



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 be helpful in menopause.








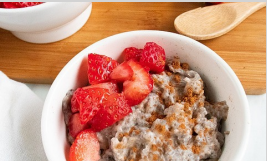
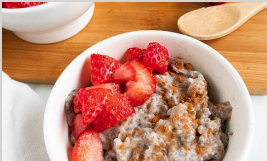









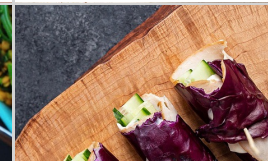



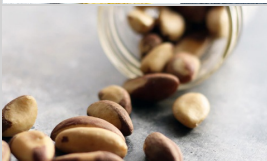

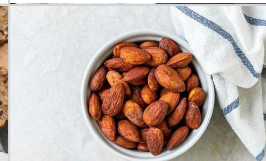







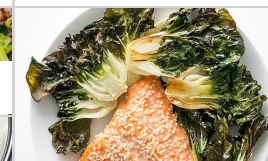


This is not designed to be followed exactly every single day but rather to start your creative juices and give you a place to start with food planning.

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	 Zucchini Turkey Breakfast Skillet	 Poached Egg with Watercress	 Salmon Stuffed Avocado Boats	 Turkey Bacon Breakfast Bagel	 Egg & Beef Breakfast Bowl	 Cauliflower, Kale & Sausage Bowl	 Asian Veggie Omelette
Snack 1	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Blackberries	 Raspberry Zinger Smoothie	 Dark Chocolate Almond Mousse	 Turmeric Hummus	 Avocado, Cucumber & Nori Snack Box
Lunch	 Sardine & Avocado Endive Wraps	 Chili Lime Shrimp Tacos	 Lemony Quinoa Lettuce Wraps	 Curried Lentil, Kale & Broccoli Salad	 Turkey & Cabbage Rolls	 Lentil & Mushroom Lettuce Wraps	 Egg, Shrimp & Avocado Salad
Snack 2	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Tamari Almonds	 Coconut Chia Pudding	 Brazil Nuts	 Coconut Yogurt with Strawberries
Dinner	 Chicken, Carrots & Broccoli	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Broccoli	 One Pan Roasted Edamame & Broccoli Salad	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles	 Chicken, Carrots & Broccoli

## Fruits

- ☐ 9 Avocado
- ☐ 4 cups Blackberries
- ☐ 5 1/2 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 1/2 Lime
- ☐ 2 1/4 cups Strawberries

## Breakfast

- ☐ 3 tbsps Almond Butter

## Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1/2 cup Brazil Nuts
- ☐ 3/4 cup Cashews
- ☐ 2 2/3 cups Chia Seeds
- ☐ 1/2 tsp Chili Powder
- ☐ 3 tbsps Cinnamon
- ☐ 3/4 tsp Cumin
- ☐ 1 1/2 tsps Curry Powder
- ☐ 1 tsp Dried Thyme
- ☐ 2/3 tsp Italian Seasoning
- ☐ 1 1/2 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Sesame Seeds
- ☐ 1 tsp Smoked Paprika
- ☐ 2 tbsps Sunflower Seeds
- ☐ 1/3 tsp Turmeric
- ☐ 1/2 cup Walnuts

## Frozen

- ☐ 4 cups Frozen Cauliflower
- ☐ 1/2 cup Frozen Edamame
- ☐ 4 cups Frozen Raspberries

## Vegetables

- ☐ 1/4 cup Arugula
- ☐ 3 cups Baby Spinach
- ☐ 7 cups Bok Choy
- ☐ 1 head Boston Lettuce
- ☐ 4 1/2 cups Broccoli
- ☐ 2 1/2 bunches Broccolini
- ☐ 3 cups Butternut Squash
- ☐ 2 Carrot
- ☐ 3/4 head Cauliflower
- ☐ 1 cup Cherry Tomatoes
- ☐ 8 Cremini Mushrooms
- ☐ 2 Cucumber
- ☐ 1 head Endive
- ☐ 5 1/2 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 2 cups Green Cabbage
- ☐ 6 stalks Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 9 1/2 cups Kale Leaves
- ☐ 1/2 cup Mushrooms
- ☐ 1/2 cup Parsley
- ☐ 2 cups Purple Cabbage
- ☐ 1/2 head Romaine Hearts
- ☐ 1 1/2 cups Shiitake Mushrooms
- ☐ 8 cups Watercress
- ☐ 3/4 Yellow Onion
- ☐ 3 1/3 Zucchini

## Boxed & Canned

- ☐ 1/3 cup Canned Coconut Milk
- ☐ 113 grams Canned Wild Salmon
- ☐ 1 1/2 cups Chickpeas
- ☐ 1/2 cup Dry Green Lentils
- ☐ 1 cup Green Lentils
- ☐ 1 cup Quinoa
- ☐ 2/3 cup Salsa
- ☐ 170 grams Sardines
- ☐ 100 grams Seed Crackers
- ☐ 2 2/3 tbsps Vegetable Broth

## Baking

## Bread, Fish, Meat & Cheese

- ☐ 227 grams Chicken Breast
- ☐ 340 grams Chicken Sausage
- ☐ 4 Corn Tortilla
- ☐ 454 grams Extra Lean Ground Beef
- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 299 grams Extra Lean Ground Turkey
- ☐ 113 grams Gluten Free Bagel
- ☐ 2 Haddock Fillet
- ☐ 454 grams Ny Striploin Steak
- ☐ 2 Rainbow Trout Fillet
- ☐ 227 grams Shrimp
- ☐ 227 grams Shrimp, Cooked
- ☐ 226 grams Sliced Turkey Breast
- ☐ 168 grams Tempeh
- ☐ 2 slices Turkey Bacon

## Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 2/3 cup Avocado Oil
- ☐ 2 2/3 tbsps Balsamic Vinegar
- ☐ 1/3 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tsps Mayonnaise
- ☐ 1 tbsp Pickle
- ☐ 1/4 cup Sauerkraut
- ☐ 2 1/4 tsps Tahini
- ☐ 2 3/4 tbsps Tamari
- ☐ 1 1/2 tsps Whole Grain Mustard

## Cold

- ☐ 23 Egg
- ☐ 7 1/4 cups Unsweetened Almond Milk
- ☐ 8 1/2 cups Unsweetened Coconut Yogurt

## Other

- ☐ 12 Nori Sheets
- ☐ 1 cup Vanilla Protein Powder
- ☐ 1 1/2 cups Water



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- ☐ 1/3 cup Cocoa Powder
  - ☐ 1 3/4 tbsps Monk Fruit Sweetener
  - ☐ 2 tbsps Nutritional Yeast
  - ☐ 1 1/8 tsps Vanilla Extract



## Zucchini Turkey Breakfast Skillet

2 servings  
20 minutes

### Ingredients

1 tsp Coconut Oil  
302 grams Extra Lean Ground Turkey  
1 1/3 Zucchini (large, finely diced)  
2/3 cup Salsa  
2 Egg  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

### Notes

**Leftovers:** For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

**More Protein:** Add extra eggs.

**Vegetarian:** Use lentils instead of ground turkey.

**More Greens:** Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

**No Salsa:** Use crushed tomatoes instead.





## Poached Egg with Watercress

2 servings

15 minutes

### Ingredients

2 Egg  
2 tbsps Apple Cider Vinegar  
2 tbsps Coconut Oil  
8 cups Watercress (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
- 2 Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 3 In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
- 4 Transfer watercress to a plate and top with your poached egg. Enjoy!

### Notes

**No Watercress:** Use spinach, kale or any dark leafy greens.



## Salmon Stuffed Avocado Boats

1 serving  
10 minutes

### Ingredients

1 Avocado  
113 grams Canned Wild Salmon  
1/4 Lemon (juiced)

### Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

### Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.





## Turkey Bacon Breakfast Bagel

1 serving  
15 minutes

### Ingredients

2 slices Turkey Bacon  
1 Egg  
1 1/2 tsps Whole Grain Mustard  
1 tbsp Pickle (chopped)  
1/4 cup Arugula  
113 grams Gluten-Free Bagel (sliced in half, toasted)

### Directions

- 1 Heat a skillet over medium heat. Cook the turkey bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil.
- 2 In the same pan, crack the egg and cook until the whites are set and the yolk is cooked to your liking.
- 3 Spread mustard on the bottom bagel slice and top with the pickle, arugula, bacon, and egg. Close the bagel and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to one day.

**No Mustard:** Use mayonnaise instead.

**No Bagel:** Use bread, crackers, waffles, or toasted sweet potato slices instead.

**Gluten-Free Bagel:** One gluten-free bagel is roughly 4-ounces or 113-grams.



## Egg & Beef Breakfast Bowl

3 servings  
25 minutes

### Ingredients

1 tbsp Coconut Oil  
454 grams Extra Lean Ground Beef  
1/2 cup Mushrooms (sliced)  
1 cup Kale Leaves (chopped)  
2 Egg  
1 Avocado (cubed)  
2 tbsps Nutritional Yeast

### Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

### Notes

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

**Serving Size:** One serving is roughly 2 cups of the beef mixture.

**More Flavor:** Add sea salt, pepper, garlic, onions and/or chili flakes.

**Additional Toppings:** Top with sliced cherry tomatoes.





## Cauliflower, Kale & Sausage Bowl

3 servings  
40 minutes

### Ingredients

3/4 head Cauliflower (chopped into florets)  
3 tbsps Avocado Oil (divided)  
Sea Salt & Black Pepper (to taste)  
4 1/2 cups Kale Leaves (chopped)  
340 grams Chicken Sausage  
3 Egg  
1 1/2 Avocado

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

### Notes

**Plant-Based:** Use chickpeas or tempeh instead of sausage, and skip the egg.



## Asian Veggie Omelette

3 servings  
20 minutes

### Ingredients

- 1 1/2 tbsps Coconut Oil
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 3 cups Bok Choy (sliced into quarters)
- 9 Egg
- 2 1/4 tbsps Tamari
- 6 stalks Green Onion (sliced)

### Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

### Notes

**Make it Fluffy:** Whisk unsweetened almond milk into your egg mixture.

**More Flavour:** Whisk sesame oil into your egg mixture.

**Mix it Up:** Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

**Likes it Spicy:** Serve with hot sauce.





## Coconut Chia Seed Yogurt

4 servings

30 minutes

### Ingredients

- 4 cups Unsweetened Coconut Yogurt
- 1 cup Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 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.



## Blackberries

4 servings

5 minutes

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### Ingredients

4 cups Blackberries

### Directions

1

Wash and enjoy!



## Raspberry Zinger Smoothie

4 servings

10 minutes

### Ingredients

4 cups Frozen Cauliflower  
4 cups Frozen Raspberries  
4 Lemon (juiced)  
1 cup Vanilla Protein Powder  
1/4 cup Chia Seeds  
6 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.





## Dark Chocolate Almond Mousse

3 servings  
3 hours 5 minutes

### Ingredients

1 1/4 cups Unsweetened Almond Milk  
1/3 cup Chia Seeds  
1/3 cup Cocoa Powder  
2 1/3 tbsps Almond Butter  
1 3/4 tbsps Monk Fruit Sweetener  
2/3 tsp Vanilla Extract  
1/3 tsp Sea Salt

### Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Stir well before serving.

**Serving Size:** One serving is roughly 1/2 cup.

**Additional Toppings:** Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

**No Almond Butter:** Use another nut or seed butter instead.



## Turmeric Hummus

3 servings

10 minutes

### Ingredients

1 1/2 cups Chickpeas (cooked)  
3/4 Garlic (clove)  
2 1/4 tsps Tahini  
2 1/4 tbsps Apple Cider Vinegar  
3 tbsps Extra Virgin Olive Oil  
1/3 tsp Turmeric  
1/3 tsp Sea Salt

### Directions

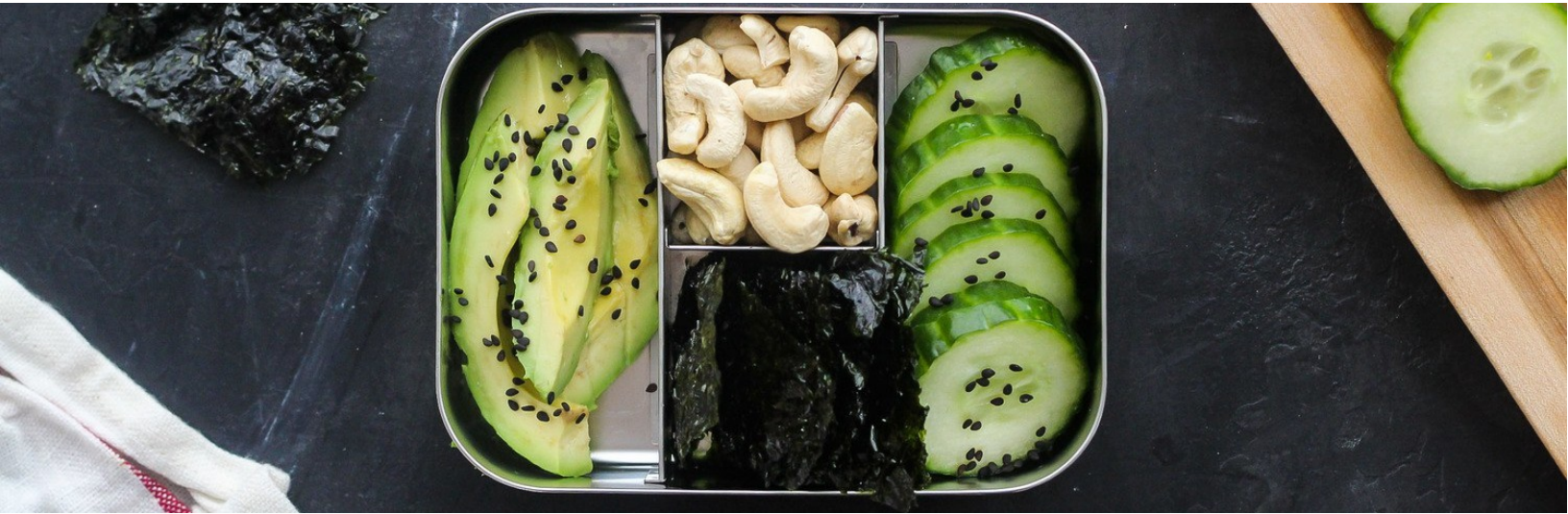
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Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

### Notes

**Serve it With:** Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

**Leftovers:** Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



## Avocado, Cucumber & Nori Snack Box

3 servings

5 minutes

### Ingredients

- 1 1/2 Avocado (sliced)
- 3/4 Cucumber (sliced)
- 3/4 cup Cashews
- 12 Nori Sheets
- 1 1/2 tsps Sesame Seeds (optional)

### Directions

1

Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

### Notes

**Storage:** The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

**Nut-Free:** Use pumpkin seeds instead of cashews.

**More Flavor:** Season the avocado with chili flakes, cayenne or everything bagel seasoning.





## Sardine & Avocado Endive Wraps

2 servings

5 minutes

### Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

### Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three endive-filled leaves.

**Additional Toppings:** Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

**No Endive:** Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



## Chili Lime Shrimp Tacos

2 servings  
25 minutes

### Ingredients

227 grams Shrimp (large, peeled)  
1/2 Lime (zested and juiced, separated)  
1 tbsp Extra Virgin Olive Oil  
1 Garlic (cloves, minced)  
1/2 tsp Chili Powder  
1/4 tsp Sea Salt (divided)  
2 cups Green Cabbage (shredded)  
4 Corn Tortilla

### Directions

- 1 In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 2 Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
- 3 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 4 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 5 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

### Notes

**More Flavour:** Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

**Grain-Free:** Use lettuce wraps instead of corn tortillas.

**Serving Size:** One serving is equal to two tacos.

**Time Saver:** Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.



## Lemony Quinoa Lettuce Wraps

2 servings

30 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 Lemon (juiced)
- 1 Garlic (clove, small, minced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)
- 1 Avocado (diced)
- 1/4 Cucumber (finely chopped)
- 2 tbsps Sunflower Seeds
- 1/2 head Romaine Hearts (leaves separated)

### Directions

- 1 Cook the quinoa according to package directions then transfer to a mixing bowl to cool slightly.
- 2 In a small mixing bowl combine the lemon juice, garlic and salt.
- 3 Add the parsley, avocado, cucumber and sunflower seeds to the cooked quinoa. Stir to combine. Add the lemon juice mixture and stir. Season the quinoa salad with additional salt or lemon juice if needed.
- 4 To serve, divide the quinoa salad between lettuce leaves. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Keep the quinoa and lettuce leaves separate.

**Serving Size:** One serving is approximately three lettuce wraps.

**Additional Toppings:** Chopped green onion, diced tomatoes, or more herbs.

**More Flavor:** Add extra virgin olive oil or avocado oil to taste.

**More Protein:** Add flaked tuna or salmon, cooked chopped chicken or chickpeas.

**No Romaine:** Use another lettuce instead.





## Curried Lentil, Kale & Broccolini Salad

2 servings  
20 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil (divided)  
1/4 Yellow Onion (finely chopped)  
1 1/2 Garlic (cloves, minced)  
1 1/2 tsps Ginger (grated)  
1 1/2 tsps Curry Powder  
1/2 bunch Broccolini  
1 tbsp Water  
4 cups Kale Leaves (chopped)  
1 cup Green Lentils (cooked, drained and rinsed)  
1/4 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
2 Egg

### Directions

- 1 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 2 Add the broccolini and water. Saute until bright green (about 5 to 8 minutes).
- 3 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 4 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 5 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 6 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

### Notes

**More protein:** Serve with quinoa.

**More carbs:** Serve with brown rice.

**No Eggs:** Top with protein of choice.



## Turkey & Cabbage Rolls

4 servings

10 minutes

### Ingredients

2 cups Purple Cabbage (leaves pulled apart)  
226 grams Sliced Turkey Breast  
1 Cucumber (medium, sliced)  
2 tsps Mayonnaise

### Directions

1

Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.





## Lentil & Mushroom Lettuce Wraps

2 servings  
25 minutes

### Ingredients

1/2 cup Dry Green Lentils  
1 cup Water  
3/4 tsp Sea Salt (divided)  
1/2 Yellow Onion (chopped)  
8 Cremini Mushrooms (chopped)  
1 tsp Smoked Paprika (divided)  
3/4 tsp Cumin (divided)  
1/2 Jalapeno Pepper (thinly sliced, optional)  
1 head Boston Lettuce

### Directions

- 1 Add lentils, water and 1/4 of the salt to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 25 minutes or until just tender. Add more water if needed to ensure the lentils remain just barely covered. When cooked, drain the excess liquid and set aside on a plate.
- 2 Meanwhile, heat a skillet over medium heat. Add a splash of water to the skillet and then add the onion. Cook for 2 minutes, until softened. Then add the mushrooms, half of the smoked paprika and half of the cumin. Add the jalapeno and stir, continuing to add water if needed to ensure it isn't sticking. Cook over medium heat for 5 to 6 minutes, until the mushrooms have released water and are cooked.
- 3 Add the remaining smoked paprika and cumin to the plate with the lentils and toss to combine. Add the lentils to the pan with the mushrooms and season with the remaining salt and stir to combine.
- 4 Divide the Boston lettuce evenly between plates and top with the mushroom and lentil mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 5 lettuce wraps.

**No Smoked Paprika:** Use regular paprika.

**More Flavor:** Sauté the vegetables with in vegetable broth or oil instead of water.

**Additional Toppings:** Top the wraps with salsa or guacamole.

**No Spice:** Omit the jalapeno pepper.





## Egg, Shrimp & Avocado Salad

2 servings

15 minutes

### Ingredients

2 Egg  
3 cups Baby Spinach  
227 grams Shrimp, Cooked  
1 Avocado (chopped)  
1 cup Cherry Tomatoes (halved)  
2 tbsps Lemon Juice  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let them sit until cool enough to handle. Peel and slice into quarters.
- 2 Divide the spinach, shrimp, avocado, tomatoes, and eggs onto separate plates. Drizzle lemon juice over top and season with salt and black pepper to taste. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately three cups.

**More Flavor:** Use your favorite salad dressing instead of lemon juice.

**Additional Toppings:** Red pepper flakes, mushrooms, olives, bell peppers and red onions.



## Sauerkraut Avocado Mash with Crackers

1 serving

5 minutes

### Ingredients

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

### Directions

1

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

### Notes

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

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



## Brazil Nuts

1 serving  
5 minutes

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### Ingredients

1/4 cup Brazil Nuts

### Directions

1

Divide into bowls and enjoy!





## Tamari Almonds

1 serving  
20 minutes

### Ingredients

1/4 cup Almonds  
1 1/2 tsps Tamari

### Directions

- 1 Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
- 4 Remove from the oven and let the almonds cool completely. Enjoy!

### Notes

**Leftovers:** Keep in an airtight container for up to a week.

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

**More Flavor:** Add a pinch of cayenne pepper.

**No Almonds:** Use another nut.



## Coconut Chia Pudding

1 serving

1 hour

### Ingredients

1/3 cup Canned Coconut Milk  
1/3 cup Water  
2 tbsps Chia Seeds  
1/2 tsp Vanilla Extract

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

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

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.



## Coconut Yogurt with Strawberries

1 serving  
10 minutes

### Ingredients

1/2 cup Unsweetened Coconut Yogurt  
1 tsp Cinnamon  
1/4 cup Strawberries (chopped)

### Directions

- 1 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.  
**Additional Toppings:** Add nuts and seeds.





## Chicken, Carrots & Broccolini

1 serving  
30 minutes

### Ingredients

1/2 bunch Broccolini (trimmed)  
1 Carrot (large, sliced into rounds)  
1 1/2 tsps Extra Virgin Olive Oil  
113 grams Chicken Breast (boneless, skinless)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

### Notes

**No Broccolini:** Use regular broccoli or cauliflower instead.



## Tempeh, Quinoa & Broccoli

2 servings

55 minutes

### Ingredients

2 2/3 tbsps Vegetable Broth  
2 2/3 tbsps Balsamic Vinegar  
2/3 tsp Italian Seasoning  
1/3 tsp Sea Salt  
1 1/3 Garlic (clove, minced)  
170 grams Tempeh (cut into thin pieces)  
1/2 cup Quinoa (uncooked)  
2 cups Broccoli (cut into florets)

### Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

### Notes

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

**No Quinoa:** Use rice instead.

**No Italian Seasoning:** Use any combination of dried herbs.

**More Flavor:** Drizzle the broccoli with extra virgin olive oil.

**Broccoli:** Use fresh or frozen broccoli or substitute other vegetable instead.



## Crispy Broiled Haddock & Broccolini

2 servings

15 minutes

### Ingredients

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 2 tbsps Avocado Oil
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt

### Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

### Notes

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

**More Flavor:** Add a squeeze of lemon juice and/or red pepper flakes.

**No Haddock:** Use cod or tilapia instead.

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





## One Pan Roasted Edamame & Broccoli Salad

2 servings

30 minutes

### Ingredients

2 1/2 cups Broccoli (chopped into florets)  
1/2 cup Frozen Edamame (shelled)  
1/2 cup Walnuts  
2 tbsps Avocado Oil (divided)  
1/4 tsp Sea Salt  
1 1/2 tps Almond Butter  
1 1/2 tps Apple Cider Vinegar

### Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

### Notes

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

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

**No Walnuts:** Use cashews, almonds or pecans instead.

**Nut-Free:** Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

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



## Ground Chicken

2 servings  
20 minutes

### Ingredients

1 1/2 tsps Avocado Oil  
227 grams Extra Lean Ground Chicken  
1/8 tsp Sea Salt (or more to taste)

### Directions

- 1 Heat the avocado 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.
- 2 Once cooked through, season to taste with sea salt and enjoy!

### Notes

**Storage:** Keeps well in fridge for up to 3 days. Freeze for longer.

**Serve it With:** Tacos, salads, stir fries and any time you need to add protein.

**Spice it Up:** Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.



## One Pan Sesame Trout & Bok Choy

2 servings

15 minutes

### Ingredients

2 Rainbow Trout Fillet  
4 cups Bok Choy (baby, halved)  
2 tbsps Avocado Oil  
1/4 tsp Sea Salt  
1/2 tsp Sesame Seeds

### Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 3 Divide onto plates and enjoy!

### Notes

**Trout Fillets:** Each fillet should be approximately 159 grams or 5.6 ounces in size.

**No Trout:** Use salmon instead.

**Leftovers:** Refrigerate in an airtight container up to 2 to 3 days.





## Steak, Butternut Squash & Zoodles

2 servings

40 minutes

### Ingredients

3 cups Butternut Squash (peeled, seeds removed, chopped)  
1 tbsp Extra Virgin Olive Oil  
1 tsp Sea Salt  
454 grams NY Striploin Steak  
2 Zucchini (spiralized)

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 5 Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

### Notes

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

**More Flavor:** Add garlic and your favorite herbs to the steak.