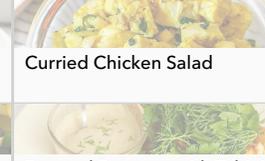
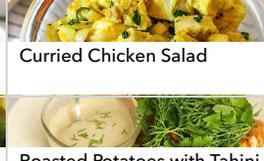




	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	1.5 Strawberry Almond Protein Smoothie	1.5 Strawberry Almond Protein Smoothie	1.5 Strawberry Almond Protein Smoothie	1.5 Chocolate Cauliflower Shake	1.5 Chocolate Cauliflower Shake	Mango Lime Smoothie	Mango Lime Smoothie
Snack 1							
	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box
Lunch							
	Meal Prep Veggie Bowls	One Pan Teriyaki Chicken	Steak, Butternut Squash & Broccoli	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Curried Chicken Salad	Baked Cod with Green Beans & Carrots	Curried Chicken with Broccoli & Sweet Potato
Snack 2							
	Berry Banana Smoothie	Berry Banana Smoothie	Berry Banana Smoothie	Pineapple Spinach Smoothie	Pineapple Spinach Smoothie	2 Pineapple Spinach Smoothie	2 Pineapple Spinach Smoothie
Dinner							
	One Pan Teriyaki Chicken	Steak, Butternut Squash & Broccoli	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Curried Chicken Salad	Baked Cod with Green Beans & Carrots	Curried Chicken with Broccoli & Sweet Potato	White Fish Dijonnaise
Snack 3							
	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	Peach, Blackberry & Basil Smoothie	1.5 Peach, Blackberry & Basil Smoothie	2 Peach, Blackberry & Basil Smoothie	1.5 Peach, Blackberry & Basil Smoothie
							
	Chicken & Apricot Salad	Slow Cooker Stuffed Peppers	Baingan Bharta	Green Poutine	Roasted Potatoes with Tahini Dressing & Herbs	Mexican-Style Fries Supreme	Cheesy Cauliflower & Broccoli Casserole

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  31%	Fat  30%	Fat  31%	Fat  28%	Fat  27%
Carbs  37%	Carbs  38%	Carbs  41%	Carbs  42%	Carbs  41%	Carbs  42%	Carbs  43%
Protein  29%	Protein  29%	Protein  28%	Protein  28%	Protein  28%	Protein  30%	Protein  30%
Calories 3212	Calories 3139	Calories 3254	Calories 3259	Calories 3133	Calories 3248	Calories 3132
Fat 128g	Fat 120g	Fat 117g	Fat 114g	Fat 110g	Fat 104g	Fat 97g
Carbs 318g	Carbs 319g	Carbs 356g	Carbs 353g	Carbs 334g	Carbs 354g	Carbs 351g
Fiber 82g	Fiber 92g	Fiber 102g	Fiber 81g	Fiber 71g	Fiber 73g	Fiber 61g
Sugar 155g	Sugar 151g	Sugar 125g	Sugar 107g	Sugar 123g	Sugar 166g	Sugar 181g
Protein 245g	Protein 243g	Protein 239g	Protein 235g	Protein 230g	Protein 250g	Protein 242g

## Fruits

- 1/2 Avocado
- 13 1/2 Banana
- 2 cups Blackberries
- 1/2 cup Grapes
- 1/2 Lemon
- 2 1/2 tbsps Lemon Juice
- 2 2/3 Lime
- 1 tbsp Lime Juice
- 1/2 Navel Orange
- 6 cups Pineapple
- 1 Plantain
- 10 1/2 cups Strawberries

## Breakfast

- 3/4 cup Almond Butter
- 1 tsp Maple Syrup

## Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 3/4 cup Cashews
- 1/3 cup Chia Seeds
- 2 2/3 tsps Chili Powder
- 3/4 tsp Cinnamon
- 1 tsp Cumin
- 1 3/4 tsps Curry Powder
- 1/4 tsp Dried Basil
- 1 1/2 tsps Dried Rosemary
- 1 1/2 tsps Dried Thyme
- 1 tsp Garam Masala
- 1/2 cup Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1 1/8 tsps Paprika
- 1/4 cup Pumpkin Seeds
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 2 tbsps Slivered Almonds
- 1 1/2 tsps Smoked Paprika
- 1 1/3 tbsps Taco Seasoning
- 1/4 tsp Turmeric

## Vegetables

- 2 cups Asparagus
- 9 1/2 cups Baby Spinach
- 1/3 cup Basil Leaves
- 10 1/3 cups Broccoli
- 5 cups Butternut Squash
- 4 Carrot
- 1 head Cauliflower
- 4 stalks Celery
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 1/2 Eggplant
- 1/4 cup Fresh Dill
- 8 1/2 Garlic
- 1 tbsp Ginger
- 2 2/3 cups Green Beans
- 2 1/3 Green Bell Pepper
- 1 stalk Green Onion
- 1 1/2 Jalapeno Pepper
- 3 cups Kale Leaves
- 2 cups Mushrooms
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 2 cups Snap Peas
- 13 2/3 Sweet Potato
- 1 tsp Thyme
- 1 1/2 Tomato
- 1 1/2 Yellow Onion
- 5 Yellow Potato

## Boxed & Canned

- 1 cup Chicken Broth
- 1 1/8 cups Salsa
- 1/2 cup Vegetable Broth

## Baking

- 1 tsp Arrowroot Powder
- 1/3 cup Cacao Powder
- 1 tbsp Coconut Flour
- 3/4 cup Nutritional Yeast
- 2 tbsps Raw Honey

## Bread, Fish, Meat & Cheese

- 1 3/4 lbs Chicken Breast
- 1 1/2 lbs Chicken Breast, Cooked
- 2 Cod Fillet
- 2 2/3 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 Haddock Fillet
- 1 lb Ny Striploin Steak

## Condiments & Oils

- 1 1/3 tbsps Avocado Oil
- 2 tbsps Coconut Aminos
- 1 tbsp Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 2 3/4 tbsps Mayonnaise
- 2/3 oz Pickled Red Onions
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1 1/2 tbsps Tahini

## Cold

- 2 1/2 Egg
- 1 cup Egg Whites
- 10 1/2 cups Plain Coconut Milk
- 23 1/4 cups Unsweetened Almond Milk
- 3 1/2 cups Unsweetened Coconut Yogurt

## Other

- 3/4 cup Chocolate Protein Powder
- 4 ozs Collagen Powder
- 1/4 cup Dried Apricots
- 1 1/2 tbsps Maca Powder
- 5 3/4 cups Vanilla Protein Powder
- 4 1/16 cups Water

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3 tbsps Whole Flax Seeds

**Frozen**

- 3 cups Frozen Berries
- 1 1/2 cups Frozen Blueberries
- 5 cups Frozen Cauliflower
- 2 cups Frozen Mango
- 6 cups Frozen Peaches
- 30 Ice Cubes



## Strawberry Almond Protein Smoothie

6 servings

5 minutes

### Ingredients

- 9 cups Strawberries (frozen)
- 6 Banana (small, frozen)
- 1 1/2 cups Vanilla Protein Powder
- 1/2 cup Almond Butter
- 1/3 cup Ground Flax Seed
- 7 1/2 cups Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g

### Directions

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

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

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



## Chocolate Cauliflower Shake

3 servings

5 minutes

### Ingredients

3 cups Frozen Cauliflower  
3 Banana (frozen)  
3 tbsps Almond Butter  
1/3 cup Cacao Powder  
3/4 cup Chocolate Protein Powder  
3 cups Unsweetened Almond Milk  
1 1/2 tbsps Maca Powder

### Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g

### Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Notes

**Make it Mocha:** Replace half of the almond milk with chilled coffee.

**Likes it Sweeter:** Add pitted medjool dates.

**No Maca Powder:** Leave it out or use cinnamon instead.



## Mango Lime Smoothie

2 servings

5 minutes

### Ingredients

2 cups Frozen Mango  
2 cups Frozen Cauliflower  
2 Lime (large, zest and juice)  
1/2 cup Vanilla Protein Powder  
3 cups Plain Coconut Milk  
(unsweetened, from the carton)

### Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g

### Directions

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

### Notes

**Additional Toppings:** Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

**No Coconut Milk:** Use almond or oat milk.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



## Egg Whites

2 servings

5 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 1 cup Egg Whites
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	125
Fat	7g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	13g

### Directions

- 1 Heat the oil in a pan over medium to high heat.
- 2 Add egg whites to the skillet and season with salt. Gently stir until cooked through, about 3 to 4 minutes. Adjust salt as needed.

### Notes

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

**More Flavor:** Add nutritional yeast, mayonnaise, garlic powder, onion powder, za'atar or other dried herbs and spices.

**Serve it With:** Toast, spiralized veggies, sweet potato toast, bacon, sausages or beans.

**Make it Vegan:** Use crumbled firm tofu instead of egg whites.



## Strawberry Blueberry Smoothie

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Frozen Blueberries (wild)
- 1 1/2 cups Strawberries (stems removed)
- 3 3/4 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as coconut, cashew, or oat.

**No Fresh Strawberries:** Use frozen instead.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.



## Chicken & Sweet Potato Mash Snack Box

4 servings

15 minutes

### Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 10 ozs Chicken Breast, Cooked
- 1/4 cup Water
- 2 tbsps Lemon Juice (to taste)
- 1/2 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes
- 4 stalks Celery
- 1/4 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	194
Fat	6g
Carbs	11g
Fiber	3g
Sugar	3g
Protein	25g

### Directions

- 1 Boil the sweet potatoes for seven to 10 minutes or until fork tender.
- 2 Place the sweet potato in a food processor with the chicken, water, lemon juice, and salt. Blend until just mixed.
- 3 Arrange the chicken sweet potato mash, cherry tomatoes, celery, and pumpkin seeds in a to-go container. Enjoy!

### Notes

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

**More Flavor:** Add garlic and your choice of herbs and spices to the mash.

**Additional Toppings:** Top with cheese, vegan cheese, sour cream, or plain yogurt.



## Sweet Potato & Lime Chips

4 servings

50 minutes

### Ingredients

- 4 Sweet Potato
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2/3 tsp Sea Salt
- 2/3 Lime (sliced into wedges)

### Nutrition

Amount per serving	
Calories	153
Fat	5g
Carbs	27g
Fiber	4g
Sugar	6g
Protein	2g

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Wash sweet potatoes and lay them on a cutting board lengthwise. Starting at one end, slice sweet potato as thinly as possible into rounds. Try to be consistent in how thin you slice so the chips bake evenly. (Use a mandolin slicer if you have one.)
- 3 In a mixing bowl, toss the sweet potato rounds with olive oil and season with sea salt.
- 4 Line a baking sheet with parchment paper. Place the sweet potato rounds on the baking sheet in a single layer. Bake in oven on middle rack for 20 minutes. Flip the sweet potato and bake for another 10 to 20 minutes or until golden-brown (depending on the thickness of the rounds).
- 5 Let cool. Drizzle a lime wedge over the chips and serve. If chips aren't crispy enough, stick them back in the oven for another 10 minutes.



## Meal Prep Veggie Bowls

1 serving  
35 minutes

### Ingredients

- 1 1/3 cups Broccoli (chopped into florets)
- 2/3 Sweet Potato (small, chopped into cubes)
- 1/3 tsp Avocado Oil
- 1/8 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Green Beans (trimmed)
- 2 Egg

### Nutrition

Amount per serving	
Calories	294
Fat	12g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

### Notes

**Egg-Free:** Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

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

**More Flavor:** Add cayenne pepper, chili flakes or hot sauce.

**Leftovers:** Refrigerate in an airtight container for up to 4 days.

**Serving Size:** One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



## Chicken & Apricot Salad

1 serving

5 minutes

### Ingredients

- 2 cups Baby Spinach
- 4 ozs Chicken Breast, Cooked (chopped)
- 1/4 cup Dried Apricots
- 1/4 cup Cashews
- 1 1/2 tsps Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	520
Fat	27g
Carbs	34g
Fiber	5g
Sugar	19g
Protein	43g

### Directions

- 1 Divide the spinach, cooked chicken, apricots, and cashews into containers. Drizzle with olive oil and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of chicken and 2 1/2 cups of salad.

**Additional Toppings:** Add feta cheese, goat cheese, olives, or sliced red onion.



## Berry Banana Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 cups Frozen Berries  
1 1/2 Banana  
3 cups Kale Leaves  
3/4 cup Vanilla Protein Powder  
3 tbsps Whole Flax Seeds

### Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g

### Directions

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

### Notes

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

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.

**Nut-Free:** Use nut-free milk such as oat milk.



## Pineapple Spinach Smoothie

6 servings

5 minutes

### Ingredients

6 cups Pineapple (fresh or frozen)  
6 cups Baby Spinach  
24 Ice Cubes  
3 cups Unsweetened Coconut Yogurt  
6 cups Unsweetened Almond Milk  
1 1/2 cups Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**More Fiber:** Add flaxseeds, chia seeds, or hemp seeds.

**Protein Powder:** This recipe was created and tested using vegan protein powder.

**Nut-Free:** Use nut-free milk such as oat milk or coconut milk.

**Ice Cubes:** Four ice cubes are roughly equal to 1/2 cup.



## One Pan Teriyaki Chicken

2 servings

40 minutes

### Ingredients

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

### Notes

**Serve it With:** Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

**Likes it Spicy:** Whisk hot sauce or chili flakes into the teriyaki sauce.

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

**No Coconut Aminos:** Use tamari instead.



## Slow Cooker Stuffed Peppers

2 servings

4 hours

### Ingredients

- 2 Green Bell Pepper (large)
- 8 ozs Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Dried Basil
- 1/2 Egg
- 1 Garlic (cloves, minced)
- 1/4 Yellow Onion (diced)
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Coconut Flour
- 1 cup Salsa
- 1/2 head Cauliflower (large)

### Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g

### Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

### Notes

**Vegans and Vegetarians:** Use cooked lentils or beans instead of ground meat.

**No Ground Turkey:** Use ground chicken or beef instead.

**No Slow Cooker:** Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

**No Cauliflower:** Serve over rice, quinoa, greens or sweet potato mash.



## Steak, Butternut Squash & Broccoli

2 servings

40 minutes

### Ingredients

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 1 tsp Thyme
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast

### Nutrition

Amount per serving	
Calories	542
Fat	23g
Carbs	34g
Fiber	8g
Sugar	6g
Protein	54g

### 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, top with fresh thyme, 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 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

### Notes

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

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



## Baingan Bharta

2 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 Eggplant (medium, halved lengthwise)
- 1 tbsp Lime Juice
- 1/2 Yellow Onion (chopped)
- 1 1/2 Garlic (cloves, minced)
- 1/2 Jalapeno Pepper (small, seeds removed and finely chopped)
- 1 1/2 Tomato (medium, chopped)
- 1 tsp Garam Masala
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	199
Fat	8g
Carbs	32g
Fiber	15g
Sugar	17g
Protein	6g

### Directions

- 1 Use a bit of the oil to lightly grease a baking sheet. Place the eggplant halves flesh down on the sheet and broil for 10 to 12 minutes, or until charred and the flesh is soft.
- 2 When cool enough to handle, scoop out the eggplant flesh. Mash the eggplant into a puree with the lime juice and set aside.
- 3 Heat the remaining oil in a pan over medium-high heat. Cook the onions for about 10 minutes, stirring frequently. Add the garlic, jalapeno, tomato, garam masala, and salt. Cook for another five minutes.
- 4 Add the eggplant and cook for another five minutes. Stir in the cilantro and remove from heat. Divide into bowls, garnish with more cilantro (optional) and enjoy!

### Notes

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

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

**More Flavor:** Add turmeric. Fire roast the eggplants instead of broiling.

**Additional Toppings:** Serve with roti, rice, or pita.

**No Jalapeno Pepper:** Use green chili, Serrano chili, or red pepper flakes instead.



## Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 servings

50 minutes

### Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 8 ozs Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tbsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

### Nutrition

Amount per serving	
Calories	349
Fat	11g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	30g

### Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

### Notes

**Dairy Lover:** Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

**Meal Prep:** Cook the sweet potatoes ahead of time for a quick weeknight meal.

**Leftovers:** Keep in a sealed container in the fridge for 3 to 4 days.



## Green Poutine

2 servings

45 minutes

### Ingredients

- 2 Yellow Potato (medium)
- 2 cups Asparagus
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Mushrooms (sliced)
- 1/4 Yellow Onion (medium, diced)
- 1 Garlic (clove, minced)
- 1 1/2 tsps Dried Thyme
- 1/2 cup Vegetable Broth
- 1 tsp Arrowroot Powder
- 1 cup Butternut Squash (peeled and cubed)
- 1/2 cup Water
- 1/4 cup Cashews
- 1/2 cup Nutritional Yeast
- 1/2 Lemon (juiced)
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



## Curried Chicken Salad

2 servings

5 minutes

### Ingredients

10 1/2 ozs Chicken Breast, Cooked (chopped)  
1/2 cup Grapes (quartered)  
2 tbsps Slivered Almonds  
1 stalk Green Onion (sliced, green part only)  
2 tbsps Mayonnaise  
1 tsp Maple Syrup  
1/4 tsp Curry Powder  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a small bowl, mix together all of the ingredients. Season with salt and pepper to taste. Enjoy!

### Notes

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

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

**Nut-Free:** Replace the slivered almonds with sunflower seeds.

**Serve With:** Rice crackers and sliced vegetables, lettuce cups, or gluten-free bread.

### Nutrition

Amount per serving	
Calories	399
Fat	20g
Carbs	9g
Fiber	1g
Sugar	7g
Protein	48g



## Roasted Potatoes with Tahini Dressing & Herbs

2 servings  
50 minutes

### Ingredients

- 3 Yellow Potato (small, washed and cubed)
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Dried Rosemary
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Tahini
- 1/2 tsp Lemon Juice
- 1 1/2 tsps Water
- 2/3 oz Pickled Red Onions (homemade or store-bought)
- 1/4 cup Parsley (washed and dried)
- 1/4 cup Fresh Dill (washed and dried)

### Nutrition

Amount per serving	
Calories	368
Fat	12g
Carbs	61g
Fiber	8g
Sugar	3g
Protein	9g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Place the potatoes on the tray. Toss with olive oil, dried rosemary, salt, and pepper. Place the tray in the middle rack of the oven and cook for 30 to 40 minutes or until golden brown.
- 3 In the meantime, in a small bowl whisk together the tahini, lemon juice, and water until smooth. Season with salt.
- 4 Once the potatoes are cooked, place them on a serving platter. Drizzle with the tahini dressing. Add the pickled onions and spread parsley and dill on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the potatoes and tahini dressing in separate airtight containers for up to three days. Reheat the potatoes in the oven before serving and top with pickled onions and herbs.

**Serving Size:** One serving is equal to approximately one cup of roasted potatoes and dressing.

**More Flavor:** Add spices like paprika, garlic powder, and/or chili powder to the potatoes before roasting.

**Additional Toppings:** Fresh mint and sesame seeds.

**No Pickled Red Onions:** Use thinly sliced fresh red onion instead.



## Baked Cod with Green Beans & Carrots

2 servings

35 minutes

### Ingredients

- 2 Carrot (large, peeled and thinly sliced)
- 2 cups Green Beans (trimmed)
- 1 tbsp Coconut Oil (melted, divided)
- 1/4 tsp Sea Salt (divided)
- 1/2 tsp Paprika
- 1/4 tsp Turmeric
- 1/4 tsp Cumin
- 1/4 tsp Ground Ginger
- 2 Cod Fillet

### Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	44g

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices. Serve with lime or lemon wedges.

**No Cod Fillets:** Use another white fish instead.

**Vegetables:** Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.



## Mexican-Style Fries Supreme

2 servings

30 minutes

### Ingredients

4 Sweet Potato (medium, sliced into 1/4-inch strips)  
 2 tbsps Extra Virgin Olive Oil  
 1 1/3 tbsps Taco Seasoning  
 Sea Salt & Black Pepper (to taste)  
 1 cup Baby Spinach (thinly sliced)  
 1 Red Bell Pepper (medium, diced)  
 1/2 cup Unsweetened Coconut Yogurt (optional)

### Nutrition

Amount per serving	
Calories	409
Fat	16g
Carbs	64g
Fiber	11g
Sugar	15g
Protein	6g

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 3 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

**Additional Toppings:** Tomatoes, shredded cheese, or green onions.



## Curried Chicken with Broccoli & Sweet Potato

2 servings

35 minutes

### Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 3 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Chicken Breast
- 1 1/2 tsps Curry Powder

### Nutrition

Amount per serving	
Calories	422
Fat	15g
Carbs	36g
Fiber	8g
Sugar	8g
Protein	38g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 3 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 4 Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices, like cumin or garlic powder.

**No Broccoli:** Use cauliflower or Brussels sprouts instead.



## Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

### Ingredients

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

### Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

### Directions

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

### Notes

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

**More Carbs:** Serve with brown rice macaroni or quinoa.



## White Fish Dijonnaise

1 serving  
15 minutes

### Ingredients

- 2 1/4 tsps Mayonnaise
- 1 1/2 tsps Dijon Mustard
- 1/16 tsp Sea Salt
- 1 Haddock Fillet
- 1 tsp Lemon Juice (optional)
- 1/2 tsp Fresh Dill (optional)

### Nutrition

Amount per serving	
Calories	222
Fat	9g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	32g

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the mayonnaise, Dijon mustard and sea salt to make the Dijonnaise sauce.
- 3 Pat the fillets dry with a paper towel then spread the Dijonnaise sauce generously on top of the fish. Bake for 6 to 9 minutes or until the fish is cooked through and flakes easily.
- 4 Sprinkle the lemon juice and fresh dill on top of the fillets, if using. Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add garlic powder or black pepper.

**Serve it With:** Cauliflower rice, quinoa, brown rice, roasted potatoes or salad.

**No Haddock:** Use another white fish instead, like cod, halibut or sea bass.

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.



## Stuffed Plantains

1 serving  
30 minutes

### Ingredients

- 1 Plantain (very ripe, peeled)
- 2/3 tsp Avocado Oil
- 2 2/3 ozs Extra Lean Ground Beef
- 1 tsp Smoked Paprika
- 1/3 Green Bell Pepper (small, seeds removed, diced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	504
Fat	12g
Carbs	89g
Fiber	6g
Sugar	48g
Protein	19g

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
- 3 Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 4 Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one stuffed plantain.

**More Flavor:** Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

**Additional Toppings:** Top with cheese, yogurt, and fresh parsley.



## Banana Cinnamon Smoothie

3 servings

5 minutes

### Ingredients

3/4 cup Vanilla Protein Powder  
3 tbsps Ground Flax Seed  
3 tbsps Chia Seeds  
3 Banana (frozen)  
6 Ice Cubes  
3 cups Water  
3/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g

### Directions

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

### Notes

**No Protein Powder:** Use hemp seeds with vanilla extract instead.

**Leftovers:** Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

**Make it Green:** Add spinach.



## Peach, Blackberry & Basil Smoothie

6 servings

5 minutes

### Ingredients

7 1/2 cups Plain Coconut Milk  
(unsweetened, from the carton)  
6 cups Frozen Peaches  
2 cups Blackberries (fresh or frozen)  
1/3 cup Basil Leaves  
4 ozs Collagen Powder

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	28g
Fiber	5g
Sugar	24g
Protein	18g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add a pitted date before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.