Snack Box

4 servings

5 minutes

### Ingredients

2 cups Plain Greek Yogurt  
4 cups Strawberries (sliced)  
1 1/3 cups Granola

### Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 days.

**Gluten-Free:** Ensure a gluten-free granola is used.

**Dairy-Free & Vegan:** Use a dairy-free yogurt.





## Coconut Mug Cake

4 servings

5 minutes

### Ingredients

2 tbsps Coconut Oil (melted)  
3/4 cup Canned Coconut Milk (full fat)  
1/4 cup Monk Fruit Sweetener  
1/3 cup Almond Flour  
1/4 cup Coconut Flour  
1/4 cup Unsweetened Shredded Coconut  
1 tsp Baking Powder

### Directions

- 1 In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, coconut flour, coconut, and baking powder and stir until a thick batter forms.
- 2 Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add vanilla extract, coconut extract, or lemon extract.

**Additional Toppings:** More shredded coconut or coconut whipped cream.

**No Monk Fruit Sweetener:** Use another granulated sugar or sugar alternative.



## Basil Radish Dip with Cucumber Slices

4 servings

10 minutes

### Ingredients

1 cup Plain Greek Yogurt  
1/4 cup Feta Cheese  
1 cup Basil Leaves (chopped)  
1 cup Radishes (chopped)  
1/4 Lemon (juiced)  
1 Cucumber (sliced into rounds or sticks)

### Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

### Notes

**No Cucumber:** Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

**Dairy-Free:** Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



## Spaghetti Squash, Turkey & Broccoli

2 servings

1 hour

### Ingredients

1/2 Spaghetti Squash (medium)  
227 grams Extra Lean Ground Turkey  
1 cup Water  
2 cups Broccoli (chopped into florets)  
2 tbsps Nutritional Yeast  
1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 cup of each ingredient.

**More Flavor:** Season the turkey with minced onion or garlic while it cooks.

**Additional Toppings:** Top with fresh parsley, cilantro or your favorite hot sauce.

**Make it Vegan:** Use chickpeas or lentils instead of ground turkey.





## Cajun Jambalaya

2 servings

45 minutes

### Ingredients

227 grams Chicken Leg, Bone-in (skin on, thighs and legs separated)  
57 grams Shrimp (large, peeled, deveined)  
1/16 tsp Sea Salt  
1 1/2 tsps Cajun Seasoning (divided)  
1 1/8 tsps Avocado Oil  
3/4 stalk Celery (chopped)  
1/4 Yellow Onion (medium, chopped)  
1/4 Yellow Bell Pepper (chopped)  
1/2 Garlic (cloves, minced)  
1/2 cup Jasmine Rice  
1/3 cup Fire Roasted Diced Tomatoes  
2/3 cup Chicken Broth  
57 grams Cajun Smoked Andouille Sausage (thinly sliced)

### Directions

- 1 Preheat the oven to 350°F (177°C). In two separate bowls, add the chicken and the shrimp. Add the sea salt to each bowl and half of the cajun seasoning. Mix well to cover and set aside.
- 2 In a large dutch oven, over medium heat, add the oil. Once hot, add the chicken and sear on all sides, about 3 to 4 minutes per side, until browned in color. Remove and set aside, leaving the oil.
- 3 In the same dutch oven, add the celery, onion, bell pepper and the remaining cajun seasoning and cook for about 3 minutes, or until softened. Add the garlic for the last 30 seconds of cooking. Add the rice and stir to combine for one minute longer.
- 4 Add the tomatoes, chicken broth and sausage as well as the chicken and shrimp. Bring to a boil. Place in the oven with a lid on for 30 to 35 minutes, until the chicken and rice are cooked through. Let it cool for 5 minutes. Divide evenly between bowls and enjoy!

### Notes

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

**More Flavor:** Add more spices such as cayenne, chili flakes or more cajun seasoning.

**Additional Toppings:** Add more vegetables such as okra.

**No Fire Roasted Tomatoes:** Use regular diced tomato.

**No Jasmine Rice:** Use another type of rice such as brown. Cook time may increase slightly.

**No Cajun Andouille Sausage:** Use another type of smoked sausage.



## Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings

30 minutes

### Ingredients

1 1/2 Sweet Potato (medium, peeled and chopped)  
2 cups Asparagus (woody ends trimmed, chopped in half)  
1/4 tsp Sea Salt (divided)  
1 1/2 tsps Avocado Oil  
227 grams Extra Lean Ground Beef

### Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

### Notes

**No Sweet Potatoes:** Use regular potatoes, eddo, jicama or kohlrabi instead.

**No Avocado Oil:** Use coconut oil, olive oil, ghee or butter instead.

**Storage:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

**Vegan & Vegetarian:** Omit the ground beef and use cooked lentils instead.

**Extra Creamy Potatoes:** Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.





## Pea & Basil Buckwheat Risotto

4 servings

20 minutes

### Ingredients

1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)  
3 cups Vegetable Broth (divided)  
2 cups Fresh Peas (or frozen, divided)  
2 cups Basil Leaves (stems removed)  
2 tbsps Nutritional Yeast  
1/2 tsp Sea Salt

### Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 3/4 cup.

**More Flavor:** Add a splash of apple cider vinegar and/or your desired herbs and spices.

**Additional Toppings:** Top with red pepper flakes and/or a dollop of yogurt.





## Italian Chicken Meal Prep Bowls

4 servings

30 minutes

### Ingredients

454 grams Chicken Breast (skinless, boneless)  
2 tbsps Italian Seasoning  
1 cup Jasmine Rice (uncooked)  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Red Wine Vinegar  
Sea Salt & Black Pepper (to taste)  
4 leaves Romaine (chopped)  
2 stalks Celery (medium, sliced)  
1 Carrot (medium, shredded)  
2 cups Cherry Tomatoes (halved)  
1/2 cup Red Onion (small, thinly sliced)

### Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 Whisk together the oil, red wine vinegar, and salt and black pepper.
- 5 Divide the romaine lettuce, rice, celery, carrot, tomatoes, chicken, and red onion into bowls. Drizzle the dressing over top and enjoy!

### Notes

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

**More Flavor:** Add your choice of additional herbs and spices or substitute your favorite salad dressing.

**Additional Toppings:** Add olives, avocado, cheese, sauerkraut, or kimchi.

**Make it Vegan:** Use chickpeas, black beans, tofu, or tempeh instead of chicken.

**No White Rice:** Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



## Chickpea Flatbread Pizza

1 serving  
1 hour 20 minutes

### Ingredients

1/2 cup Chickpea Flour  
1/2 cup Water  
2 1/4 tsps Avocado Oil (divided)  
1/8 tsp Sea Salt  
2 2/3 tsps Tomato Sauce  
1/8 tsp Oregano  
1/16 tsp Garlic Powder  
1/16 tsp Red Pepper Flakes  
85 grams Mozzarella Cheese (shredded)  
1 tbsp Basil Leaves (finely chopped)

### Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

**Serving Size:** One serving is equal to approximately three slices of pizza.

**Dairy-Free:** Use a dairy-free shredded cheese instead.

**More Flavor:** Add minced garlic and Italian seasoning to the tomato sauce.

**Additional Toppings:** Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.





## Steamed Asparagus

1 serving  
10 minutes

### Ingredients

1 cup Asparagus (woody ends trimmed, chopped in half)

### Directions

1

Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 5 days.

**Serving Size:** One serving is equal to approximately one cup of cooked asparagus.