



Winter's Immune Booster Meal Plan

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Maintaining a healthy diet and taking appropriate vitamins are crucial for supporting your immune system, especially during the winter when the risk of flu and colds is higher.

Here are several reasons why these practices are important for winter immunity: Vitamins and minerals such as vitamin C, vitamin D, zinc, and antioxidants play key roles in supporting the immune system. They help regulate immune responses, enhance the production of immune cells, and protect the body against pathogens.

During the winter, people often spend less time outdoors, leading to decreased sunlight exposure. Sunlight is essential for the body to produce vitamin D. Vitamin D is crucial for immune function, and its deficiency has been associated with an increased susceptibility to infections.

Staying hydrated is important for maintaining the health of mucous membranes in the respiratory and digestive tracts. These membranes act as a barrier against pathogens. Drinking enough water helps prevent dehydration, which can compromise the integrity of these protective barriers.

















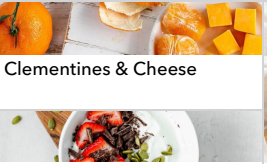

















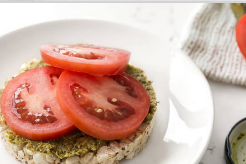














Consuming a varied and balanced diet that includes a range of fruits, vegetables, whole grains, and lean proteins provides essential nutrients for overall health. Nutrient diversity is important for optimal immune function, as different nutrients contribute to various aspects of immune response.

Antioxidants, found in many fruits and vegetables, help combat oxidative stress in the body. Oxidative stress can weaken the immune system, making the body more susceptible to infections. Including a variety of colorful fruits and vegetables in your diet ensures a good intake of antioxidants.

A healthy gut is closely linked to a strong immune system. Probiotics, which are beneficial bacteria found in fermented foods like yogurt and kefir, contribute to a balanced gut microbiome. A well-functioning gut helps regulate immune responses and enhances the body's ability to fight off infections.

Deficiencies in essential nutrients can compromise immune function. Consuming a nutrient-rich diet or taking supplements when necessary helps prevent deficiencies and supports the body's ability to mount an effective immune response.

Eating well and taking care of your overall health can contribute to stress reduction. Chronic stress can negatively impact the immune system, making you more susceptible to illnesses. A healthy lifestyle, including proper nutrition, regular exercise, and adequate sleep, helps manage stress and supports immune function.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mediterranean Scramble	 Oat Pancakes	 Green Smoothie Muffins	 Mixed Fruit Crumble	 Air Fryer Omelette	 Apples & Almonds	 Blended Blueberry Baked Oats
	 Grapefruit	 Apple & Mint Beef Sausage Patties	 Fried Egg	 Greek Yogurt	 Poached Pears	 Gingerbread Loaf	 Coconut Yogurt with Sunflower Seed Butter
Snack 1	 Apple	 Veggie Snack Plate	 Clementines & Cheese	 Avocado Rice Cake	 Citrus Fruit Salad	 Veggie Patties	 Spicy Cashews
	 Wild Rice Salad	 Edamame & Tahini on Toast	 Saucy Lentils & Eggs	 Moroccan Harira Soup	 Sweet Potato, Black Bean & Ranch Rice Bowl	 Tuna Salad Plate	 Baked Goat Cheese & Sun Dried Tomato Dip
Snack 2	 Coconut Yogurt with Grapes & Walnuts	 Fruit Chaat	 Rice Cake with Almond Butter & Chia Jam	 Date Cookies	 Popcorn & Olive Snack Box	 Grapefruit & Honey	 Tomato & Pesto Rice Cakes
	 Salmon Chowder	 Roast Beef & Veggies	 Steak & Berry Salad	 Healthy Fish n' Chips	 Kale & Purple Cabbage Beef Hash	 Creamy Butternut Squash & Green Peas Spaghetti	 Gluten-Free Chicken Schnitzel
Dinner	 Peach Buckwheat Pudding	 Peach Ice Cream	 White Chocolate & Strawberry Mousse	 No Bake Strawberry Cheesecake Cups	 Orange & Pomegranate Steel Cut Oats	 Blueberry Ice Cream Floats	 Raspberry Jam & Brie Pastry Bites

Fruits

- ☐ 4 1/3 Apple
- ☐ 1 Avocado
- ☐ 2 2/3 Banana
- ☐ 1/2 cup Blackberries
- ☐ 2 cups Blueberries
- ☐ 2 Clementines
- ☐ 3 Grapefruit
- ☐ 2 cups Grapes
- ☐ 1 2/3 Lemon
- ☐ 2 3/4 tsps Lemon Juice
- ☐ 3/4 Lime
- ☐ 1 1/2 tsps Lime Juice
- ☐ 2 1/2 Navel Orange
- ☐ 1 2/3 Peach
- ☐ 2 Pear
- ☐ 1/2 cup Pomegranate Seeds
- ☐ 2 1/2 cups Strawberries

Breakfast

- ☐ 2 tbsps Almond Butter
- ☐ 2 Brown Rice Cake
- ☐ 1/2 cup Buckwheat Groats
- ☐ 2 2/3 tbsps Macadamia Nut Butter
- ☐ 3/4 cup Maple Syrup
- ☐ 2 Plain Rice Cake
- ☐ 2 tsps Raspberry Jam
- ☐ 1 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1 cup Cashews
- ☐ 1/3 tsp Chaat Masala
- ☐ 1 1/16 tbsps Chia Seeds
- ☐ 1 1/2 tsps Chili Flakes
- ☐ 1/2 tsp Chili Powder
- ☐ 2 1/16 tsps Cinnamon
- ☐ 2/3 tsp Cumin
- ☐ 1/4 tsp Dried Rosemary
- ☐ 1/4 tsp Dried Thyme
- ☐ 1 1/4 tsps Garlic Powder

Vegetables

- ☐ 7 cups Baby Spinach
- ☐ 1 cup Butternut Squash
- ☐ 3 2/3 Carrot
- ☐ 1 1/2 stalks Celery
- ☐ 1 cup Celery Root
- ☐ 2/3 cup Cilantro
- ☐ 1/3 Cucumber
- ☐ 1/2 bulb Fennel
- ☐ 3 Garlic
- ☐ 2 cups Kale Leaves
- ☐ 1/3 cup Mint Leaves
- ☐ 5 cups Mixed Greens
- ☐ 3 1/4 tbsps Parsley
- ☐ 2 cups Purple Cabbage
- ☐ 1 1/4 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 1 tsp Rosemary
- ☐ 1 cup Rutabaga
- ☐ 1 cup Snap Peas
- ☐ 3 Sweet Potato
- ☐ 1/2 Tomato
- ☐ 1 1/16 Yellow Onion
- ☐ 1 1/2 Yellow Potato
- ☐ 1 1/3 Zucchini

Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1/2 cup Beef Broth
- ☐ 1 cup Black Beans
- ☐ 1/2 cup Brown Rice Spaghetti
- ☐ 1/2 cup Canned Coconut Milk
- ☐ 1 1/4 cups Chickpeas
- ☐ 1 cup Corn
- ☐ 2 1/3 cups Diced Tomatoes
- ☐ 2/3 cup Dry Lentils
- ☐ 1 3/4 cups Gluten-Free Bread Crumbs
- ☐ 1 cup Lentils
- ☐ 1 1/2 cups Popcorn
- ☐ 1/4 cup Tomato Purée
- ☐ 1 can Tuna

Bread, Fish, Meat & Cheese

- ☐ 2 slices Bread
- ☐ 2 ozs Brie Cheese
- ☐ 1 oz Cheddar Cheese
- ☐ 1 lb Chicken Breast
- ☐ 11 1/2 ozs Chuck Roast
- ☐ 1 cup Cream Cheese, Regular
- ☐ 1/2 cup Feta Cheese
- ☐ 1/3 cup Goat Cheese
- ☐ 12 3/4 ozs Ground Lamb
- ☐ 1 lb Lean Ground Beef
- ☐ 1 lb Salmon Fillet
- ☐ 8 ozs Top Sirloin Steak
- ☐ 2 slices Whole Grain Bread

Condiments & Oils

- ☐ 1/3 cup Avocado Oil
- ☐ 1/16 oz Avocado Oil Spray
- ☐ 1/4 cup Balsamic Vinaigrette
- ☐ 2 tbsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Pesto
- ☐ 1/2 oz Pickled Red Onions
- ☐ 1/3 cup Pitted Kalamata Olives
- ☐ 3 tbsps Sun Dried Tomatoes
- ☐ 1/4 cup Sunflower Seed Butter
- ☐ 1 1/2 tbsps Tahini
- ☐ 1 tbsp Tamari
- ☐ 1/4 cup Vegan Ranch Dressing
- ☐ 2 tsps White Wine Vinegar

Cold

- ☐ 1/3 cup Butter
- ☐ 1/4 cup Cow's Milk, Whole
- ☐ 1/3 cup Cream, Half & Half
- ☐ 24 1/4 Egg
- ☐ 1 cup Oat Milk
- ☐ 4 1/8 cups Plain Greek Yogurt
- ☐ 3 1/16 cups Unsweetened Almond Milk
- ☐ 2 3/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 2 1/4 tsps Ground Flax Seed
- ☐ 2 tsps Ground Ginger
- ☐ 1 2/3 tsps Harissa
- ☐ 1 2/3 tbsps Moroccan Spice Blend
- ☐ 1/4 tsp Nutmeg
- ☐ 1 2/3 tsps Onion Powder
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 2 3/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika
- ☐ 1/4 tsp Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 1 1/3 cups Cauliflower Rice
- ☐ 2 cups Coconut Ice Cream
- ☐ 2 tbsps Frozen Blueberries
- ☐ 2/3 cup Frozen Edamame
- ☐ 2 cups Frozen Fruit Mix
- ☐ 2/3 cup Frozen Peas
- ☐ 1 1/3 ozs Puff Pastry

- ☐ 1 cup Vegetable Broth
- ☐ 1 1/4 ozs Whole Grain Crackers
- ☐ 1 1/4 ozs Whole Wheat Spaghetti
- ☐ 1/2 cup Wild Rice

Baking

- ☐ 1 2/3 cups All Purpose Gluten-Free Flour
- ☐ 3 tbsps Almond Flour
- ☐ 1 tsp Arrowroot Powder
- ☐ 1 1/2 tbsps Baking Powder
- ☐ 1/2 tsp Baking Soda
- ☐ 1/4 cup Coconut Flour
- ☐ 1 1/16 cups Coconut Sugar
- ☐ 1/2 oz Dark Chocolate
- ☐ 3 ozs Graham Crackers
- ☐ 1/4 tsp Ground Cloves
- ☐ 2 2/3 tbsps Honey
- ☐ 1 1/2 tbsps Monk Fruit Sweetener
- ☐ 2/3 cup Oat Flour
- ☐ 2 3/4 cups Oats
- ☐ 1/2 cup Pitted Dates
- ☐ 1 tsp Raw Honey
- ☐ 1 cup Spelt Flour
- ☐ 1/16 oz Unbleached All Purpose Flour
- ☐ 1 1/2 tbsps Unsweetened Shredded Coconut
- ☐ 2 3/4 tsps Vanilla Extract
- ☐ 1/3 cup White Chocolate Chips

- ☐ 2/3 oz Collagen Powder
- ☐ 3 cups Sparkling Water
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 7 cups Water



Mediterranean Scramble

2 servings

10 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
2 cups Baby Spinach
4 Egg
2 tbsps Sun Dried Tomatoes (chopped)
2 slices Bread (toasted)

Directions

- 1 Heat a skillet over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
- 2 Divide mixture between plates. Serve with a piece of toast. Enjoy!

Notes

No Spinach: Use kale, arugula or collard greens.

Gluten-Free: Use gluten-free bread.

More Flavor: Add additional spices such as chili flakes, paprika, garlic, cumin, chili powder sea salt and/or black pepper.

Leftovers: Best enjoyed immediately.



Grapefruit

1 serving

5 minutes

Ingredients

1 Grapefruit

Directions

1

Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour: Sprinkle with a pinch of sea salt.



Oat Pancakes

2 servings

15 minutes

Ingredients

- 1 1/4 tsps Ground Flax Seed
- 1 tbsp Water
- 2/3 cup Oat Flour
- 1/8 tsp Sea Salt
- 1/4 tsp Baking Powder
- 1/2 cup Oat Milk
- 1 1/4 tsps Coconut Oil
- 2 1/8 tsps Maple Syrup (for drizzling)

Directions

- 1 In a small bowl, whisk together the ground flax and water. Set aside to thicken for five minutes.
- 2 In a large bowl, whisk together the oat flour, sea salt, and baking powder. Add the oat milk and flax seed mixture. Allow it to sit for five minutes to thicken.
- 3 Heat a pan over medium-high heat and add some of the coconut oil, enough to coat the pan. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Serve the pancakes with a drizzle of maple syrup, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Pancakes can also be frozen and reheated in the toaster.

Serving Size: One serving size is equal to approximately two pancakes.

Helpful Tips: To make your own oat flour, add rolled oats to a food processor or blender and blend until fine. For thicker pancakes, add less milk, adding it slowly to the batter to reach the desired consistency.

Additional Toppings: Top with fresh fruit, nut butter, jam, and/or coconut cream.



Apple & Mint Beef Sausage Patties

2 servings

35 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Garlic (cloves, minced)
- 1/2 Apple (medium, finely chopped)
- 2 tsps Water
- 8 ozs Lean Ground Beef
- 1 tbsp Maple Syrup
- 1/4 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 tbsp Mint Leaves (finely chopped)

Directions

- 1 Heat the oil in a pan over medium heat. Add the garlic and cook until fragrant, stirring frequently.
- 2 Add the apple, stirring frequently. Add the water one tablespoon at a time as needed. Cook for 10 minutes or until softened and browned.
- 3 Meanwhile, in a large bowl add the ground beef, maple syrup, cinnamon, salt, and mint leaves. Mix with your hands until well combined. Once the apple is done cooking, incorporate it into the beef mixture.
- 4 Form the beef mixture into two to three-inch diameter patties. Use the same pan that the apple was cooked in to cook the patties. Cook for five to seven minutes on each side or until browned and cooked through. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one patty.

Serve it With: Fried egg, sweet potato, toast, spinach and/or kale.



Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Directions

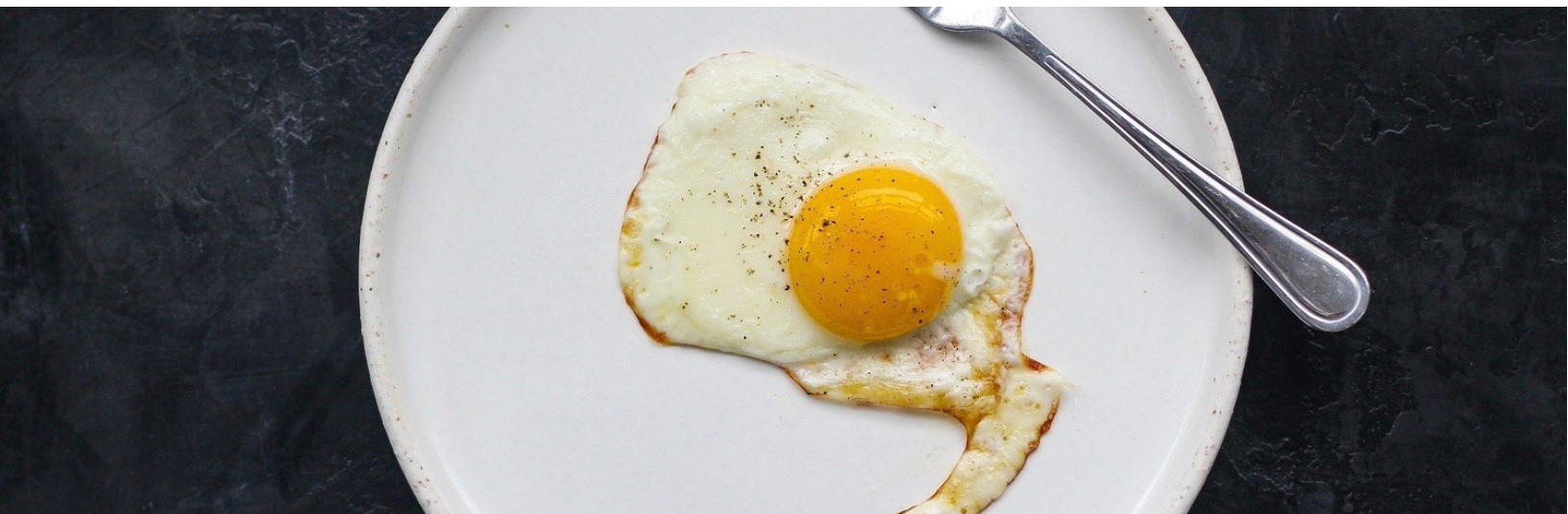
- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush the liners with coconut oil or use silicone cups or a silicone muffin tray to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the prepared muffin tray. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder: This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers: Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins: After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Fried Egg

1 serving

5 minutes

Ingredients

1/4 tsp Coconut Oil
1 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a medium pan, heat the coconut oil over medium heat.
- 2 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Notes

No Coconut Oil: Use butter or ghee instead.



Mixed Fruit Crumble

2 servings

40 minutes

Ingredients

2 cups Frozen Fruit Mix
 1 1/2 tbsps Monk Fruit Sweetener (divided)
 1 1/2 tbsps Butter (melted)
 3 tbsps Almond Flour
 1 1/2 tbsps Unsweetened Shredded Coconut
 1/8 tsp Sea Salt
 1 tbsp Mint Leaves (for garnish, optional)

Directions

- 1 In a medium saucepan, mix together the fruit and 1/3 of the sweetener. Heat the saucepan over medium-high heat. Once the mixture starts simmering, turn the heat to low and let it simmer for about 10 minutes or until thickened. Stir occasionally.
- 2 Meanwhile, preheat the oven to 350°F (175°C). In a small bowl mix together melted butter, almond flour, coconut, sea salt, and the remaining sweetener. Stir and press with a fork until a loose crumble forms.
- 3 Transfer the fruit mixture into an oven-safe baking dish. Top with the crumble and bake in the oven for 20 to 25 minutes or until the crumble starts browning.
- 4 Remove and let cool for 10 minutes. Top with mint leaves if using. Serve warm and enjoy!

Notes

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

Serving Size: A six-inch round baking dish was used for two servings. One serving is equal to approximately 1 1/4 cup fruit crumble.

More Flavor: Add cinnamon and vanilla extract.

Additional Toppings: Sliced almonds.

Frozen Fruit Mix: This recipe was made with a mix of strawberry, mango, peach, and pineapple. You can also use frozen mixed berries.



Greek Yogurt

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Air Fryer Omelette

2 servings

15 minutes

Ingredients

1 tsp Avocado Oil
6 Egg
1/4 cup Cow's Milk, Whole
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (chopped)
1/4 cup Feta Cheese (crumbled)

Directions

- 1 Preheat the air fryer to 350°F (175°C). Grease a cake pan well with oil.
- 2 Whisk the eggs in a bowl along with the milk, salt, and pepper. Add the spinach and mix to combine.
- 3 Pour the egg mixture into the prepared cake pan. Transfer to the air fryer and bake for eight to ten minutes, or until the center looks almost set.
- 4 Top the omelette with feta and place back in the air fryer for one to two minutes, or until the center is firm and the cheese has browned a little. Remove and let cool slightly. Use a spatula to release the edges and carefully transfer to a plate. Enjoy!

Notes

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

Serving Size: A 6-inch (15 cm) cake pan was used to make one serving.

More Flavor: Add spices, herbs, additional veggies or meat.

Liquid From Spinach: There will be some liquid released from the spinach cooking. You can cook the spinach ahead of time or use frozen spinach and squeeze excess water from it.

Air Fryer Time: Timing can vary in an air fryer. Check on the omelette after six minutes to see if it has started to set in the middle.

Dairy-Free: Omit the cheese, or use dairy-free cheese.



Poached Pears

2 servings

20 minutes

Ingredients

2 Pear (peeled, cored and quartered)

Directions

1

Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

Notes

Extra Flavour: Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

Serve It With: Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

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



Apples & Almonds

1 serving

5 minutes

Ingredients

1 Apple (sliced)
1/4 cup Almonds

Directions

1

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



Gingerbread Loaf

10 servings

1 hour

Ingredients

2 Egg
2/3 cup Coconut Sugar
1/2 cup Unsweetened Coconut Yogurt
1 tsp Vanilla Extract
1 cup Spelt Flour
1 tsp Baking Powder
1/4 tsp Baking Soda
2 tsps Ground Ginger
1 tsp Cinnamon
1/4 tsp Nutmeg
1/4 tsp Ground Cloves

Directions

- 1 Preheat the oven to 350°F (175°C) and line a loaf pan with parchment paper.
- 2 In a mixing bowl, whisk the eggs and coconut sugar for one to two minutes or until well combined and smooth. Add the coconut yogurt and vanilla and mix again until smooth.
- 3 Add the flour, baking powder, baking soda, ginger, cinnamon, nutmeg, and cloves. Mix until well combined and smooth.
- 4 Add the batter into the loaf pan and smooth it out into an even layer. Bake for 30 to 35 minutes or until a toothpick comes out with a couple of crumbs on it. The top should be firm as well.
- 5 Let it cool for 10 to 15 minutes before slicing. Enjoy!

Notes

Leftovers: Store in an airtight container on the counter for up to three days. Refrigerate for up to one week. Freeze for up to two months.

Serving Size: A standard 9 x 5-inch (23 x 13 cm) loaf pan was used to make 10 servings. One serving is one slice.

Additional Toppings: Top with nut or seed butter, butter, or coconut butter.



Blended Blueberry Baked Oats

2 servings

30 minutes

Ingredients

1/2 tsp Coconut Oil
3/4 cup Oats
1/2 cup Oat Milk
1 tbsp Maple Syrup
1 Egg
1/4 tsp Baking Powder
1/2 tsp Vanilla Extract
1/3 cup Blueberries

Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg, baking powder, and vanilla. Blend on high until very smooth, about one minute. Fold in the blueberries.
- 3 Divide the oat mixture evenly between ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly and enjoy!

Notes

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

Serving: These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

More Flavor: Add ground cinnamon.

Additional Toppings: Add nut or seed butter into the mix when blending. Or top with nut or seed butter.



Coconut Yogurt with Sunflower Seed Butter

2 servings

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 cup Sunflower Seed Butter

Directions

- 1 Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

Notes

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

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings: Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

No Coconut Yogurt: Use Greek yogurt instead.

No Sunflower Seed Butter: Use another nut or seed butter instead.



Apple

1 serving

2 minutes

Ingredients

1 Apple

Directions

- 1 Slice into wedges, or enjoy whole.



Veggie Snack Plate

1 serving

5 minutes

Ingredients

- 1 stalk Celery (cut into sticks)
- 1/2 Carrot (medium, peeled and cut into sticks)
- 1/4 Red Bell Pepper (medium, cut into sticks)
- 1/8 Cucumber (sliced)

Directions

- 1 Place the vegetables on a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serve it With: Hummus, guacamole, or your favorite dip.



Clementines & Cheese

1 serving

5 minutes

Ingredients

2 Clementines (peeled, sectioned)

1 oz Cheddar Cheese (cubed)

Directions

1

Add the clementines and cheese to a plate and enjoy!

Notes

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

Dairy-Free: Use vegan cheese instead of cheddar cheese.



Greek Yogurt with Strawberries, Chocolate & Pumpkin Seeds

1 serving

10 minutes

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Strawberries (chopped)
2 tbsps Pumpkin Seeds
1/2 oz Dark Chocolate (chopped)

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Notes

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

Serving Size: One serving is approximately 1 2/3 cups.

Make it Vegan: Use plant-based yogurt instead.

More Flavor: Add some maple syrup or raw honey.

No Strawberries: Use raspberries, blackberries, or blueberries instead.



Avocado Rice Cake

1 serving

5 minutes

Ingredients

- 1/2 Avocado
- 1 Plain Rice Cake

Directions

- 1 Mash the avocado with a fork and spread over the rice cake. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

No Plain Rice Cake: Use brown rice cakes or crackers instead.



Citrus Fruit Salad

2 servings

5 minutes

Ingredients

- 1 Navel Orange (peeled and diced)
- 1 Grapefruit (peeled and diced)
- 1 tbsp Maple Syrup
- 1/2 tsp Cinnamon

Directions

- 1 Add the orange, grapefruit, and maple syrup to a bowl. Toss to combine. Sprinkle cinnamon all over and toss again.
- 2 Divide into bowls and enjoy!

Notes

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

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

No Maple Syrup: Use raw honey.



Veggie Patties

4 servings

50 minutes

Ingredients

- 1 1/3 cups Cauliflower Rice
- 1 1/3 Carrot (small, peeled, and grated)
- 1 1/3 Zucchini (small, seeds removed, and grated)
- 1 1/3 tsp Onion Powder
- 2/3 tsp Garlic Powder
- 2/3 tsp Sea Salt
- 1/4 cup Coconut Flour
- 2 2/3 Egg (whisked)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

Notes

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

Serving Size: One serving is equal to three to four patties.

More Flavor: Add green onion or other dried herbs and spices to taste.

Additional Toppings: Top with green onion, fresh herbs, or dipping sauce of choice.

Eggs: Medium-sized eggs work best for this recipe.

Vegetables: Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.

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.



Spicy Cashews

4 servings

25 minutes

Ingredients

- 1 cup Cashews (raw)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Red Pepper Flakes
- 1/2 tsp Chili Powder
- 1/4 Lime (juiced and zested)
- 1 tsp Raw Honey
- 1/2 tsp Avocado Oil
- 1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 Add the cashews, smoked paprika, red pepper flakes, chili powder, lime juice, honey, avocado oil and sea salt to a large bowl and mix until all the cashews are fully coated.
- 3 Place on the baking sheet, making sure to have them spread out evenly. Bake for 10 minutes, then remove from the oven and toss. Put them back in the oven for an additional 10 to 12 minutes, or until slightly crispy.
- 4 Remove the cashews from the oven and let them cool on the pan for 5 to 10 minutes. Garnish with lime zest if desired and serve. Enjoy!

Notes

Leftovers: Store in a sealed container for up to one week. Freeze for longer.

No Honey: Use maple syrup instead.

No Cashews: Use almonds, walnuts or pecans instead.



Wild Rice Salad

2 servings

45 minutes

Ingredients

1/2 cup Wild Rice (dry)
1 cup Mixed Greens
1/3 cup Red Onion (sliced)
2 tbsps Extra Virgin Olive Oil
2 tsps White Wine Vinegar
1/4 cup Feta Cheese (crumbled)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to the package directions.
- 2 Let the rice cool for 10 minutes before adding it to a large bowl. Add the remaining ingredients and toss to combine. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups

Additional Toppings: Top with fresh herbs like parsley, dill, or basil.

Dairy-Free: Omit the feta cheese or use a dairy-free alternative.



Edamame & Tahini on Toast

2 servings

10 minutes

Ingredients

2/3 cup Frozen Edamame
1 1/2 tbsps Tahini
2 tbsps Water
1/2 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread (toasted)
2 tbsps Cilantro
1/2 oz Pickled Red Onions
1/2 tsp Chili Flakes

Directions

- 1 Add the edamame, tahini, water, lemon juice, lemon zest, salt, and pepper to a blender or food processor. Blend until smooth, adding more water if the mixture seems too dry. Adjust the seasoning to your taste.
- 2 Spread the edamame mixture over the toasted bread. Top with cilantro and pickled red onion. Sprinkle some chili flakes on top and enjoy!

Notes

Leftovers: Refrigerate the edamame mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to one piece of toast.

No Pickled Red Onion: Omit or use red onion instead.



Saucy Lentils & Eggs

2 servings

15 minutes

Ingredients

1 cup Lentils (cooked)
1/4 cup Tomato Purée
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 Egg
1 tbsp Parsley (chopped)

Directions

- 1 In a pan over medium heat. Add the lentils, tomato purée, and cumin. Season with salt and pepper. Bring to a boil, reduce the heat to a simmer, and cook for about five minutes.
- 2 Create one pocket for each egg amongst the lentils. Crack one egg into each pocket. Cover the pan and cook for about five to six minutes or until each egg is set.
- 3 Top with parsley and enjoy!

Notes

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

More Flavor: Add bell pepper and top with feta cheese.



Moroccan Harira Soup

4 servings

1 hour 10 minutes

Ingredients

2 1/3 tps Extra Virgin Olive Oil
 12 3/4 ozs Ground Lamb
 3/4 Yellow Onion (large, chopped)
 1/3 cup Cilantro (leaves and stems chopped separately, divided)
 1 2/3 tbsps Moroccan Spice Blend
 4 3/4 cups Water
 2 1/3 cups Diced Tomatoes (from the can, with juices)
 1 2/3 tps Harissa
 2/3 cup Dry Lentils (brown, cooked)
 1 1/4 cups Chickpeas (cooked)
 1 1/4 ozs Whole Wheat Spaghetti (broken into small pieces)
 3/4 Egg (whisked)

Directions

- 1 Add the oil to a large pot over medium-high heat. Once hot, add the meat and cook for five to seven minutes or until mostly browned. Add the onions and the cilantro stems. Cook for two more minutes.
- 2 Add the Moroccan spice blend and cook for one minute, stirring to coat. Add the water, tomatoes, and harissa. Bring to a boil.
- 3 Reduce the heat and add the lentils and chickpeas. Simmer, partially covered, for 25 minutes.
- 4 Stir in the pasta. Cook for 10 more minutes.
- 5 Slowly drizzle the egg into the hot soup. Cook for one minute without stirring.
- 6 Mix well. Divide evenly between bowls, garnish with the cilantro leaves, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

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

More Flavor: Season with salt and black pepper, fresh garlic, and lime juice. Add celery and saffron. Use rice or quinoa instead of spaghetti.



Sweet Potato, Black Bean & Ranch Rice Bowl

2 servings

40 minutes

Ingredients

- 1/2 cup Basmati Rice (dry, rinsed)
- 1 Sweet Potato (medium, peeled, chopped)
- 1 Red Bell Pepper (medium, sliced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cilantro (chopped)
- 1/2 Lime (juiced, plus more for garnish)
- 1 cup Corn
- 1 cup Black Beans (cooked)
- 1/4 cup Vegan Ranch Dressing

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 While the rice cooks, add the sweet potato and bell peppers to the baking sheet. Drizzle with the oil and season with salt and pepper. Toss to coat. Spread out into an even layer. Bake for 20 to 25 minutes or until the vegetables are fork-tender.
- 4 Mix the cilantro and lime juice into the cooked rice.
- 5 To assemble, evenly divide the sweet potatoes, bell peppers, rice, corn, and black beans into bowls. Top each with ranch dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Add the dressing when ready to eat.

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

More Flavor: Add chili powder to the sweet potatoes and bell peppers before cooking.

Additional Toppings: Hot sauce, guacamole, and/or salsa.

No Vegan Ranch Dressing: Use other dressing of choice.

No Olive Oil: Use avocado oil.



Tuna Salad Plate

1 serving

5 minutes

Ingredients

1 can Tuna (drained, broken into chunks)
1/2 Avocado (pit removed)
1/4 cup Unsweetened Coconut Yogurt
1/4 Cucumber (sliced)
1/4 tsp Sea Salt

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go.
Season with salt and enjoy!

Notes

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

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Baked Goat Cheese & Sun Dried Tomato Dip

2 servings

25 minutes

Ingredients

1/3 cup Goat Cheese
2 tbsps Cream Cheese, Regular
3/4 tsp Extra Virgin Olive Oil
1 tbsp Sun Dried Tomatoes (chopped)
3/4 tsp Parsley (finely chopped)
1 1/4 ozs Whole Grain Crackers

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a food processor combine the goat cheese, cream cheese, and oil. Process until smooth and creamy. Add the sun dried tomatoes and mix to combine with a spoon.
- 3 Transfer the goat cheese mixture to an oven safe baking dish and place in the oven. Bake for 16 to 18 minutes, until bubbly and warm.
- 4 Top with parsley and serve with crackers. Enjoy!

Notes

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

Serving Size: An 8 x 5-inch (20 x 13 cm) casserole dish was used to make eight servings. One serving is about 1/4 cup of dip and 1/2 cup of crackers.

No Parsley: Use chives or green onion.



Coconut Yogurt with Grapes & Walnuts

2 servings

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt

1 cup Grapes (halved)

1/4 cup Walnuts (chopped)

Directions

- 1 Add the yogurt and grapes to a bowl. Top with chopped walnuts. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Protein: Stir protein powder into the yogurt before serving.

Likes it Sweet: Add maple syrup or agave.



Fruit Chaat

2 servings

10 minutes

Ingredients

- 1 cup Grapes (halved)
- 1 1/3 Apple (small, chopped)
- 2/3 Banana (medium, sliced)
- 1/8 Lemon (juiced)
- 2 2/3 tbsps Mint Leaves (chopped)
- 1/3 tsp Chaat Masala
- 1/8 tsp Cumin (ground)
- 1/16 tsp Sea Salt

Directions

1

Add all the ingredients into a large mixing bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.



Rice Cake with Almond Butter & Chia Jam

1 serving

30 minutes

Ingredients

2 tbsps Frozen Blueberries
3/4 tsp Lemon Juice
1/2 tsp Maple Syrup
1/4 tsp Chia Seeds
1 Plain Rice Cake
1 tbsp Almond Butter

Directions

- 1 Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 2 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 3 Remove from the heat and let it cool. The jam will continue to thicken as it cools.
- 4 Once the jam has cooled, spread the almond butter and chia seed jam evenly on top of the rice cakes. Enjoy!

Notes

Leftovers: Refrigerate the chia jam in an airtight container for up to seven days or freeze for up to two months. For best results, put the almond butter and jam on the rice cakes just before enjoying.

Serving Size: One serving is approximately 1 rice cake, 1 tablespoon of almond butter and 1 tablespoon of chia jam.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add vanilla extract to the chia jam.

No Blueberries: Use strawberries or raspberries instead.

No Maple Syrup: Use honey instead. Or substitute stevia or monk fruit sweetener to taste.



Orange, Carrot & Turmeric Smoothie

1 serving

5 minutes

Ingredients

- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 oz Collagen Powder

Directions

1

Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

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

Make it Vegan: Omit the collagen powder and use a dairy-free yogurt.

More Protein: Add a scoop of vanilla protein powder.



Date Cookies

12 servings

1 hour

Ingredients

3/4 Egg
1/3 cup Coconut Sugar
3/4 tsp Vanilla Extract
3 tbsps Butter (softened)
1 cup All Purpose Gluten-Free Flour
1/8 tsp Baking Soda
1/8 tsp Cinnamon
1/16 tsp Sea Salt
1/3 cup Pitted Dates (pitted, chopped)
3 tbsps Walnuts (chopped)

Directions

- 1 Add the egg and coconut sugar to a mixing bowl. Mix with a hand mixer for two to three minutes or until the egg and sugar are well combined. Add vanilla and the butter in one tablespoon at a time and mix again until smooth.
- 2 Add the flour, baking soda, cinnamon, and sea salt, and mix until combined and a batter starts to form. Finish off by mixing the batter with a spatula and scraping down the sides of the bowl if needed. Fold in the dates and walnuts. Cover and chill in the fridge for 30 minutes.
- 3 Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper. Scoop about two tablespoons of dough per cookie and form into a ball. Place on the baking sheet and slightly flatten, leaving space between cookies.
- 4 Bake for eight to nine minutes. Let the cookies cool for five minutes before transferring them to a cooling rack for another five minutes. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to three days. Freeze for longer.

Serving Size: One serving is one cookie.

No Walnuts: Use chopped pecans.

Dairy-Free: Use coconut oil.



Popcorn & Olive Snack Box

2 servings

5 minutes

Ingredients

- 1 1/2 cups Popcorn
- 1/2 Apple (medium, chopped)
- 1 cup Snap Peas (trimmed)
- 1/3 cup Pitted Kalamata Olives

Directions

1

Arrange the popcorn, apples, snap peas, and olives into a container. Refrigerate until ready to serve. Enjoy!

Notes

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



Grapefruit & Honey

1 serving

5 minutes

Ingredients

- 1 Grapefruit
- 2 tps Honey

Directions

- 1 Cut the grapefruit in half and place in separate bowls. Use a sharp knife to cut around the circumference and in between the segments.
- 2 Drizzle with honey and use a spoon to scoop out individual sections. Enjoy!

Notes

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

Drink the Juice: Squeeze the juice out in the bowl once the segments are eaten and drink the juice, if desired.



Tomato & Pesto Rice Cakes

1 serving

5 minutes

Ingredients

2 tbsps Pesto
2 Brown Rice Cake
1/2 Tomato (sliced)

Directions

- 1 Spread pesto evenly onto the rice cakes. Top with tomato slices and enjoy!

Notes

No Rice Cake: Use toast, pita or crackers instead.

Storage: Best served immediately as the rice cake may soften, but can be refrigerated in an airtight container up to 2 to 3 days.



Salmon Chowder

2 servings

40 minutes

Ingredients

1 tbsp Coconut Oil
1/2 bulb Fennel (sliced)
1 cup Celery Root (peeled and cubed)
1 cup Rutabaga (peeled and cubed)
1 cup Vegetable Broth
6 ozs Salmon Fillet
1/2 cup Canned Coconut Milk
1/8 tsp Sea Salt (or more to taste)
2 tbsps Parsley (chopped, optional garnish)

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Leftovers: Store covered in the fridge up to three days, or freeze it.

Serving Size: One serving is roughly 1 1/2 cups.

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.



Peach Buckwheat Pudding

1 serving

2 hours 10 minutes

Ingredients

1/2 cup Buckwheat Groats (dry)
1/3 cup Unsweetened Almond Milk
1 tbsp Chia Seeds
1 tbsp Almond Butter
1/8 tsp Cinnamon
1 Peach (sliced)
2 tbsps Blueberries

Directions

- 1 Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
- 2 Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.
- 3 Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!

Notes

No Almond Milk: Use any type of dairy-free milk instead.

Buckwheat Groats: This recipe was developed and tested using Bob's Red Mill Buckwheat Groats.

No Peaches: Use any other fruit as a topping.



Roast Beef & Veggies

2 servings

2 hours 5 minutes

Ingredients

1 1/2 Yellow Potato (medium, peeled, whole)
 3/4 Carrot (large, peeled, chopped)
 1/2 stalk Celery (large, chopped)
 1/4 Yellow Onion (medium, quartered)
 2 1/2 tsps Extra Virgin Olive Oil
 11 1/2 ozs Chuck Roast (boneless)
 Sea Salt & Black Pepper (to taste)
 1/2 tsp Garlic Powder
 1/4 tsp Onion Powder
 1/2 cup Beef Broth

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Add the potatoes, carrots, celery, and onion to a roasting pan. Drizzle oil all over and season with salt and pepper. Toss to coat, then spread out in the pan.
- 3 Generously season the roast with salt and pepper on both sides. In a small bowl, combine the garlic powder and onion powder. Rub the garlic and onion powder mix all over the roast.
- 4 Heat a well-greased pan over medium heat. Sear the beef on each side until browned.
- 5 Place the roast in the middle of the prepared roasting pan with the potatoes and vegetables around it. Pour the broth around the vegetables and roast (not on top).
- 6 Place in the oven and cook for 60 to 75 minutes or until the potatoes are fork-tender and the roast is cooked to your liking. Add some more liquid if needed.
- 7 Let the beef rest for 15 to 20 minutes before thinly slicing it. Divide the beef and vegetables onto plates. Pour some of the juice from the pan onto each plate. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze the beef for up to two months.

Serving Size: One serving is approximately two slices of beef, 3/4 of a potato, and 3/4 cup of vegetables.

Additional Toppings: Make a gravy out of the pan juices.

Cooking Time: The cooking time of the roast will vary depending on the size. You can use a meat thermometer to reach your desired doneness. For medium-rare, 145°F (63°C). For medium, 160°F (71°C). For well-done, 171°F (77°C).



Peach Ice Cream

1 serving

5 minutes

Ingredients

- 2/3 Peach (sliced and frozen)
- 2 2/3 tbsps Macadamia Nut Butter

Directions

- 1 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 2 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade: Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy: Use sunflower seed butter instead.

Make it Sweeter: Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving



Steak & Berry Salad

2 servings

20 minutes

Ingredients

8 ozs Top Sirloin Steak
2 tsps Avocado Oil
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens
1/2 cup Strawberries (halved)
1/2 cup Blueberries
1/2 cup Blackberries
1/4 cup Balsamic Vinaigrette

Directions

- 1 Preheat the grill to medium-high heat. Season the steak with salt and pepper. When ready to grill, brush the oil onto the grates.
- 2 Grill the steak for five to six minutes per side or until cooked to your liking. This timing will depend on how thick your steak is and the doneness you desire.
- 3 Let the steak rest for five minutes before slicing. Meanwhile, add the mixed greens, strawberries, blueberries, and blackberries to a bowl.
- 4 Top with the sliced steak and balsamic vinaigrette. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the mixed greens, berries, and steak together. Add the dressing just before serving.

Additional Toppings: Goat cheese, pecans, walnuts, and/or sliced almonds.



White Chocolate & Strawberry Mousse

4 servings

2 hours 15 minutes

Ingredients

1/3 cup White Chocolate Chips
1 1/2 cups Plain Greek Yogurt
1/2 cup Strawberries (chopped)
1 1/2 tsps Lime Juice
2 tbsps Mint Leaves

Directions

- 1 Gently melt the white chocolate in a double boiler or in the microwave for 30-second intervals.
- 2 Using a hand mixer, whip the yogurt in a bowl on medium speed for one to two minutes or until light and smooth. Gradually add the white chocolate until the mixture is creamy and well combined.
- 3 Divide between small glass jars, cover, and refrigerate for two hours or overnight.
- 4 Just before serving, mix the chopped strawberries with the lime juice and let it sit for five minutes. Add to the top of each serving and garnish with mint leaves. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/2 cup.



Healthy Fish n' Chips

2 servings

1 hour

Ingredients

10 ozs Salmon Fillet
1 tbsp Maple Syrup
1 tbsp Tamari
2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Notes

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



No Bake Strawberry Cheesecake Cups

4 servings

1 hour 15 minutes

Ingredients

- 1 cup Strawberries (chopped)
- 2 tsp Lemon Juice (divided)
- 1 tsp Arrowroot Powder
- 3 tbsps Water
- 3 ozs Graham Crackers
- 2 tbsps Butter (softened)
- 2/3 cup Plain Greek Yogurt
- 3/4 cup Cream Cheese, Regular
- 1/2 tsp Vanilla Extract
- 2 tbsps Honey

Directions

- 1 In a saucepan over medium-low heat combine the strawberries, half the lemon juice, arrowroot powder, and water. Stir to combine. Cook, stirring often until thickened, about eight to nine minutes. Remove from the heat and set aside.
- 2 Add the graham crackers to a food processor and blend until a fine crumb has formed. Transfer to a bowl and mix with the butter until you can press the dough together with your fingers.
- 3 Wipe out the food processor and add the yogurt, cream cheese, vanilla, remaining lemon juice, and honey. Blend until the mixture comes together.
- 4 Divide the crumbs evenly between jars, followed by the yogurt mixture. Top with the strawberries. Refrigerate for one hour and then enjoy!

Notes

Leftovers: Refrigerate in airtight jars or containers for up to four days.

Serving Size: One serving is one 7 fl oz (205 mL) jar.

Gluten-Free: Use gluten-free graham crackers instead.



Kale & Purple Cabbage Beef Hash

2 servings

25 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
8 ozs Lean Ground Beef
1/2 tsp Sea Salt (divided)
1/4 tsp Dried Rosemary
1/4 tsp Dried Thyme
2 cups Kale Leaves (finely chopped)
2 cups Purple Cabbage (finely chopped)

Directions

- 1 Heat the oil in a large pan over medium heat. Once hot, add the ground beef, breaking it up as it cooks. Season with half of the salt, rosemary, and thyme. Cook for seven to eight minutes or until cooked through.
- 2 Mix in the kale, cabbage, and remaining salt. Cook for four to five minutes or until the vegetables have softened. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add garlic powder and/or onion powder.



Orange & Pomegranate Steel Cut Oats

3 servings

25 minutes

Ingredients

- 1 cup Steel Cut Oats
- 2 cups Unsweetened Almond Milk (plus more when serving)
- 1 cup Water
- 1/8 tsp Sea Salt
- 1/2 Navel Orange (juiced, zested)
- 2 tbsps Maple Syrup
- 1/2 cup Pomegranate Seeds

Directions

- 1 Add the oats, milk, water, and salt to a saucepan and bring to a boil. Reduce to a simmer and cook for 15 to 20 minutes, depending on how crunchy you like your oats. When everything starts to thicken, stir in the orange juice, orange zest, and maple syrup.
- 2 Remove from the heat and stir in the pomegranate seeds. Divide into bowls and add a splash of milk to each bowl. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Almond Milk: Use other milk of choice.

Additional Toppings: Add chia seeds, hemp seeds, yogurt, and/or more maple syrup.



Creamy Butternut Squash & Green Peas Spaghetti

2 servings

35 minutes

Ingredients

- 1 cup Butternut Squash (peeled, cubed)
- 2 Garlic (clove)
- 2 tsps Extra Virgin Olive Oil
- 1/2 cup Brown Rice Spaghetti
- 1/3 cup Cream, Half & Half
- 2/3 cup Frozen Peas (thawed)
- 1/3 cup Water (reserved from cooking pasta)
- 1/2 Lemon (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Chili Flakes

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Toss the butternut squash and garlic with the oil and bake in the oven for 20 to 25 minutes or until fork-tender.
- 2 Meanwhile, cook the spaghetti according to package directions. Once done, drain reserving some of the pasta water.
- 3 In a blender, add butternut squash, garlic, and cream. Blend until smooth, venting as needed. Pour the sauce into a pan. Add in the pasta, peas, and reserved pasta water. Toss to combine and simmer for three to four minutes or until the sauce is thick and creamy.
- 4 Drizzle with lemon juice and season with salt and pepper. Divide the pasta between plates. Top with chili flakes and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/3 cup. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

Make it Vegan: Omit the cream or use coconut milk instead.



Blueberry Ice Cream Floats

2 servings

15 minutes

Ingredients

1 cup Blueberries (fresh or frozen)
1/4 cup Water
1/4 cup Maple Syrup
2 cups Coconut Ice Cream
3 cups Sparkling Water

Directions

- 1 In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
- 2 Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries: Use kombucha instead.

Prep Ahead: Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.



Gluten-Free Chicken Schnitzel

4 servings

30 minutes

Ingredients

1 lb Chicken Breast (butterflied)
Sea Salt & Black Pepper (to taste)
2/3 cup All Purpose Gluten-Free Flour
2 Egg
1 3/4 cups Gluten-Free Bread Crumbs
1/4 cup Avocado Oil
1/2 Lemon (sliced)

Directions

- 1 Using a meat mallet, pound the chicken breast until just less than 1/4 inch (13 mm) thick. Season with salt and pepper.
- 2 Place the flour in one large bowl. Whisk the eggs in a second bowl. Add the bread crumbs to a third large bowl.
- 3 Working in batches, place the chicken into the flour and coat on both sides, shaking off excess. Transfer to the egg and coat on all sides and then place in the bread crumbs. Cover the chicken on all sides with bread crumbs.
- 4 Heat a large skillet over medium heat. Add the oil and once hot, carefully add the chicken. Cook for about four minutes, until golden brown and crispy. Flip and cook for another three to four minutes, adjusting the heat as needed, until cooked through. Repeat with the remaining chicken, adding more oil if needed in between batches.
- 5 Serve the chicken with lemon slices or wedges for serving. Enjoy!

Notes

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

Serving Size: One serving is half of a chicken breast.



Raspberry Jam & Brie Pastry Bites

1 serving
25 minutes

Ingredients

1/16 oz Avocado Oil Spray
1/16 oz Unbleached All Purpose Flour
(for dusting)
1 1/3 ozs Puff Pastry (thawed)
2 tsps Raspberry Jam
2 ozs Brie Cheese (chopped into bite-
sized pieces)
1 tsp Rosemary (fresh)

Directions

- 1 Preheat the oven to 375°F (190°C) and lightly spray a muffin tray with oil.
- 2 Use the flour to lightly dust a flat surface. Roll out the puff pastry into a rectangle about 1/2 inch (13 mm) thick. Use a sharp knife or a pizza cutter and cut the puff pastry into 2 1/2 inch (6 cm) squares.
- 3 Press each square into a muffin tin. Then top with raspberry jam, brie, and rosemary.
- 4 Bake in the oven for 15 to 20 minutes or until golden brown. Enjoy!

Notes

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

Serving Size: One serving is equal to two puff pastry bites.

Additional Toppings: Top with chili flakes and flakey salt.

No Rosemary: Use thyme instead.