



Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:

Leftovers: Days where leftovers will be used are shown by "grayed out" text.

Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge	 Berry Avocado Smoothie	 Berry Avocado Smoothie
Snack 1	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 2 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries
Lunch	 Meal Prep Spaghetti with Chicken, Spinach &...	 Chicken Nugget Sauerkraut Salad	 Coconut Cod & Spinach with Rice	 Greek Chicken Wraps	 Honey Garlic Chicken & Potatoes	 Green Poutine	 Shrimp Asparagus Pesto Pasta
Snack 2	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion
Dinner	 Chicken Nugget Sauerkraut Salad	 Coconut Cod & Spinach with Rice	 Greek Chicken Wraps	 Honey Garlic Chicken & Potatoes	 Green Poutine	 Shrimp Asparagus Pesto Pasta	 Pan-Fried Trout with Herbed Rice
Snack 3	 1.5 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  35%	Fat  35%	Fat  33%	Fat  33%	Fat  32%	Fat  31%
Carbs  40%	Carbs  37%	Carbs  37%	Carbs  39%	Carbs  42%	Carbs  41%	Carbs  40%
Protein  27%	Protein  28%	Protein  28%	Protein  28%	Protein  25%	Protein  27%	Protein  29%
Calories 2120	Calories 2143	Calories 2107	Calories 2097	Calories 2069	Calories 2188	Calories 2158
Fat 82g	Fat 87g	Fat 83g	Fat 80g	Fat 80g	Fat 82g	Fat 77g
Carbs 222g	Carbs 203g	Carbs 203g	Carbs 213g	Carbs 224g	Carbs 234g	Carbs 223g
Fiber 51g	Fiber 45g	Fiber 40g	Fiber 41g	Fiber 47g	Fiber 68g	Fiber 52g
Sugar 50g	Sugar 45g	Sugar 47g	Sugar 56g	Sugar 55g	Sugar 51g	Sugar 43g
Protein 147g	Protein 154g	Protein 154g	Protein 149g	Protein 132g	Protein 156g	Protein 161g

Fruits

- 2 1/4 Avocado
- 5 1/2 Banana
- 2 1/8 Lemon
- 3 1/4 cups Raspberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 1/3 cup Granola

Seeds, Nuts & Spices

- 2 Bay Leaf
- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 2 tpsps Cinnamon
- 1/3 tsp Cumin
- 1 1/2 tpsps Dried Thyme
- 1/2 tsp Garlic Powder
- 2 tbsps Greek Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Berries
- 1 1/4 cups Frozen Cauliflower

Vegetables

- 4 cups Arugula
- 5 cups Asparagus
- 7 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Butternut Squash
- 1 cup Cherry Tomatoes
- 2 1/4 Cucumber
- 2 tbsps Fresh Dill
- 2 3/4 Garlic
- 1 1/2 stalks Green Onion
- 2 cups Mini Potatoes
- 2 cups Mushrooms
- 2 tbsps Parsley
- 3 Red Hot Chili Pepper
- 1/2 cup Red Onion
- 1 tsp Rosemary
- 1/4 Sweet Onion
- 2 1/2 Tomato
- 1/4 Yellow Onion
- 2 Yellow Potato
- 2 1/2 Zucchini

Boxed & Canned

- 1/3 cup Basmati Rice
- 1/4 cup Bread Crumbs
- 1/4 cup Brown Rice Spaghetti
- 1 cup Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 2 1/16 cups Fava Beans
- 1/2 cup Jasmine Rice
- 22 slices Light Rye Crisp Bread
- 6 3/4 ozs Sardines
- 1/2 cup Vegetable Broth
- 3/4 cup Vegetable Broth, Low Sodium

Baking

- 1 1/2 tpsps All Purpose Gluten-Free Flour
- 1 tsp Arrowroot Powder
- 1/3 cup Cacao Powder
- 2 2/3 tpsps Honey

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 12 ozs Chicken Thighs
- 2 Cod Fillet
- 1/4 cup Feta Cheese
- 3 slices Gluten-Free Bread
- 1 Rainbow Trout Fillet
- 12 ozs Shrimp
- 2 1/16 ozs Smoked Salmon
- 4 slices Whole Grain Bread
- 2 Whole Wheat Pita

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 2 tpsps Pesto
- 1 tbsps Rice Vinegar
- 2/3 cup Sauerkraut
- 2 1/16 tpsps Tahini
- 1 tbsps Tamari

Cold

- 3 1/2 tpsps Butter
- 4 ozs Cashew Cream Cheese
- 4 1/2 cups Cottage Cheese
- 1 Egg
- 1 cup Egg Whites
- 2 cups Plain Coconut Milk
- 1/4 cup Tzatziki
- 5 cups Unsweetened Almond Milk

Other

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

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- 1/2 cup Nutritional Yeast
 - 1/2 cup Oats
 - 2 ozs Unbleached All Purpose Flour



Chocolate Almond Butter Smoothie Bowl

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3/4 cup Chocolate Protein Powder
- 3/4 cup Frozen Cauliflower
- 1 1/2 Zucchini (chopped, frozen)
- 3 Banana (divided)
- 3 tbsps Almond Butter
- 1/3 cup Cacao Powder
- 3 tbsps Chia Seeds
- 3/4 cup Raspberries
- 1/3 cup Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	558
Fat	24g
Carbs	59g
Fiber	20g
Sugar	22g
Protein	33g

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

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

More Flavor: Add cinnamon to your smoothie base.

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

No Smoothie Bowl: Drink as a regular smoothie instead.

Smoothie Consistency: For a creamier texture, use a frozen banana.



Peanut Butter & Banana Protein Porridge

2 servings

10 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 1 cup Egg Whites
- 2 tbsps All Natural Peanut Butter
- 2 tsps Cinnamon
- 1 Banana (mashed)

Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.



Smoked Salmon & Cashew Cream Cheese on Crispbread

2 servings

5 minutes

Ingredients

- 4 ozs Cashew Cream Cheese
- 4 slices Light Rye Crisp Bread
- 2 1/16 ozs Smoked Salmon (sliced)

Nutrition

Amount per serving	
Calories	235
Fat	13g
Carbs	19g
Fiber	6g
Sugar	2g
Protein	13g

Directions

- 1 Spread cashew cream cheese evenly onto each crispbread. Top with the smoked salmon slices. Enjoy!

Notes

No Crispbread: Use cucumber slices, toasted bread, rice cakes or any other type of cracker instead.

No Cashew Cream Cheese: Use coconut butter, Greek yogurt, cottage cheese or regular cream cheese instead.

Serving Size: One serving is equal to two topped crispbreads.

Storage: Best enjoyed immediately as the crispbread will soften over time.



Berry Avocado Smoothie

2 servings

5 minutes

Ingredients

2 cups Plain Coconut Milk
(unsweetened, from the box)
1 Zucchini (chopped, frozen)
1/2 cup Frozen Cauliflower
1 cup Frozen Berries
1/2 Avocado
2 tbsps Chia Seeds
1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	367
Fat	17g
Carbs	33g
Fiber	13g
Sugar	18g
Protein	25g

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

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



Egyptian Fava Beans with Tahini

2 servings

15 minutes

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

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

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Post Workout Green Smoothie

3 servings

5 minutes

Ingredients

- 1/3 cup Vanilla Protein Powder
- 3 cups Water (cold)
- 3/4 Avocado
- 1 1/2 Banana (frozen)
- 3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g

Directions

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

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Cottage Cheese Crackers with Berries

5 servings

5 minutes

Ingredients

- 2 1/2 cups Cottage Cheese
- 10 slices Light Rye Crisp Bread
- 2 1/2 cups Raspberries

Nutrition

Amount per serving	
Calories	175
Fat	5g
Carbs	22g
Fiber	8g
Sugar	6g
Protein	14g

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with raspberries and enjoy!

Notes

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Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

1 serving
30 minutes

Ingredients

- 2 1/4 tps Extra Virgin Olive Oil (divided)
- 1 cup Cherry Tomatoes
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Sea Salt
- 4 ozs Chicken Breast (sliced in halves)
- 1 cup Baby Spinach
- 1/4 cup Brown Rice Spaghetti (dry)

Nutrition

Amount per serving	
Calories	468
Fat	15g
Carbs	52g
Fiber	5g
Sugar	4g
Protein	32g

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken: Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti: Use rice, quinoa or any type of pasta instead.

Make it Cheesy: Add parmesan or nutritional yeast to the pasta.

Spice it Up: Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Lemon & Chili Pepper Sardine Toast

3 servings

10 minutes

Ingredients

- 3/4 Garlic (clove)
- 3 slices Gluten-Free Bread (toasted)
- 3 ozs Sardines (packed in oil, drained, halved lengthwise)
- 1 1/2 stalks Green Onion (sliced)
- 3 Red Hot Chili Pepper (sliced)
- 1/8 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	156
Fat	6g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	10g

Directions

- 1 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

More Flavor: Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

No Sardines: Use tuna instead.



Sardine Toast with Tomato & Onion

4 servings

5 minutes

Ingredients

- 4 slices Whole Grain Bread (toasted)
- 2 Tomato (small, sliced)
- 4 ozs Sardines (drained, halved lengthwise)
- 1/4 Sweet Onion (medium, thinly sliced)
- 1/4 cup Basil Leaves
- 1/2 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g

Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

More Flavor: Rub garlic on the toast. Add mayonnaise or butter.

Additional Toppings: Add olive oil, salt, or pepper to taste.

No Sardines: Use tuna or mackerel instead.



Chicken Nugget Sauerkraut Salad

2 servings

25 minutes

Ingredients

2 ozs Unbleached All Purpose Flour
 Sea Salt & Black Pepper (to taste)
 1 Egg (large)
 1/4 cup Bread Crumbs
 8 ozs Chicken Breast (boneless, cubed)
 4 cups Arugula
 2/3 cup Sauerkraut (drained)
 1 Avocado

Nutrition

Amount per serving	
Calories	508
Fat	21g
Carbs	44g
Fiber	10g
Sugar	3g
Protein	37g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the bread crumbs.
- 3 Dredge the chicken nuggets in the flour first, shaking off any excess. Coat each one in the egg mixture, then transfer to the bread crumbs and coat well.
- 4 Arrange the chicken nuggets onto the baking sheet and bake for 20 minutes or until cooked through.
- 5 Meanwhile, divide the arugula, sauerkraut, and avocado onto plates. Top with chicken nuggets 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 2.5 cups of salad.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Drizzle lemon juice, olive oil or your dressing of choice over top.



Coconut Cod & Spinach with Rice

2 servings

15 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 cup Canned Coconut Milk
- 1/2 cup Water
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 2 Bay Leaf
- 1/8 tsp Sea Salt (or more to taste)
- 2 Cod Fillet
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	574
Fat	23g
Carbs	43g
Fiber	2g
Sugar	2g
Protein	47g

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

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



Greek Chicken Wraps

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (boneless, skinless, cubed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Greek Seasoning
- 2 Whole Wheat Pita
- 1/4 cup Tzatziki
- 1 cup Baby Spinach
- 1/4 Cucumber (medium, sliced)
- 1/2 Tomato (medium, sliced)
- 1/2 cup Red Onion (small, sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	472
Fat	17g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	37g

Directions

- 1 Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
- 2 Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
- 3 Cook the chicken for seven to eight minutes per side or until cooked through and browned.
- 4 To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

Notes

Leftovers: Best enjoyed immediately after assembling but ingredients can be refrigerated in separate containers for up to three days.

Gluten-Free: Use a gluten-free pita.

Dairy-Free: Use vegan tzatziki and feta.

More Flavor: Add lemon juice to the chicken.

Additional Toppings: Oregano, fresh dill, fresh parsley.



Honey Garlic Chicken & Potatoes

2 servings

45 minutes

Ingredients

12 ozs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 1/2 tbsps Butter (divided)
1 Garlic (cloves, minced)
2 2/3 tbsps Honey
1 tsp Rosemary (fresh, chopped)
2 cups Mini Potatoes (halved)

Nutrition

Amount per serving	
Calories	531
Fat	22g
Carbs	49g
Fiber	3g
Sugar	23g
Protein	37g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 2 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 3 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 4 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 5 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to three days.

Serving Size: One serving is about two chicken thighs and one cup of potatoes.

More Flavor: Add hot sauce to the honey-butter mixture.



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!



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 4 ozs Chickpea Pasta
- 2 tbsps Pesto

Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	43g
Fiber	13g
Sugar	10g
Protein	54g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



Pan-Fried Trout with Herbed Rice

1 serving
30 minutes

Ingredients

3/4 cup Vegetable Broth, Low Sodium
1/3 cup Basmati Rice (uncooked)
1 tbsp Butter (divided)
2 tbsps Parsley (chopped)
2 tbsps Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
1 Rainbow Trout Fillet (patted dry)
1 1/2 tps All Purpose Gluten-Free Flour

Nutrition

Amount per serving	
Calories	589
Fat	17g
Carbs	66g
Fiber	3g
Sugar	2g
Protein	39g

Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

Notes

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

Serving Size: One serving equals one trout fillet and just over a cup of herbed rice.

Trout Fillets: One fillet is equal to approximately 159 grams or 5.6 ounces in size.

Dairy-Free: Use vegan butter, olive oil, or coconut oil instead.

More Flavor: Add cilantro and saffron to the rice.

Additional Toppings: Add lemon juice and fresh herbs.



Cottage Cheese Crackers with Cucumbers

4 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 8 slices Light Rye Crisp Bread
- 2 Cucumber (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	165
Fat	5g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	15g

Directions

- 1 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Add sliced tomatoes.