



3000 calories, no dairy

MON



BREAKFAST
Beef, Sweet Potato & Rapini Skillet,
Stuffed Plantains



SNACK 1
Turkey & Spinach Wrap



LUNCH
Sesame Chicken Chopped Salad, White
Bean, Spinach & Tomato Salad



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Pesto Quinoa & White Bean Salad, Slow
Cooker Stuffed Peppers



SNACK 3
Strawberry Blueberry Smoothie

TUE



BREAKFAST
Beef, Sweet Potato & Rapini Skillet,
Stuffed Plantains



SNACK 1
Turkey & Spinach Wrap



LUNCH
Pesto Quinoa & White Bean Salad, Slow
Cooker Stuffed Peppers



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Salmon with Rice & Greens, Potato &
Egg Salad



SNACK 3
Strawberry Blueberry Smoothie

WED



BREAKFAST
Beef, Sweet Potato & Rapini Skillet,
Stuffed Plantains



SNACK 1
Turkey & Spinach Wrap



LUNCH
Salmon with Rice & Greens, Potato &
Egg Salad



SNACK 2
Cinnamon Raisin Protein Cookies



DINNER
Plantain Stew, Honey Garlic Chicken
Wings



SNACK 3
Strawberry Blueberry Smoothie

THU



BREAKFAST
Chocolate Protein Pancakes, Egyptian
Fava Beans with Tahini



SNACK 1
Banana Cinnamon Smoothie



LUNCH
Plantain Stew, Honey Garlic Chicken
Wings



SNACK 2
Pineapple Spinach Smoothie



DINNER
Sausage, Broccoli & Cabbage Stir Fry,
Green Poutine



SNACK 3
Roast Beef Tortilla Wrap

FRI



BREAKFAST
Chocolate Protein Pancakes, Egyptian
Fava Beans with Tahini



SNACK 1
Banana Cinnamon Smoothie



LUNCH
Sausage, Broccoli & Cabbage Stir Fry,
Green Poutine



SNACK 2
Pineapple Spinach Smoothie



DINNER
Ground Beef, Asparagus & Mashed
Sweet Potatoes, Cheesy Cauliflower &...



SNACK 3
Roast Beef Tortilla Wrap

SAT



BREAKFAST
Apple Turmeric Smoothie, Korean-Style
Rolled Omelette



SNACK 1
Banana Cinnamon Smoothie



LUNCH
Ground Beef, Asparagus & Mashed
Sweet Potatoes, Cheesy Cauliflower &...



SNACK 2
Pineapple Spinach Smoothie



DINNER
Zucchini Noodle Bolognese, Zucchini
White Bean Roll Ups



SNACK 3
Roast Beef Tortilla Wrap

SUN



BREAKFAST
Apple Turmeric Smoothie, Korean-Style
Rolled Omelette



SNACK 1
Banana Cinnamon Smoothie



LUNCH
Zucchini Noodle Bolognese, Zucchini
White Bean Roll Ups



SNACK 2
Pineapple Spinach Smoothie



DINNER
Slow Cooker Cod & Sea Veggie Soup,
Marinated Veggie Salad



SNACK 3
Roast Beef Tortilla Wrap

MON**FAT 32%** **CARBS 44%** **PROTEIN 24%**

Calories 3166 Fiber 80g
 Fat 115g Sugar 118g
 Carbs 356g Protein 201g

TUE**FAT 32%** **CARBS 43%** **PROTEIN 25%**

Calories 3050 Fiber 57g
 Fat 111g Sugar 101g
 Carbs 333g Protein 198g

WED**FAT 32%** **CARBS 42%** **PROTEIN 26%**

Calories 3034 Fiber 42g
 Fat 111g Sugar 130g
 Carbs 330g Protein 198g

THU**FAT 33%** **CARBS 42%** **PROTEIN 25%**

Calories 3160 Fiber 64g
 Fat 119g Sugar 120g
 Carbs 341g Protein 209g

FRI**FAT 31%** **CARBS 42%** **PROTEIN 27%**

Calories 2996 Fiber 77g
 Fat 108g Sugar 89g
 Carbs 323g Protein 210g

SAT**FAT 32%** **CARBS 40%** **PROTEIN 28%**

Calories 2875 Fiber 80g
 Fat 106g Sugar 105g
 Carbs 299g Protein 205g

SUN**FAT 31%** **CARBS 40%** **PROTEIN 29%**

Calories 2918 Fiber 79g
 Fat 102g Sugar 105g
 Carbs 300g Protein 221g

FRUITS

- 2 Apple
- 7 1/8 Banana
- 1/2 Lemon
- 1 1/2 tbsps Lemon Juice
- 1/2 Navel Orange
- 4 cups Pineapple
- 4 1/3 Plantain
- 1 1/2 cups Strawberries

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/2 cup Cashews
- 1/8 tsp Cayenne Pepper
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 3/4 tsp Chinese Five Spice
- 1 1/3 tsps Cinnamon
- 1 1/3 tsps Cumin
- 1/4 tsp Dried Basil
- 1 1/2 tsps Dried Thyme
- 1/2 cup Ground Flax Seed
- 1 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1 2/3 tsps Paprika
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Sesame Seeds
- 1 tbsp Smoked Paprika
- 2 tbsps Turmeric

FROZEN

- 4 Brown Rice Tortilla
- 1 1/2 cups Frozen Blueberries
- 24 Ice Cubes

VEGETABLES

- 4 cups Asparagus
- 12 1/2 cups Baby Spinach
- 4 1/2 cups Broccoli
- 2 cups Butternut Squash
- 1 1/8 Carrot
- 1 head Cauliflower
- 1 cup Cauliflower Rice
- 1/4 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 2 cups Coleslaw Mix
- 1 2/3 Cucumber
- 9 Garlic
- 1 2/3 tbsps Ginger
- 3 Green Bell Pepper
- 4 stalks Green Onion
- 1/4 cup Matchstick Carrots
- 1 1/2 cups Mini Potatoes
- 3 1/4 cups Mushrooms
- 1/4 cup Parsley
- 2 cups Purple Cabbage
- 3/4 bunch Rapini
- 1/3 cup Red Onion
- 8 leaves Romaine
- 2 tbsps Shallot
- 3 1/2 Sweet Potato
- 4 cups Swiss Chard
- 3/4 Tomato
- 1/4 Yellow Bell Pepper
- 2 3/4 Yellow Onion
- 2 Yellow Potato
- 4 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 1 cup Cannellini Beans
- 2 1/16 cups Fava Beans
- 1/2 cup Lentils

BREAD, FISH, MEAT & CHEESE

- 4 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 1 lb Chicken Wings
- 1 Cod Fillet
- 10 1/2 ozs Deli Roast Beef
- 1 3/4 lbs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 12 ozs Salmon Fillet
- 10 1/16 ozs Sliced Turkey Breast
- 3 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 1/16 tbsps Apple Cider Vinegar
- 2 1/8 tbsps Avocado Oil
- 1 2/3 tbsps Coconut Aminos
- 1 3/4 tbsps Coconut Oil
- 3 1/4 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2/3 cup Pesto
- 2 cups Pickle
- 1 1/16 tbsps Sesame Oil
- 3 1/2 tbsps Tahini
- 1 tbsp Tamari
- 2 1/4 cups Tomato Sauce

COLD

- 11 1/2 Egg
- 1/4 cup Egg Whites
- 2 1/2 cups Oat Milk
- 7 3/4 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Chocolate Protein Powder
- 1/3 oz Dulse
- 3 2/3 cups Vanilla Protein Powder

- 1/2 cup Quinoa
- 1 cup Salsa
- 2 2/3 tbsps Tomato Paste
- 2 1/2 cups Vegetable Broth
- 1 cup Vegetable Broth, Low Sodium
- 3 cups White Navy Beans
- 5 cups Water

BAKING

- 1 tsp Arrowroot Powder
- 1 tsp Baking Powder
- 1 tbsp Coconut Flour
- 3/4 cup Nutritional Yeast
- 1/3 cup Oats
- 3 tbsps Raisins
- 1 tbsp Raw Honey

Beef, Sweet Potato & Rapini Skillet

3 SERVINGS 25 MINUTES



INGREDIENTS

12 ozs Extra Lean Ground Beef
3/4 Yellow Onion (sliced)
2 1/4 tsps Ginger (peeled and grated)
1 1/2 Garlic (cloves, minced)
1 1/2 Sweet Potato (medium sized, grated)
3/4 bunch Rapini (chopped)
1/3 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	297	Fiber	6g
Fat	12g	Sugar	6g
Carbs	20g	Protein	28g

DIRECTIONS

- 01 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 02 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 03 Divide into bowls. Season with sea salt and enjoy

NOTES

VEGAN AND VEGETARIAN

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

NO RAPINI

Use kale or broccoli instead.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to three days.

Stuffed Plantains

3 SERVINGS 30 MINUTES



INGREDIENTS

3 Plantain (very ripe, peeled)
2 tsps Avocado Oil
8 ozs Extra Lean Ground Beef
1 tbsp Smoked Paprika
1 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 TOPPING

Top with cheese, yogurt, and fresh parsley.

Chocolate Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Banana (ripe)
4 Egg (medium)
1/2 cup Chocolate Protein Powder
1 tbsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	394	Fiber	4g
Fat	17g	Sugar	15g
Carbs	29g	Protein	33g

DIRECTIONS

- 01 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 02 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side for about two to three minutes or until browned. Enjoy!

NOTES

SERVING SIZE

One serving is approximately two pancakes.

TOPPINGS

Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

PROTEIN POWDER

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

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	Fiber	11g
Fat	9g	Sugar	3g
Carbs	37g	Protein	16g

DIRECTIONS

- 01 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 02 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 03 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.

Apple Turmeric Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 2 1/2 cups Oat Milk
- 2 Apple (small, cored, chopped)
- 1 cup Cauliflower Rice (or chopped florets)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Turmeric
- 2 tbsps Chia Seeds (plus more for garnish if desired)

NUTRITION

AMOUNT PER SERVING

Calories	428	Fiber	14g
Fat	11g	Sugar	29g
Carbs	60g	Protein	27g

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days.

MORE FLAVOR

Add ground ginger, cinnamon, or nutmeg.

NO CAULIFLOWER RICE

Use pumpkin puree or steamed sweet potato instead.

NO OAT MILK

Use almond, soy, pea, rice, coconut, or dairy milk instead.

Korean-Style Rolled Omelette

2 SERVINGS 10 MINUTES



INGREDIENTS

6 Egg
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (sliced)
1/2 Carrot (finely chopped)
1 1/2 tsps Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	255	Fiber	1g
Fat	18g	Sugar	2g
Carbs	3g	Protein	19g

DIRECTIONS

- 01 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 02 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 03 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 04 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about six small pieces of sliced omelette.

ADDITIONAL TOPPINGS

Add chopped cooked ham to the omelette.

Turkey & Spinach Wrap

3 SERVINGS 5 MINUTES



INGREDIENTS

3 tbsps Dijon Mustard
3 Whole Wheat Tortilla (large)
6 cups Baby Spinach
10 1/16 ozs Sliced Turkey Breast
1 1/2 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	279	Fiber	6g
Fat	8g	Sugar	5g
Carbs	29g	Protein	21g

DIRECTIONS

01 Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a gluten-free tortilla.

ADDITIONAL TOPPINGS

Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.

Banana Cinnamon Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
1/4 cup Chia Seeds
4 Banana (frozen)
8 Ice Cubes
4 cups Water
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	287	Fiber	9g
Fat	7g	Sugar	14g
Carbs	36g	Protein	24g

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

LEFTOVERS

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

MAKE IT GREEN

Add spinach.

Sesame Chicken Chopped Salad

1 SERVING 30 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
4 ozs Chicken Breast (cubed)
3/4 tsp Chinese Five Spice
Sea Salt & Black Pepper (to taste)
2 cups Coleslaw Mix (pre-sliced, from the bag)
1/2 Navel Orange (peeled and cubed)
1 stalk Green Onion (sliced)
1/4 cup Cilantro (chopped)
1 tbsp Sesame Seeds
1 tbsp Coconut Aminos
1 tbsp Sesame Oil
1/4 Garlic (clove, minced)
3/4 tsp Ginger (peeled and grated)

NUTRITION

AMOUNT PER SERVING

Calories	441	Fiber	7g
Fat	25g	Sugar	16g
Carbs	27g	Protein	30g

DIRECTIONS

- 01 Heat the olive oil in a skillet over medium heat. Toss the chicken with the Chinese Five Spice and sprinkle with salt and pepper. Transfer to the skillet and cook, stirring occasionally, for about 10 minutes or until chicken is fully cooked.
- 02 In a large bowl, combine the coleslaw mix, chopped oranges, green onion, and cilantro. Divide this mixture between bowls or containers. Top with cooked chicken and sesame seeds.
- 03 In a mason jar, combine the coconut aminos, sesame oil, garlic, ginger, and a large pinch of salt and pepper. Shake well.
- 04 Before serving, pour dressing over the salads and toss well. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

VEGAN AND VEGETARIAN

Instead of chicken, use tofu or chickpeas.

MORE CARBS

Mix cooked quinoa or vermicelli noodles into the salad.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

White Bean, Spinach & Tomato Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 tbsps Shallot (diced)
1 Garlic (cloves, minced)
1 cup White Navy Beans (cooked, drained and rinsed)
2 cups Baby Spinach (chopped)
1/2 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	22g
Fat	8g	Sugar	3g
Carbs	56g	Protein	18g

DIRECTIONS

- 01 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 02 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

NOTES

NO WHITE BEANS

Use chickpeas or lentils instead.

EXTRA FLAVOUR

Add avocado, lemon juice and/or feta cheese.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Cinnamon Raisin Protein Cookies

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/8 Banana (ripe)
1/4 cup Egg Whites
1 1/2 tbsps Tahini
1/3 cup Vanilla Protein Powder (plant-based)
1/3 cup Oats (rolled or quick)
1/3 tsp Cinnamon
3 tbsps Raisins
3 tbsps Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	244	Fiber	5g
Fat	7g	Sugar	12g
Carbs	30g	Protein	17g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 03 Add in the remaining ingredients and mix well again.
- 04 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 05 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 06 Remove from oven, let cool completely on the baking sheet and enjoy!

NOTES

PROTEIN POWDER

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

LEFTOVERS

Store in the fridge up to 4 days, or in the freezer for up to 6 months.

NO TAHINI

Use sunflower seed butter, almond butter or peanut butter instead.

NO RAISINS

Use dried cranberries, chocolate chips or cacao nibs instead.

Pineapple Spinach Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Pineapple (fresh or frozen)
4 cups Baby Spinach
16 Ice Cubes
2 cups Unsweetened Coconut Yogurt
4 cups Unsweetened Almond Milk
1 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 2 1/2 cups.

MORE FIBER

Add flaxseeds, chia seeds, or hemp seeds.

PROTEIN POWDER

This recipe was created and tested using vegan protein powder.

NUT-FREE

Use nut-free milk such as oat milk or coconut milk.

ICE CUBES

Four ice cubes are roughly equal to 1/2 cup.

Pesto Quinoa & White Bean Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
1/3 cup Pesto
1 1/2 tbsps Lemon Juice
1 cup Cannellini Beans (cooked, drained and rinsed)
1/4 cup Red Onion (finely chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	453	Fiber	10g
Fat	19g	Sugar	5g
Carbs	55g	Protein	15g

DIRECTIONS

- 01 Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
- 02 In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
- 03 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

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

MORE FLAVOR

Add fresh garlic, extra lemon juice, or red pepper flakes.

MORE VEGGIES

Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

NO CANNELLINI BEANS

Use chickpeas or another white bean, like navy beans, instead.

MEAL PREP

Use cooked quinoa to save time.

Slow Cooker Stuffed Peppers

2 SERVINGS 4 HOURS



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 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.
- 03 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.
- 04 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.)
- 05 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.

Salmon with Rice & Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice (uncooked)
- 1 tsp Paprika
- 3/4 tsp Cumin
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 12 ozs Salmon Fillet
- 2 tbsps Water
- 4 cups Swiss Chard (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	432	Fiber	3g
Fat	13g	Sugar	1g
Carbs	39g	Protein	39g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 04 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 05 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Add butter, ghee, or freshly squeezed lemon juice.

NO SWISS CHARD

Use spinach or kale instead.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

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 tsps 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	Fiber	3g
Fat	16g	Sugar	1g
Carbs	21g	Protein	6g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.

Plantain Stew

2 SERVINGS 35 MINUTES



INGREDIENTS

1 tsp Avocado Oil
1/3 Yellow Onion (chopped)
1 Garlic (cloves, minced)
1/3 Tomato (chopped)
2 2/3 tbsps Tomato Paste
1 1/3 Plantain (unripe, chopped)
2/3 Carrot (chopped)
2 tsps Coconut Aminos
1 cup Vegetable Broth, Low Sodium

NUTRITION

AMOUNT PER SERVING

Calories	289	Fiber	5g
Fat	3g	Sugar	39g
Carbs	68g	Protein	4g

DIRECTIONS

- 01 Heat the oil in a large pan over medium-high heat. Cook the onions until soft, about three minutes. Add the garlic and tomatoes, cooking for another two minutes, stirring occasionally.
- 02 Stir in the tomato paste. Then, add the plantain, carrots, coconut aminos, and broth. Bring to a boil then lower to a simmer for 20 to 30 minutes, or until the plantain is fork-tender.
- 03 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze if longer.

SERVING SIZE

Each serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add onion powder and garlic powder. Season with salt and pepper to taste.

ADDITIONAL TOPPINGS

Serve it with collard greens, cornmeal, bread, rice, or quinoa.

Honey Garlic Chicken Wings

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1 lb Chicken Wings
- 1 tsp Baking Powder
- 1/2 tsp Avocado Oil
- 1 tbsp Tamari
- 1 Garlic (cloves, minced)
- 1/2 tsp Ginger (minced)
- 1 tbsp Raw Honey
- 1/4 tsp Sesame Oil
- 1 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	496	Fiber	0g
Fat	32g	Sugar	8g
Carbs	11g	Protein	41g

DIRECTIONS

- 01 Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the chicken wings, baking powder and avocado oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
- 03 In a small saucepan over medium-low heat add the tamari, garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
- 04 In a large bowl, toss the chicken wings with the sauce to coat. Garnish with sesame seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350F (177°C) for 8 to 10 minutes.

SERVING SIZE

One serving is equal to approximately seven chicken wings. Serve with additional sides to make it a full meal.

MORE FLAVOR

Add some chili flakes for spice.

ADDITIONAL TOPPINGS

Add sliced green onions on top.

Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

- 5 ozs Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	224	Fiber	5g
Fat	11g	Sugar	9g
Carbs	21g	Protein	14g

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

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!

Ground Beef, Asparagus & Mashed Sweet Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 Sweet Potato (medium, peeled and chopped)

2 cups Asparagus (woody ends trimmed, chopped in half)

1/4 tsp Sea Salt (divided)

1 1/2 tsps Avocado Oil

8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	341	Fiber	6g
Fat	15g	Sugar	7g
Carbs	25g	Protein	27g

DIRECTIONS

- 01 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 02 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 03 Add half the salt to the sweet potatoes and mash until creamy.
- 04 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 05 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

NOTES

NO SWEET POTATOES

Use regular potatoes, eddo, jicama or kohlrabi instead.

NO AVOCADO OIL

Use coconut oil, olive oil, ghee or butter instead.

STORAGE

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

VEGAN & VEGETARIAN

Omit the ground beef and use cooked lentils instead.

EXTRA CREAMY POTATOES

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

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	Fiber	12g
Fat	9g	Sugar	9g
Carbs	36g	Protein	19g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 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.
- 03 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 04 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 tbsps at a time.)
- 05 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 06 Bake for 40 minutes. Serve immediately. Enjoy!

NOTES

SAVE TIME

Buy frozen, pre-sliced butternut squash cubes.

MORE PROTEIN

Serve with roasted chicken or top with bacon.

MORE CARBS

Serve with brown rice macaroni or quinoa.

Zucchini Noodle Bolognese

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Chicken
- 1 1/4 cups Tomato Sauce
- 2 Zucchini (large)

NUTRITION

AMOUNT PER SERVING

Calories	262	Fiber	4g
Fat	14g	Sugar	10g
Carbs	14g	Protein	24g

DIRECTIONS

- 01 Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
- 02 While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
- 03 Top the zucchini noodles with the bolognese and enjoy!

NOTES

ZUCCHINI NOODLES

Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

LEFTOVERS

Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

VEGETARIAN/VEGAN

Use lentils instead of ground chicken.

Zucchini White Bean Roll Ups

2 SERVINGS 1 HOUR



INGREDIENTS

2 Zucchini (medium)
2 cups White Navy Beans (cooked, from the can)
1/4 cup Pesto
Sea Salt & Black Pepper (to taste)
1 cup Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	449	Fiber	23g
Fat	14g	Sugar	12g
Carbs	63g	Protein	22g

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C).
- 02 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 03 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 04 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 05 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

NOTES

NO WHITE BEANS

Use chickpeas instead.

Slow Cooker Cod & Sea Veggie Soup

1 SERVING 6 HOURS



INGREDIENTS

2 1/4 tsps Coconut Oil
1/4 Yellow Onion (medium, diced)
1 cup Mushrooms (sliced)
3/4 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
1/3 oz Dulse (torn apart into small pieces)
1/2 Sweet Potato (medium, diced)
1 Cod Fillet (cubed)
2 cups Vegetable Broth (or bone broth)

NUTRITION

AMOUNT PER SERVING

Calories	423	Fiber	6g
Fat	12g	Sugar	9g
Carbs	28g	Protein	49g

DIRECTIONS

- 01 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 02 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 03 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 04 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Store in an airtight container up to 3 days or freeze.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

Marinated Veggie Salad

1 SERVING 20 MINUTES



INGREDIENTS

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/2 cup Broccoli (chopped into small florets)
- 1/8 Cucumber (diced)
- 1/4 cup Matchstick Carrots
- 1/4 Yellow Bell Pepper (finely sliced)
- 1 tbsp Red Onion (finely sliced)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 cup Mushrooms (sliced)
- 1/2 cup Lentils (cooked, drained and rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	241	Fiber	11g
Fat	8g	Sugar	7g
Carbs	34g	Protein	13g

DIRECTIONS

- 01 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 02 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MIX IT UP

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

NO LENTILS

Serve with chickpeas, chicken or flaked tuna.

CHEESE LOVER

Add crumbled feta or goat cheese.

Strawberry Blueberry Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	244	Fiber	8g
Fat	8g	Sugar	10g
Carbs	23g	Protein	23g

DIRECTIONS

01 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.

Roast Beef Tortilla Wrap

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Brown Rice Tortilla
2 tbsps Mayonnaise (or more to taste)
8 leaves Romaine
10 1/2 ozs Deli Roast Beef (sliced)
2 cups Pickle (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	314	Fiber	5g
Fat	11g	Sugar	5g
Carbs	31g	Protein	21g

DIRECTIONS

01 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, assemble wrap just before serving.

ADDITIONAL TOPPINGS

Add mustard, prepared horseradish, or cheese.

MORE VEGGIES

Add cucumber, bell pepper, or tomato.

NO DELI ROAST BEEF

Use another deli meat or sliced chicken or turkey instead.

NO BROWN RICE TORTILLA

Use wheat tortillas instead.