



3400 calories, no dairy

MON



BREAKFAST
Butternut Squash Smoothie, Sumac Tomato & Chickpea Flatbread



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Egg White & Peppers Pita, Coconut Cod Tacos



SNACK 2
Cottage Cheese & Orange



DINNER
Citrus Spiced Turkey Bowls, Green Poutine



SNACK 3
Berry Banana Smoothie

TUE



BREAKFAST
Butternut Squash Smoothie, Sumac Tomato & Chickpea Flatbread



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Citrus Spiced Turkey Bowls, Green Poutine



SNACK 2
Cottage Cheese & Orange



DINNER
Sumac Drumsticks with Cauliflower Rice, Cucumber Tomato Chickpea Salad with...



SNACK 3
Berry Banana Smoothie

WED



BREAKFAST
Butternut Squash Smoothie, Sumac Tomato & Chickpea Flatbread



SNACK 1
Overnight Vanilla Protein Oats



LUNCH
Sumac Drumsticks with Cauliflower Rice, Cucumber Tomato Chickpea Salad with...



SNACK 2
Cottage Cheese & Orange



DINNER
Jerk Spiced Pulled Pork Tacos, Macaroni Salad



SNACK 3
Berry Banana Smoothie

THU



BREAKFAST
Turkey Sausage Scramble, Stuffed Plantains



SNACK 1
Ham Sandwich



LUNCH
Jerk Spiced Pulled Pork Tacos, Macaroni Salad



SNACK 2
Smoked Salmon Open-Face Sandwich



DINNER
One Pan Roasted Chicken, Broccoli & Sweet Potato, Hawaiian Naan Pizza



SNACK 3
Curried Chicken Wrap

FRI



BREAKFAST
Turkey Sausage Scramble, Stuffed Plantains



SNACK 1
Ham Sandwich



LUNCH
One Pan Roasted Chicken, Broccoli & Sweet Potato, Hawaiian Naan Pizza



SNACK 2
Smoked Salmon Open-Face Sandwich



DINNER
Lemon Dijon Chicken Drumsticks with Rice, Marinated Mixed Bean Salad



SNACK 3
Curried Chicken Wrap

SAT



BREAKFAST
Chocolate Almond Butter Smoothie Bowl, Lentil Salsa with Toast



SNACK 1
Ham Sandwich



LUNCH
Lemon Dijon Chicken Drumsticks with Rice, Marinated Mixed Bean Salad



SNACK 2
Smoked Salmon Open-Face Sandwich



DINNER
Honey Sesame Chicken with Peas & Quinoa, Lentil & Feta Tabbouleh



SNACK 3
Curried Chicken Wrap

SUN



BREAKFAST
Chocolate Almond Butter Smoothie Bowl, Lentil Salsa with Toast



SNACK 1
Ham Sandwich



LUNCH
Honey Sesame Chicken with Peas & Quinoa, Lentil & Feta Tabbouleh



SNACK 2
Smoked Salmon Open-Face Sandwich



DINNER
Pressure Cooker Lentil Tacos, Chicken & Veggie Quesadillas



SNACK 3
Curried Chicken Wrap

MON

FAT 32% CARBS 42% PROTEIN 26%

Calories 3393
Fiber 89g
Fat 125g
Sugar 93g
Carbs 365g
Protein 228g

TUE

FAT 33% CARBS 41% PROTEIN 26%

Calories 3548
Fiber 98g
Fat 134g
Sugar 116g
Carbs 378g
Protein 239g

WED

FAT 32% CARBS 41% PROTEIN 27%

Calories 3436
Fiber 85g
Fat 124g
Sugar 100g
Carbs 360g
Protein 239g

THU

FAT 34% CARBS 38% PROTEIN 28%

Calories 3507
Fiber 38g
Fat 132g
Sugar 85g
Carbs 331g
Protein 250g

FRI

FAT 34% CARBS 38% PROTEIN 28%

Calories 3550
Fiber 42g
Fat 136g
Sugar 82g
Carbs 339g
Protein 247g

SAT

FAT 32% CARBS 41% PROTEIN 27%

Calories 3418
Fiber 78g
Fat 124g
Sugar 67g
Carbs 353g
Protein 232g

SUN

FAT 29% CARBS 43% PROTEIN 28%

Calories 3489
Fiber 82g
Fat 115g
Sugar 74g
Carbs 377g
Protein 248g

FRUITS

- 1 Apple
- 1/2 Avocado
- 5 Banana
- 1/3 cup Blueberries
- 2 Lemon
- 1 2/3 tbsps Lemon Juice
- 1/4 Lime
- 2 tsps Lime Juice
- 3 1/2 Navel Orange
- 1/2 cup Pineapple
- 2 1/16 Plantain
- 1 cup Raspberries

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/4 tsp Cardamom
- 1/4 cup Cashews
- 1/8 tsp Cayenne Pepper
- 1/2 cup Chia Seeds
- 1 1/3 tpsps Cinnamon
- 1/4 tsp Cumin
- 1 tsp Curry Powder
- 1 1/2 tpsps Dried Thyme
- 2 1/2 tpsps Ground Sumac
- 1 1/2 tpsps Italian Seasoning
- 1 1/8 tpsps Jerk Seasoning
- 2/3 tsp Oregano
- 2/3 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tpsps Sesame Seeds
- 2 1/16 tpsps Smoked Paprika

VEGETABLES

- 2 cups Asparagus
- 2 cups Baby Spinach
- 3 cups Broccoli
- 3 1/4 cups Butternut Squash
- 2 1/2 cups Cauliflower Rice
- 1 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 1 1/2 Cucumber
- 2 1/2 Garlic
- 1 1/2 tsps Ginger
- 3 cups Green Beans
- 2/3 Green Bell Pepper
- 3 stalks Green Onion
- 1/4 Jalapeno Pepper
- 3 cups Kale Leaves
- 2 cups Mushrooms
- 3 cups Parsley
- 1 1/3 Red Bell Pepper
- 1/2 Red Hot Chili Pepper
- 1 cup Red Onion
- 20 leaves Romaine
- 1/4 head Romaine Hearts
- 1/2 cup Sunflower Sprouts
- 1 Sweet Potato
- 4 3/4 Tomato
- 1 tbsp Watermelon Radish
- 1/4 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 2 Yellow Potato
- 1 Zucchini

BOXED & CANNED

- 1 tbsp Chicken Broth
- 3 1/2 cups Chickpeas
- 1/3 cup Dry Green Lentils
- 1 1/2 cups Green Lentils
- 1/2 cup Jasmine Rice

BREAD, FISH, MEAT & CHEESE

- 1 1/2 ozs Cheddar Cheese
- 1 1/4 lbs Chicken Breast
- 1 lb Chicken Breast, Cooked
- 1 3/4 lbs Chicken Drumsticks
- 1/2 Cod Fillet
- 8 Corn Tortilla
- 5 1/3 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1/3 cup Feta Cheese
- 10 slices Gluten-Free Bread
- 4 ozs Mozzarella Cheese
- 2 pieces Naan
- 10 2/3 ozs Pork Shoulder, Boneless
- 1 lb Sliced Ham
- 8 ozs Smoked Salmon
- 7 ozs Sourdough Bread
- 8 1/8 ozs Turkey Sausage
- 1 1/16 ozs White Pita Bread
- 5 1/2 ozs Whole Wheat Flatbread
- 5 Whole Wheat Tortilla

CONDIMENTS & OILS

- 3 tpsps Apple Cider Vinegar
- 1 3/4 tpsps Avocado Oil
- 2 tpsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 2 1/8 tpsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 2 tsps Sesame Oil
- 2 tpsps Tahini
- 1 1/2 tpsps Tamari
- 1/4 cup Tomato Sauce
- 2 tsps Yellow Mustard

COLD

- 3 cups Cottage Cheese

- 1 1/8 tsps Taco Seasoning
- 3 tbsps Whole Flax Seeds

FROZEN

- 3 cups Frozen Berries
- 2 cups Frozen Cauliflower
- 1 cup Frozen Peas

- 1 1/3 cups Lentil Macaroni
- 1 cup Lentils
- 2 cups Mixed Beans
- 1/3 cup Quinoa
- 2 cups Salsa
- 1/2 cup Vegetable Broth

BAKING

- 1 tsp Arrowroot Powder
- 1/4 cup Cacao Powder
- 1 tbsps Coconut Flour
- 1/2 cup Nutritional Yeast
- 1 1/2 cups Oats
- 1 1/8 tbsps Raw Honey
- 2 tbsps Unsweetened Shredded Coconut

- 1/3 cup Cream Cheese, Regular
- 5 1/2 Egg
- 3/4 cup Egg Whites
- 2 tbsps Orange Juice
- 1 1/3 cups Plain Greek Yogurt
- 10 3/4 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 2 cups Vanilla Protein Powder
- 2 1/4 cups Water

Butternut Squash Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Unsweetened Almond Milk
1 1/2 cups Frozen Cauliflower
12 leaves Romaine (roughly chopped)
2 1/4 cups Butternut Squash (frozen, cubed)
1 1/2 Banana (frozen)
1/3 tsp Cinnamon
3/4 cup Vanilla Protein Powder
1/4 cup Chia Seeds
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	446	Fiber	17g
Fat	19g	Sugar	12g
Carbs	46g	Protein	31g

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut or oat milk and use sunflower seed butter instead of almond butter.

NO FROZEN BUTTERNUT SQUASH

Use fresh, cooked squash or canned.

PROTEIN POWDER

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

Sumac Tomato & Chickpea Flatbread

3 SERVINGS 15 MINUTES



INGREDIENTS

5 1/2 ozs Whole Wheat Flatbread
1 1/2 cups Chickpeas
1 1/2 tbsps Apple Cider Vinegar
1 cup Plain Greek Yogurt
3/4 cup Parsley (finely chopped)
1 1/2 Tomato (large, sliced)
1 1/2 tsps Ground Sumac
1/3 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	344	Fiber	12g
Fat	6g	Sugar	7g
Carbs	54g	Protein	21g

DIRECTIONS

- 01 Set oven to high broil. Place flatbread onto a baking pan.
- 02 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 03 Combine yogurt with parsley and spread ovetop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 04 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

NOTES

FLATBREAD

52 grams of whole wheat flatbread is equal to one medium-sized piece.

NO SUMAC

Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

NO FLATBREAD

Use brown rice tortillas and adjust the cooking time.

NO CHICKPEAS

Use white beans or hummus instead.

STORAGE

Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.

Turkey Sausage Scramble

2 SERVINGS 10 MINUTES



INGREDIENTS

8 1/8 ozs Turkey Sausage (casing removed)
2 cups Baby Spinach (chopped)
4 Egg (whisked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	328	Fiber	1g
Fat	19g	Sugar	1g
Carbs	2g	Protein	35g

DIRECTIONS

- 01 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 02 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

MORE FLAVOR

Add onion, mushrooms, or bell pepper.

ADDITIONAL TOPPINGS

Hot sauce, ketchup, avocado, or salsa.

NO SPINACH

Use kale instead.

NO TURKEY SAUSAGE

Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.

Stuffed Plantains

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Plantain (very ripe, peeled)
1 1/3 tsps Avocado Oil
5 1/3 ozs Extra Lean Ground Beef
2 tsps Smoked Paprika
2/3 Green Bell Pepper (small, seeds removed, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 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.)
- 03 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.
- 04 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.

Chocolate Almond Butter Smoothie Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	561	Fiber	19g
Fat	24g	Sugar	22g
Carbs	59g	Protein	33g

DIRECTIONS

- 01 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.
- 02 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.

Lentil Salsa with Toast

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Salsa
- 2 tbsps Cilantro (chopped, optional)
- 2 slices Gluten-Free Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	306	Fiber	17g
Fat	3g	Sugar	13g
Carbs	55g	Protein	18g

DIRECTIONS

- 01 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 02 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

NOTES

LEFTOVERS

Refrigerate the lentil salsa in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

MORE FLAVOR

Add cayenne or your choice of spices and herbs.

ADDITIONAL TOPPINGS

Avocado, fried egg, or plain yogurt.

NO LENTILS

Use chickpeas or black beans instead.

Overnight Vanilla Protein Oats

3 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Raspberries
- 1/3 cup Blueberries
- 1 1/2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	311	Fiber	9g
Fat	11g	Sugar	3g
Carbs	37g	Protein	18g

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

NOTES

LEFTOVERS

Keep well in the fridge for 3 to 4 days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ham Sandwich

4 SERVINGS 5 MINUTES



INGREDIENTS

1 1/3 tbsps Mayonnaise
2 tsps Yellow Mustard
8 slices Gluten-Free Bread
8 leaves Romaine
2 Tomato (medium, thinly sliced)
12 ozs Sliced Ham

NUTRITION

AMOUNT PER SERVING

Calories	318	Fiber	4g
Fat	13g	Sugar	6g
Carbs	29g	Protein	22g

DIRECTIONS

01 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container and enjoy within a day.

ADDITIONAL TOPPINGS

Cucumber, pickles, onion, bell pepper, cheese, or avocado.

NO HAM

Use sliced turkey, chicken, or roast beef instead.

Egg White & Peppers Pita

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Avocado Oil
1 Red Bell Pepper (chopped)
1/4 tsp Sea Salt
3/4 cup Egg Whites
1 1/16 ozs White Pita Bread (halved)

NUTRITION

AMOUNT PER SERVING

Calories	332	Fiber	3g
Fat	15g	Sugar	7g
Carbs	25g	Protein	24g

DIRECTIONS

- 01 Heat avocado oil in a large skillet. Add the red bell pepper and season with salt. Cook for about 2 to 3 minutes, or until just tender and slightly charred.
- 02 Add the egg whites and stir together with the peppers until cooked, about 2 to 3 minutes.
- 03 Spread open the pita and fill the pockets with the cooked egg whites and bell peppers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For best results, store the pita separately from the eggs and peppers to prevent them from getting soggy.

SERVING SIZE

Each serving equals 1/2 of a large pita with approximately 2 cups of egg whites with red peppers.

GLUTEN-FREE

Use gluten-free wraps, tortillas, bread, or lettuce wraps instead.

OIL-FREE

Use water or broth instead of oil and add more when food begins sticking to the pan.

MORE FLAVOR

Add your choice of dried herbs and/or spices.

ADDITIONAL TOPPINGS

Leftover veggies, cheese, mixed greens, spinach, hummus, tzatziki sauce or baba ganoush.

MAKE IT VEGAN

Use crumbled firm tofu instead of egg whites.

Coconut Cod Tacos

1 SERVING 35 MINUTES



INGREDIENTS

1/4 Egg
2 tbsps Unsweetened Shredded Coconut
1 tbsp Coconut Flour
1/8 tsp Paprika
1/16 tsp Sea Salt
1/2 Cod Fillet (cut into small pieces)
2 Corn Tortilla
1/4 Yellow Bell Pepper (sliced thinly)
1 tbsp Watermelon Radish (thinly sliced)
1/4 Lime (juiced)
1 tbsp Cilantro (optional, roughly chopped)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	447	Fiber	10g
Fat	18g	Sugar	2g
Carbs	43g	Protein	27g

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 03 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 04 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

NOTES

LEFTOVERS

Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

SERVING SIZE

One serving is equal to two tacos.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

NO TORTILLAS

Use lettuce as a wrap.

NO WATERMELON RADISH

Omit or use regular radish.

LIKES IT SPICY

Add hot sauce or cayenne pepper to the assembled tacos.

LIKES IT SAUCY

Drizzle the assembled tacos with mayonnaise or sour cream.

Cottage Cheese & Orange

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Navel Orange (large, chopped)
3 cups Cottage Cheese

NUTRITION

AMOUNT PER SERVING

Calories	274	Fiber	3g
Fat	9g	Sugar	18g
Carbs	25g	Protein	25g

DIRECTIONS

01 Serve the chopped orange with the cottage cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Smoked Salmon Open-Face Sandwich

4 SERVINGS 5 MINUTES



INGREDIENTS

7 ozs Sourdough Bread
1/3 cup Cream Cheese, Regular
1/2 Cucumber (thinly sliced)
Sea Salt & Black Pepper (to taste)
8 ozs Smoked Salmon
1/4 cup Red Onion (thinly sliced)
1/2 cup Sunflower Sprouts (optional)

NUTRITION

AMOUNT PER SERVING

Calories	272	Fiber	1g
Fat	9g	Sugar	2g
Carbs	27g	Protein	17g

DIRECTIONS

01 Spread the cream cheese on the sourdough. Top with the cucumber slices and season with salt and pepper. Add the smoked salmon, onion, and sprouts on top. Enjoy!

NOTES

LEFTOVERS

This is best enjoyed immediately after making.

GLUTEN-FREE

Use gluten-free bread or a tortilla instead.

DAIRY-FREE

Use a dairy-free cream cheese.

ADDITIONAL TOPPINGS

Capers and/or fresh herbs.

Citrus Spiced Turkey Bowls

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Green Beans (trimmed)
1/2 Navel Orange
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Sesame Oil
8 ozs Extra Lean Ground Turkey
1 1/2 tsps Ginger (peeled and grated)
2 tbsps Orange Juice
1/2 Red Hot Chili Pepper (minced)
1 Garlic (cloves, minced)
2 tbsps Coconut Aminos (or tamari)
2 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	311	Fiber	4g
Fat	17g	Sugar	12g
Carbs	18g	Protein	24g

DIRECTIONS

- 01 Preheat your oven to 375°F (191°C).
- 02 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 04 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

VEGETARIAN

Use scrambled eggs instead of turkey.

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	Fiber	19g
Fat	22g	Sugar	10g
Carbs	77g	Protein	34g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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.
- 04 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.
- 05 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.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Sumac Drumsticks with Cauliflower Rice

2 SERVINGS 55 MINUTES



INGREDIENTS

1 tbsp Ground Sumac
1/4 tsp Cumin
1/4 tsp Cardamom
1/4 tsp Sea Salt
1 lb Chicken Drumsticks
1 tsp Avocado Oil (divided)
1 Yellow Onion (roughly chopped)
2 tbsps Water
2 1/2 cups Cauliflower Rice
1 tbsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	447	Fiber	6g
Fat	24g	Sugar	7g
Carbs	13g	Protein	45g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 In a small bowl, mix together the sumac, cumin, cardamom and sea salt. Sprinkle half of the spice mix all over the chicken.
- 03 Heat a skillet over medium heat and add half of the avocado oil. Add the chicken and brown on all sides, about 3 to 4 minutes per side. Remove and set aside on a plate. In the same skillet add the onion and the remaining spice mix. Stir and cook over medium-low heat for about 15 minutes.
- 04 Add the chicken back to the skillet along with the water and bake in the oven for 30 minutes.
- 05 Meanwhile, in a skillet over medium heat, add the remaining avocado oil and the cauliflower rice and sauté for about 3 to 5 minutes, until cooked through.
- 06 Divide the cauliflower rice onto plates, top with chicken and lemon juice. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate the chicken and cauliflower rice separately in sealed containers for up to three days.

SERVING SIZE

One serving is approximately 2 chicken drumsticks and 1 cup of cauliflower rice.

NO SUMAC

Use another herb such as za'atar.

ADDITIONAL TOPPINGS

Top with fresh herbs and/or toasted pine nuts.

Cucumber Tomato Chickpea Salad with Sumac Dressing

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
2 tbsps Maple Syrup
1 tbsps Ground Sumac
1 1/2 tpsps Apple Cider Vinegar
1/4 tsp Sea Salt
1 Cucumber (chopped)
2 cups Chickpeas (cooked)
1 cup Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	487	Fiber	16g
Fat	18g	Sugar	25g
Carbs	68g	Protein	17g

DIRECTIONS

- 01 In a small bowl, whisk together the oil, maple syrup, sumac, vinegar and sea salt. Set aside.
- 02 Divide the cucumber, chickpeas and tomatoes into bowls. Drizzle sumac dressing ovetop and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 2 1/2 to 3 cups.

MORE FLAVOR

Let the salad marinate in the dressing overnight before serving.

ADDITIONAL TOPPINGS

Black pepper, red pepper flakes, avocado, bell peppers, mushrooms.

Jerk Spiced Pulled Pork Tacos

2 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

- 10 2/3 ozs Pork Shoulder, Boneless (cut into large chunks)
- 1 1/8 tbsps Jerk Seasoning
- 2 2/3 tbsps Water
- 4 Corn Tortilla
- 1/3 Avocado (sliced)
- 2 2/3 tbsps Red Onion (sliced thin)
- 1 3/4 tbsps Cilantro (roughly chopped)
- 2 tsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	410	Fiber	4g
Fat	11g	Sugar	1g
Carbs	36g	Protein	37g

DIRECTIONS

- 01 Add the pork shoulder to a large bowl and season well with the jerk seasoning, using your hands to rub it in.
- 02 Place the pork and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release. Remove the pork and place in a bowl. Shred it with two forks.
- 03 Place the pork into a tortilla and top with avocado, onion and cilantro. Drizzle with lime juice. Serve and enjoy!

NOTES

LEFTOVERS

Store ingredients separately in airtight containers in the fridge for up to 3 days. Assemble tacos just before eating.

SERVING SIZE

One serving is equal to two tacos.

ADDITIONAL TOPPINGS

Diced mango or pineapple.

Macaroni Salad

2 SERVINGS 40 MINUTES



INGREDIENTS

1 1/3 cups Lentil Macaroni (dry/uncooked)
1 1/3 Egg
1/3 Red Bell Pepper (chopped)
2 2/3 tbsps Red Onion (finely diced)
1/3 cup Plain Greek Yogurt
2 2/3 tbsps Mayonnaise
2 tsp Lemon Juice
1/3 tsp Raw Honey
1/3 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	408	Fiber	6g
Fat	18g	Sugar	5g
Carbs	41g	Protein	21g

DIRECTIONS

- 01 Cook the macaroni according to the directions on the package. Rinse with cold water and add to a large bowl.
- 02 Hard boil the eggs and transfer to a bowl of ice water to cool. Once cool, remove the shells and chop. Add them to the bowl with the cooked macaroni.
- 03 Add the chopped red bell pepper and red onion to the bowl with the macaroni and eggs.
- 04 Mix the dressing by combining the yogurt, mayonnaise, lemon juice, honey, mustard, salt and pepper. Mix well then add to the macaroni salad and mix thoroughly.
- 05 Refrigerate and enjoy!

NOTES

NO LENTIL MACARONI

Use brown rice, whole wheat or chickpea macaroni instead.

LEFTOVERS

Keeps well in the fridge for 3 to 4 days.

One Pan Roasted Chicken, Broccoli & Sweet Potato

2 SERVINGS 30 MINUTES



INGREDIENTS

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, diced)
1 tbsp Extra Virgin Olive Oil (divided)
3 cups Broccoli (chopped into small florets)
2 tbsps Tahini
1 1/2 tbsps Maple Syrup
2 tbsps Water
1/8 tsp Cayenne Pepper

NUTRITION

AMOUNT PER SERVING

Calories	434	Fiber	7g
Fat	19g	Sugar	8g
Carbs	29g	Protein	39g

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 02 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 03 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 04 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 05 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 06 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

NOTES

STORAGE

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

VEGAN & VEGETARIAN

Replace the chicken breast with black beans.

Hawaiian Naan Pizza

2 SERVINGS 15 MINUTES



INGREDIENTS

2 pieces Naan
2 tbsps Tomato Sauce
4 ozs Mozzarella Cheese (shredded, divided)
1/2 cup Pineapple (chopped)
4 ozs Sliced Ham (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	504	Fiber	3g
Fat	19g	Sugar	8g
Carbs	52g	Protein	30g

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 02 Remove the naan from the oven and spread the tomato sauce evenly over top of the naan. Top with half the mozzarella, pineapple, sliced ham, and then the remaining mozzarella.
- 03 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

DAIRY-FREE

Use vegan cheese.

ADDITIONAL TOPPINGS

Add chopped bacon, green bell pepper slices, or mushrooms.

NAAN

One piece of naan is 3.2 oz or 90 grams.

Lemon Dijon Chicken Drumsticks with Rice

2 SERVINGS 55 MINUTES



INGREDIENTS

2 tbsps Dijon Mustard
2/3 tsp Oregano (dried)
2/3 tsp Sea Salt
2/3 Lemon (juiced, divided)
13 3/4 ozs Chicken Drumsticks
1/2 cup Jasmine Rice (uncooked)

NUTRITION

AMOUNT PER SERVING

Calories	496	Fiber	1g
Fat	18g	Sugar	0g
Carbs	40g	Protein	39g

DIRECTIONS

- 01 Combine the Dijon mustard, oregano, sea salt and 2/3 of the lemon juice into a zipper-lock bag. Add the drumsticks to the bag. Seal the bag and massage the marinade into the chicken and let rest for at least 20 minutes.
- 02 Preheat your oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 Cook the rice according to the package directions.
- 04 Make sure each piece of chicken is well coated in the marinade, transfer to the prepared baking sheet. Discard the remaining marinade.
- 05 Bake for 25 to 30 minutes or until the chicken is cooked through. Remove from the oven and immediately drizzle the chicken with the remaining lemon juice.
- 06 Divide the rice and chicken between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is 2 chicken drumsticks and roughly 1/3 cup of cooked rice.

MORE FLAVOR

Add fresh garlic or black pepper to the marinade.

ADDITIONAL TOPPINGS

Top with additional lemon juice or fresh herbs.

NO DRUMSTICKS

Use chicken thighs instead.

NO JASMINE RICE

Use brown rice, quinoa or cauliflower rice instead.

Marinated Mixed Bean Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Green Beans (fresh or frozen)
2 cups Mixed Beans (cooked)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Italian Seasoning
1/2 Garlic (clove, minced)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	365	Fiber	13g
Fat	15g	Sugar	3g
Carbs	45g	Protein	16g

DIRECTIONS

- 01 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

NOTES

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

LEFTOVERS

Keeps well covered in the fridge up to 4 to 5 days.

Honey Sesame Chicken with Peas & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Chicken Broth
- 1 1/2 tbsps Tamari
- 1/2 tsp Sesame Oil
- 3/4 tsp Coconut Oil
- 1 tbsp Raw Honey
- 10 ozs Chicken Breast (diced into cubes)
- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1 cup Frozen Peas (thawed)
- 1 1/2 tpsps Sesame Seeds
- 1/2 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	427	Fiber	6g
Fat	10g	Sugar	12g
Carbs	42g	Protein	42g

DIRECTIONS

- 01 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 02 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 03 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 04 Warm the green peas.
- 05 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

NOTES

NO CHICKEN BREAST

Use turkey breast instead.

VEGAN & VEGETARIAN

Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

Lentil & Feta Tabbouleh

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Lentils (cooked)
1 Tomato (medium, diced)
1/3 cup Feta Cheese (crumbled)
2 cups Parsley (chopped)
1/4 cup Red Onion (finely diced)
2 tbsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1 tsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	344	Fiber	11g
Fat	20g	Sugar	3g
Carbs	30g	Protein	15g

DIRECTIONS

01 Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

DAIRY-FREE

Omit the feta and use sliced olives or capers instead.

STORAGE

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

Pressure Cooker Lentil Tacos

1 SERVING 35 MINUTES



INGREDIENTS

1/3 cup Dry Green Lentils (rinsed)
3/4 cup Water
2 tbsps Tomato Sauce (plain)
1 1/8 tsps Taco Seasoning
1/8 tsp Sea Salt
2 Corn Tortilla
1/4 head Romaine Hearts (finely chopped)
1/4 Tomato (large, diced)
1/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	437	Fiber	12g
Fat	2g	Sugar	6g
Carbs	83g	Protein	22g

DIRECTIONS

- 01 Combine the lentils, water, tomato sauce, taco seasoning, and salt in the pot of the pressure cooker.
- 02 Close the lid. Set to “sealing”, then press manual/pressure cooker and cook for 12 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 03 Stir the lentils well and season with additional salt if needed.
- 04 Assemble the tacos by spooning the lentils onto the tortillas and topping with the lettuce, tomato, and salsa. Enjoy!

NOTES

LEFTOVERS

Refrigerate the lentils in an airtight container for up to four days. Assemble tacos just before serving.

SERVING SIZE

One serving is two tacos.

MORE FLAVOR

Add fresh garlic, lime juice, or other dried herbs and spices to taste. Use vegetable broth instead of water.

ADDITIONAL TOPPINGS

Avocado, onions, jalapeno, cheese, sour cream, and/or your favorite taco topping.

NO CORN TORTILLAS

Use another tortilla or lettuce leaves instead.

Chicken & Veggie Quesadillas

1 SERVING 15 MINUTES



INGREDIENTS

- 1 Whole Wheat Tortilla (large)
- 1 1/2 ozs Cheddar Cheese (grated)
- 4 ozs Chicken Breast, Cooked (shredded)
- 2 tbsps Red Onion (thinly sliced)
- 2 2/3 tbsps Salsa
- 1 stalk Green Onion (chopped)
- 2 tbsps Cilantro (chopped)
- 1/4 Jalapeno Pepper (thinly sliced, optional)

NUTRITION

AMOUNT PER SERVING

Calories	495	Fiber	6g
Fat	22g	Sugar	4g
Carbs	26g	Protein	49g

DIRECTIONS

- 01 Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 02 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
- 03 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

NOTES

LEFTOVERS

This is best enjoyed right after cooking.

GLUTEN-FREE

Use a gluten-free tortilla.

DAIRY-FREE

Use a dairy-free cheese.

MORE FLAVOR

Season the chicken with chili powder, smoked paprika, and/or salt.

ADDITIONAL TOPPINGS

Sour cream, greek yogurt, salsa, or guacamole.

SERVING SIZE

One serving is equal to one quesadilla.

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	Fiber	12g
Fat	8g	Sugar	22g
Carbs	40g	Protein	24g

DIRECTIONS

01 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.

Curried Chicken Wrap

4 SERVINGS 10 MINUTES



INGREDIENTS

12 ozs Chicken Breast, Cooked (shredded or chopped)
2 tbsps Mayonnaise
1 tsp Curry Powder
1 Apple (chopped)
4 Whole Wheat Tortilla
1/4 cup Parsley (optional)

NUTRITION

AMOUNT PER SERVING

Calories	329	Fiber	6g
Fat	12g	Sugar	6g
Carbs	26g	Protein	30g

DIRECTIONS

- 01 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 02 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

NOTES

LEFTOVERS

For best results, enjoy the day of.

EGG-FREE

Use vegan mayonnaise instead.

ADDITIONAL TOPPINGS

Top with sprouts, additional herbs of choice, or feta cheese.