



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:

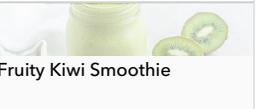
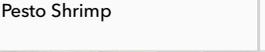
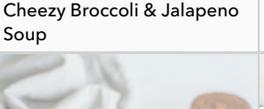
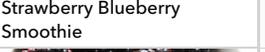
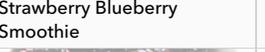
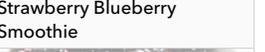
**Leftovers:** Days where leftovers will be used are shown by "grayed out" text.

**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	 Strawberry Red Pepper Smoothie	 Strawberry Red Pepper Smoothie	 Strawberry Red Pepper Smoothie	 2 Gingerbread Smoothie	 1.5 Gingerbread Smoothie	 3 Potato & Turkey Breakfast Casserole	 3 Potato & Turkey Breakfast Casserole
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs				
Snack 1	 Sausage & Sauerkraut Plate	 Sausage & Sauerkraut Plate	 Sausage & Sauerkraut Plate	 Fruity Kiwi Smoothie	 Fruity Kiwi Smoothie	 Fruity Kiwi Smoothie	 Fruity Kiwi Smoothie
	 Cinnamon Toast Crunch Pumpkin Seeds	 Cinnamon Toast Crunch Pumpkin Seeds	 Cinnamon Toast Crunch Pumpkin Seeds	 Salmon Salad Lettuce Wraps	 Salmon Salad Lettuce Wraps	 Salmon Salad Lettuce Wraps	 Salmon Salad Lettuce Wraps
Lunch	 Shrimp & Mango Coconut Curry	 Potato Crusted Pork Casserole	 Pear & Arugula Salad with Chicken	 Pesto Shrimp	 Curried Chicken with Broccoli & Sweet Potato	 Slow Cooker Maple Mustard Chicken	
	 Sweet Paprika Shrimp	 Pineapple Coconut Shrimp	 Cheezy Broccoli & Jalapeno Soup	 Cheesy Cauliflower & Broccoli Casserole	 Lamb Kafta	 Potato & Egg Salad	 Slow Cooker Stuffed Peppers
Snack 2	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
				 Blackberries	 Blackberries	 Blackberries	 Blackberries
Dinner	 Potato Crusted Pork Casserole	 Pear & Arugula Salad with Chicken	 Pesto Shrimp	 Curried Chicken with Broccoli & Sweet Potato	 Slow Cooker Maple Mustard Chicken	 1.5 Slow Cooker Stuffed Peppers	 BBQ Pork with Peach Salsa
	 Pineapple Coconut Shrimp	 Cheezy Broccoli & Jalapeno Soup	 Cheesy Cauliflower & Broccoli Casserole	 Lamb Kafta	 Potato & Egg Salad		 Pineapple Salmon Skewers

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 35%	Fat	 32%	Fat	 33%	Fat	 35%	Fat	 36%	Fat	 37%	Fat	 34%
Carbs	 30%	Carbs	 32%	Carbs	 32%	Carbs	 32%	Carbs	 31%	Carbs	 30%	Carbs	 32%
Protein	 35%	Protein	 36%	Protein	 35%	Protein	 33%	Protein	 33%	Protein	 33%	Protein	 34%
Calories	2561	Calories	2473	Calories	2274	Calories	2577	Calories	2494	Calories	2517	Calories	2434
Fat	103g	Fat	91g	Fat	86g	Fat	105g	Fat	102g	Fat	105g	Fat	95g
Carbs	198g	Carbs	201g	Carbs	186g	Carbs	211g	Carbs	197g	Carbs	193g	Carbs	201g
Fiber	47g	Fiber	52g	Fiber	57g	Fiber	61g	Fiber	53g	Fiber	51g	Fiber	43g
Sugar	91g	Sugar	90g	Sugar	78g	Sugar	80g	Sugar	77g	Sugar	71g	Sugar	99g
Protein	231g	Protein	230g	Protein	208g	Protein	224g	Protein	213g	Protein	215g	Protein	211g

## Fruits

- 3/4 Avocado
- 3 1/2 Banana
- 4 cups Blackberries
- 2 Kiwi
- 1/3 Lemon
- 2 tbsps Lemon Juice
- 1/16 Lime
- 1/4 Mango
- 2/3 Peach
- 1 Pear
- 5 cups Pineapple
- 2 cups Strawberries

## Breakfast

- 1/4 cup Almond Butter
- 2 3/4 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/8 tsp Cardamom
- 1/4 cup Cashews
- 3/4 cup Chia Seeds
- 2 1/4 tps Chili Powder
- 1 1/3 tps Cinnamon
- 1 1/8 tps Cumin
- 1 1/2 tps Curry Powder
- 1 tsp Dried Basil
- 3/4 tsp Garam Masala
- 1/3 tsp Ground Allspice
- 1/8 tsp Ground Sumac
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/8 tsp Nutmeg
- 2 tps Paprika
- 3/4 cup Pumpkin Seeds, In Shell
- 1/4 tsp Red Pepper Flakes
- 1 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Turmeric
- 1 tbsp Walnuts

## Vegetables

- 4 cups Arugula
- 1 3/4 cups Baby Spinach
- 9 cups Broccoli
- 1 cup Butternut Squash
- 1 1/4 heads Cauliflower
- 1/2 cup Cherry Tomatoes
- 2 2/3 tpsps Cilantro
- 3/4 Cucumber
- 1/3 cup Fresh Dill
- 9 Garlic
- 1 1/16 tpsps Ginger
- 4 cups Green Beans
- 3 1/2 Green Bell Pepper
- 2/3 head Green Lettuce
- 3 stalks Green Onion
- 1/2 Jalapeno Pepper
- 4 cups Kale Leaves
- 1 1/2 cups Mini Potatoes
- 1 1/16 cups Parsley
- 1 1/2 Red Bell Pepper
- 3 1/3 tpsps Red Onion
- 1/4 Sweet Onion
- 2 Sweet Potato
- 3/4 Tomato
- 3 Yellow Onion
- 3 1/4 Yellow Potato

## Boxed & Canned

- 3/4 cup Beef Broth
- 1/3 cup Canned Coconut Milk
- 1 1/4 lbs Canned Wild Salmon
- 1 1/2 cups Salsa
- 1 1/2 cans Tuna
- 2 cups Vegetable Broth

## Baking

- 2 tpsps Blackstrap Molasses
- 1/3 cup Cocoa Powder
- 1 1/2 tpsps Coconut Flour
- 1/2 tsp Ground Cloves

## Bread, Fish, Meat & Cheese

- 1 1/3 lbs Chicken Breast
- 1 lb Chicken Thighs
- 4 ozs Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Turkey
- 2 1/16 ozs Ground Lamb
- 8 3/4 ozs Lean Ground Pork
- 5 1/3 ozs Pork Tenderloin
- 5 1/4 ozs Salmon Fillet
- 2 1/4 lbs Shrimp
- 1 1/4 lbs Turkey Sausage

## Condiments & Oils

- 2 1/4 tps Apple Cider Vinegar
- 3 tpsps Balsamic Vinegar
- 2 2/3 tpsps Barbecue Sauce
- 1/3 cup Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1 tbsp Red Wine Vinegar
- 1 1/2 cups Sauerkraut

## Cold

- 15 3/4 Egg
- 1 cup Orange Juice
- 12 1/2 cups Unsweetened Almond Milk
- 2 1/3 cups Unsweetened Coconut Yogurt

## Other

- 8 Barbecue Skewers
- 3/4 cup Chocolate Protein Powder
- 1 1/2 cups Coconut Water
- 2 ozs Collagen Powder
- 2 cups Vanilla Protein Powder
- 1 1/2 cups Water

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**Frozen**

- 2 cups Frozen Blueberries
- 1 1/2 cups Frozen Cauliflower
- 3 cups Frozen Strawberries
- 8 Ice Cubes
- 1 1/2 tsps Honey
- 1/3 cup Nutritional Yeast
- 1/3 cup Pitted Dates
- 1 tbsp Unsweetened Coconut Flakes



## Strawberry Red Pepper Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Frozen Strawberries
- 1 1/2 Red Bell Pepper (medium)
- 1/3 cup Pitted Dates
- 2 tbsps Chia Seeds
- 2 ozs Collagen Powder
- 1 1/2 cups Coconut Water

### Nutrition

Amount per serving	
Calories	268
Fat	3g
Carbs	46g
Fiber	10g
Sugar	29g
Protein	20g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately, but can be kept refrigerated in an airtight jar or container for up to two days.

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

**Make it Vegan:** Use hemp seeds or plant-based protein powder instead of collagen.



## Protein Packed Deviled Eggs

3 servings

20 minutes

### Ingredients

- 6 Egg (hard boiled)
- 1 1/2 cans Tuna (drained)
- 3/4 Avocado
- 1 1/2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 3/4 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

### Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

### Notes

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

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



## Gingerbread Smoothie

4 servings

5 minutes

### Ingredients

- 4 cups Unsweetened Almond Milk
- 1 cup Vanilla Protein Powder
- 2 Banana (frozen)
- 1/4 cup Chia Seeds
- 1/4 cup Almond Butter
- 2 tbsps Blackstrap Molasses
- 2 tsps Ginger (fresh, minced)
- 1 tsp Cinnamon (ground)
- 1/2 tsp Ground Cloves

### Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	32g
Fiber	9g
Sugar	13g
Protein	26g

### 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 Blackstrap Molasses:** Use maple syrup instead.

**Nut-Free:** Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

**More Veggies:** Add frozen cauliflower.



## Potato & Turkey Breakfast Casserole

6 servings  
45 minutes

### Ingredients

2 Yellow Potato (chopped into small cubes)  
8 ozs Turkey Sausage (casing removed)  
2 cups Kale Leaves (finely chopped)  
1/2 cup Cherry Tomatoes  
8 Egg  
1/2 cup Unsweetened Almond Milk  
3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	215
Fat	10g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	17g

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
- 3 Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
- 4 Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
- 5 Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

### Notes

**Baking Dish:** For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

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

**Vegetarian Option:** Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

**No Kale:** Use spinach or Swiss chard instead.

**No Tomato:** Use chopped bell pepper instead.

**No Sausage:** Use bacon or ground pork instead.



## Sausage & Sauerkraut Plate

3 servings  
20 minutes

### Ingredients

- 12 ozs Turkey Sausage
- 1 1/2 cups Sauerkraut (drained)
- 3 tbsps Dijon Mustard

### Nutrition

Amount per serving	
Calories	204
Fat	9g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	22g

### Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil.
- 2 Cook the sausage for 20 minutes or until browned and cooked through.
- 3 Slice the sausage and serve with the sauerkraut and dijon mustard. Enjoy!

### Notes

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

**More Flavor:** Sauté the sauerkraut with onions and mushrooms.

**Additional Toppings:** Avocado, plain yogurt, potatoes, or mashed cauliflower.

**Make it Vegan:** Use vegan sausage instead.



## Cinnamon Toast Crunch Pumpkin Seeds

3 servings

50 minutes

### Ingredients

- 3/4 cup Pumpkin Seeds, In Shell (rinsed and dried)
- 2 1/4 tps Extra Virgin Olive Oil
- 1 1/2 tbsps Maple Syrup
- 1/3 tsp Sea Salt
- 1/3 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	128
Fat	6g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	3g

### Directions

- 1 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 3 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

### Notes

**Best Results:** This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

**No Fresh Seeds:** Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

**Storage:** Once completely cooled, store in an air-tight container at room temperature.



## Fruity Kiwi Smoothie

4 servings

5 minutes

### Ingredients

2 Kiwi  
2 cups Pineapple (fresh or frozen)  
2 cups Kale Leaves  
1 cup Unsweetened Coconut Yogurt  
1 cup Orange Juice (freshly squeezed)  
1 cup Water  
8 Ice Cubes

### Nutrition

Amount per serving	
Calories	121
Fat	2g
Carbs	26g
Fiber	3g
Sugar	17g
Protein	2g

### 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 one cup.

**More Protein:** Add protein powder, collagen powder, hemp seeds, or chia seeds.



## Salmon Salad Lettuce Wraps

4 servings

5 minutes

### Ingredients

- 1 1/4 lbs Canned Wild Salmon (drained)
- 1 1/3 cups Unsweetened Coconut Yogurt
- 1/3 cup Fresh Dill (minced)
- 1 1/3 tbsps Lemon Juice
- 2/3 tsp Sea Salt
- 2/3 head Green Lettuce (separated into leaves and washed)

### Nutrition

Amount per serving	
Calories	263
Fat	11g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	38g

### Directions

- 1 In a bowl, combine the salmon, coconut yogurt, dill, lemon juice and salt. Adjust flavours as desired.
- 2 Scoop the mixture onto the lettuce leaves and enjoy!

### Notes

**Leftovers:** Refrigerate the salmon mixture and lettuce leaves in separate airtight containers for up to three days.

**Serving Size:** One serving equals approximately three salmon stuffed lettuce leaves.

**Additional Toppings:** Add cucumber, celery, red onion or tomato.

**No Coconut Yogurt:** Use Greek yogurt or mayonnaise and adjust lemon juice and salt as needed.



## Shrimp & Mango Coconut Curry

1 serving  
30 minutes

### Ingredients

4 ozs Shrimp (raw, peeled)  
 1/16 Lime (juiced)  
 1/16 tsp Sea Salt  
 1/16 tsp Black Pepper  
 3/4 tsp Extra Virgin Olive Oil  
 1/4 Sweet Onion (diced)  
 1 Garlic (cloves, minced)  
 3/4 tsp Ginger (grated)  
 3/4 tsp Garam Masala  
 1/8 tsp Turmeric  
 3/4 tsp Cumin  
 1/2 Tomato (diced)  
 1/3 cup Canned Coconut Milk  
 1 cup Broccoli (chopped into small florets)  
 1/4 Mango (peeled and sliced into strips)  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	423
Fat	21g
Carbs	33g
Fiber	6g
Sugar	18g
Protein	29g

### Directions

- 1 Marinate shrimp in a bowl with lime, salt and pepper. Cover and let sit in the fridge.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion until soft, about 5 minutes. Stir in garlic and ginger until fragrant.
- 3 Stir in garam masala, turmeric and cumin until everything is coated.
- 4 Add diced tomato and coconut milk. Bring to a simmer and add broccoli. Cook until tender, about 10 to 15 minutes. Add shrimp and simmer until cooked through, about 5 minutes.
- 5 Stir in sliced mango and garnish with optional toppings. Divide into bowls and enjoy!

### Notes

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

**Garnish With:** Chopped cilantro, parsley, red pepper flakes or toasted cashews.

**Serve it With:** Quinoa, couscous, brown rice or cauliflower rice.

**No Coconut Milk:** Use Greek yogurt or cashew cream instead. Or use almond milk and thicken with arrowroot powder.

**Meat Lover:** Swap the shrimp for chicken, beef or pork.

**Make it Vegan:** Swap the shrimp for chickpeas, lentils, edamame, peas, eggplant, cauliflower or snap peas.

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



## Sweet Paprika Shrimp

1 serving  
15 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/2 tsp Paprika
- 1/2 tsp Italian Seasoning
- 1/16 tsp Sea Salt
- 1/16 tsp Red Pepper Flakes (optional)
- 4 2/3 ozs Shrimp (large, peeled and deveined)
- 1 1/2 tps Water
- 1/2 tsp Lemon Juice

### Nutrition

Amount per serving	
Calories	195
Fat	8g
Carbs	5g
Fiber	0g
Sugar	4g
Protein	27g

### Directions

- 1 In a mixing bowl whisk the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss to coat.
- 2 Heat a large non-stick pan or skillet over medium-high heat.
- 3 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side. Add the water and lemon juice. Stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from the heat and season with additional salt and lemon juice if needed.
- 4 Divide between plates and serve immediately. Enjoy!

### Notes

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

**More Flavor:** Serve with extra lemon wedges or fresh ground pepper on top.

**Make it a Meal:** Serve shrimp beside cooked quinoa or brown rice with sauteed greens.



## Hot Chocolate Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

### Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g

### Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

### Notes

**Nut-Free:** Use coconut milk or another nut-free milk instead.

**More Flavor:** Add ground cinnamon.

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



## Strawberry Blueberry Smoothie

4 servings

5 minutes

### Ingredients

- 2 cups Frozen Blueberries (wild)
- 2 cups Strawberries (stems removed)
- 5 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1 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.



## Blackberries

4 servings

5 minutes

### Ingredients

4 cups Blackberries

### Nutrition

Amount per serving	
Calories	62
Fat	1g
Carbs	14g
Fiber	8g
Sugar	7g
Protein	2g

### Directions

- 1 Wash and enjoy!



## Potato Crusted Pork Casserole

2 servings  
1 hour 35 minutes

### Ingredients

- 8 3/4 ozs Lean Ground Pork
- 1 1/4 Yellow Onion (medium, halved and thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (cloves, roughly chopped)
- 1/4 cup Parsley (finely chopped)
- 1 1/4 Yellow Potato (medium, thinly sliced)
- 3/4 cup Beef Broth (plus more if necessary)

### Nutrition

Amount per serving	
Calories	412
Fat	20g
Carbs	32g
Fiber	5g
Sugar	7g
Protein	27g

### Directions

- 1 With the rack placed in the middle position, preheat the oven to 400°F (205°C).
- 2 Preheat a large non-stick skillet or pot over medium heat. Add the pork and onions, breaking up the meat as it cooks. Season with salt and pepper. Cook for 10 to 15 minutes or until the meat is cooked through and the onions are tender. Discard the juices, if needed, and mix in the garlic and the parsley. Set aside.
- 3 In a large baking dish, arrange the potatoes in a circle on the bottom of the pan, overlapping them to form a crust and cover the bottom completely. Place the meat and onion mixture on top of the potatoes in an even layer. Cover with the remaining potatoes, forming a crust.
- 4 Gently add the broth. Press lightly to ensure just the tops of the potatoes are covered. If needed, add more broth to achieve this. Place the dish on a baking sheet. Cover with a lid or foil and cook in the oven for 45 minutes.
- 5 Uncover the pan and continue cooking for 30 minutes or until the potatoes are golden.
- 6 Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

**Freezer Meal:** Allow the baked dish to cool. Cover in plastic wrap and then tin foil to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and the foil. Cook for 45 minutes or until warmed through.

**Serving Size:** A 13 x 9-inch baking dish was used to make eight servings.

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**More Flavor:** Add thyme, rosemary, celery, carrots and/or fennel.

**Additional Toppings:** Dijon mustard and sea salt to serve.

**No Pork:** Try ground chicken, turkey, bison, or beef.



## Pineapple Coconut Shrimp

2 servings

25 minutes

### Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and deveined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

### Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

### Notes

**No Pineapple:** Use sliced lemon instead.

**Likes it Spicy:** Add cayenne pepper to the shrimp spice.



## Pear & Arugula Salad with Chicken

2 servings

35 minutes

### Ingredients

12 ozs Chicken Breast  
 1/2 tsp Italian Seasoning  
 1/8 tsp Sea Salt  
 4 cups Arugula  
 1 Pear (chopped)  
 2 tbsps Red Onion (thinly sliced)  
 1 tbsp Walnuts (finely chopped)  
 3 tbsps Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	314
Fat	7g
Carbs	21g
Fiber	4g
Sugar	14g
Protein	40g

### Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

**Nut-Free:** Omit the walnuts or use sunflower or pumpkin seeds instead.

**No Chicken:** Use salmon, shrimp, chickpeas, or tofu instead.

**No Arugula:** Use baby spinach instead.

**No Pear:** Use apple instead.

**More Fat:** Add extra virgin olive oil and mix with the balsamic vinegar.



## Cheezy Broccoli & Jalapeno Soup

2 servings

30 minutes

### Ingredients

- 1/4 cup Water
- 1/2 Yellow Onion (medium, chopped)
- 1/2 Green Bell Pepper (large, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed and chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 3 cups Broccoli (chopped into florets)
- 2 cups Vegetable Broth
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	216
Fat	10g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	15g

### Directions

- 1 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 2 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 3 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 4 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

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

**Likes it Spicy:** Add extra jalapeno pepper or red pepper flakes.

**Broccoli:** This recipe can be made with fresh or frozen broccoli.

**No Hemp Seeds:** Use soaked, raw cashews instead.

**Extra Greens:** Add baby spinach before blending.



## Pesto Shrimp

2 servings

10 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 10 1/2 ozs Shrimp (peeled & deveined)
- 1/4 cup Pesto
- 1/4 Lemon (juiced, or to taste)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	290
Fat	16g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	33g

### Directions

- 1 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 2 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 3 Divide between plates and serve with additional lemon juice if needed. Enjoy!

### Notes

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

**More Flavor:** Season the shrimp with dried herbs and spices to taste.

**Additional Toppings:** Fresh herbs or red pepper flakes.

**Serve it With:** Noodles, rice, cauliflower rice or salad.

**Dairy-Free:** Use a dairy-free pesto.



## 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.



## 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.



## Lamb Kafta

2 servings

20 minutes

### Ingredients

1/4 Yellow Onion (medium, chopped)  
1/2 cup Parsley (chopped)  
4 ozs Extra Lean Ground Beef  
2 1/16 ozs Ground Lamb  
Sea Salt & Black Pepper (to taste)  
1/3 tsp Ground Allspice  
1/8 tsp Cardamom  
1/8 tsp Ground Sumac  
1/8 tsp Nutmeg  
1/8 tsp Paprika

### Nutrition

Amount per serving	
Calories	194
Fat	13g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	17g

### Directions

- 1 In a large bowl, mix together all of the ingredients until well combined. Form the mixture into balls roughly two inches in diameter.
- 2 Grill the kafta over medium-high heat until cooked through, about four to six minutes on each side. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately three kafta meatballs.

**Easier Grilling:** Add the meatballs to a skewer for easier flipping.

**More Flavor:** Add garlic, cilantro and/or ground nuts to the meat mixture.

**Additional Toppings:** Serve with hummus, tzatziki, pita, tomato, or cucumbers.

**No Barbecue:** Cook in the oven at 375°F (190°C) for 25 to 30 minutes or until cooked through.



## Slow Cooker Maple Mustard Chicken

2 servings

4 hours

### Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 1 tbsp Maple Syrup
- 2 1/2 tbsps Dijon Mustard
- 1/2 tsp Dried Basil
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Green Beans (washed and trimmed)
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	414
Fat	13g
Carbs	21g
Fiber	6g
Sugar	13g
Protein	48g

### Directions

- 1 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 2 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 3 Divide green beans between plates and top with maple mustard chicken. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken breast or drumsticks instead.

**Save Time:** Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

**More Carbs:** Serve with rice, sweet potato or quinoa.

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



## Potato & Egg Salad

2 servings

25 minutes

### Ingredients

- 1 1/2 cups Mini Potatoes (chopped)
- 1 Egg
- 2 tbsps Extra Virgin Olive Oil
- 2 1/4 tps Apple Cider Vinegar
- 3/4 tsp Dijon Mustard
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (finely chopped)
- 1 stalk Green Onion (green part only, chopped)

### Nutrition

Amount per serving	
Calories	249
Fat	16g
Carbs	21g
Fiber	3g
Sugar	1g
Protein	6g

### Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

### Notes

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

**More Flavor:** Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

**Additional Toppings:** Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

**Make it Vegan:** Omit the egg.



## Slow Cooker Stuffed Peppers

3 servings

4 hours

### Ingredients

3 Green Bell Pepper (large)  
 12 ozs Extra Lean Ground Turkey  
 1/3 tsp Sea Salt  
 1/3 tsp Black Pepper  
 2 1/4 tsps Chili Powder  
 1/3 tsp Cumin  
 1/3 tsp Dried Basil  
 3/4 Egg  
 1 1/2 Garlic (cloves, minced)  
 1/3 Yellow Onion (diced)  
 3/4 cup Baby Spinach (chopped)  
 2 1/4 tsps Extra Virgin Olive Oil  
 1 1/2 tbsps Coconut Flour  
 1 1/2 cups Salsa  
 3/4 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.



## BBQ Pork with Peach Salsa

1 serving

4 hours

### Ingredients

- 5 1/3 ozs Pork Tenderloin
- 2 2/3 tbsps Barbecue Sauce
- 2/3 Peach (pitted and diced)
- 1 1/3 tbsps Red Onion (finely diced)
- 1/3 Tomato (diced)
- 1/16 Lemon (juiced)
- 2 2/3 tbsps Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	301
Fat	4g
Carbs	32g
Fiber	3g
Sugar	24g
Protein	34g

### Directions

- 1 Place the pork and barbecue sauce in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 2 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 3 When ready to cook, preheat grill on medium heat.
- 4 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 5 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 6 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

### Notes

**No BBQ:** Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

**Make it Spicy:** Add chopped jalapeno pepper or cayenne pepper to the salsa.

**Chinese BBQ Pork:** Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.



## Pineapple Salmon Skewers

1 serving  
15 minutes

### Ingredients

5 1/4 ozs Salmon Fillet (cut into 1-inch cubes)  
1 cup Pineapple (cut into 1-inch cubes)  
2 Barbecue Skewers  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tsps Honey  
1 1/2 tsps Lemon Juice  
1 Garlic (cloves, minced)  
1/2 tsp Ginger (fresh, grated)  
1/4 tsp Red Pepper Flakes  
Sea Salt & Black Pepper (to taste)  
1/2 stalk Green Onion (optional, garnish)

### Nutrition

Amount per serving	
Calories	453
Fat	23g
Carbs	32g
Fiber	3g
Sugar	25g
Protein	31g

### Directions

- 1 Thread the salmon and pineapple onto the skewers.
- 2 In a small bowl, whisk together the oil, honey, lemon juice, garlic, ginger, red pepper flakes, sea salt, and pepper. Brush the marinade onto the skewers.
- 3 Grill the skewers for eight to ten minutes, or until the salmon is cooked through. Garnish with sliced green onion and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two 10-inch skewers.

**More Flavor:** Add paprika and garlic powder to the marinade.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

**No Grill:** Bake the skewers in the oven at 400°F (205°C) for ten minutes or until the salmon is cooked through.