



3200 calories, glutenfree

MON



BREAKFAST
Basic Protein Porridge, Breakfast Taco Nachos



SNACK 1
Tofu Veggie Summer Rolls



LUNCH
Parchment Baked Haddock with Veggies, Cucumber Tomato Chickpea...



SNACK 2
Berry Banana Smoothie



DINNER
Sweet Potato Noodles with Crispy Chickpeas, Pineapple Coconut Shrimp



SNACK 3
Banana Cinnamon Smoothie

TUE



BREAKFAST
Basic Protein Porridge, Breakfast Taco Nachos



SNACK 1
Tofu Veggie Summer Rolls



LUNCH
Sweet Potato Noodles with Crispy Chickpeas, Pineapple Coconut Shrimp



SNACK 2
Berry Banana Smoothie



DINNER
Lentil Salad Lettuce Wraps, Coconut Shrimp with Sesame Citrus Slaw



SNACK 3
Banana Cinnamon Smoothie

WED



BREAKFAST
Basic Protein Porridge, Breakfast Taco Nachos



SNACK 1
Tofu Veggie Summer Rolls



LUNCH
Lentil Salad Lettuce Wraps, Coconut Shrimp with Sesame Citrus Slaw



SNACK 2
Berry Banana Smoothie



DINNER
Turkey & Potato Breakfast Casserole, Lentil Masala Soup



SNACK 3
Banana Cinnamon Smoothie

THU



BREAKFAST
Hawaiian Omelette, Lentil Salsa with Toast



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Turkey & Potato Breakfast Casserole, Lentil Masala Soup



SNACK 2
Cheesy Black Bean Toast



DINNER
Strip Loin Roast with Mashed Potatoes & Broccoli, Lemon Maple Chickpea Salad



SNACK 3
Granola, Yogurt & Berry Snack Box

FRI



BREAKFAST
Hawaiian Omelette, Lentil Salsa with Toast



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Strip Loin Roast with Mashed Potatoes & Broccoli, Lemon Maple Chickpea Salad



SNACK 2
Cheesy Black Bean Toast



DINNER
Sumac Drumsticks with Cauliflower Rice, Zucchini White Bean Roll Ups



SNACK 3
Granola, Yogurt & Berry Snack Box

SAT



BREAKFAST
Black Beans, Sweet Potato & Egg, Chicken Breakfast Sausages



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Sumac Drumsticks with Cauliflower Rice, Zucchini White Bean Roll Ups



SNACK 2
Cheesy Black Bean Toast



DINNER
Sun Dried Tomato & Salmon Pasta, Creamy Roasted Garlic & Kale Soup wit..



SNACK 3
Granola, Yogurt & Berry Snack Box

SUN



BREAKFAST
Black Beans, Sweet Potato & Egg, Chicken Breakfast Sausages



SNACK 1
Strawberry Blueberry Smoothie



LUNCH
Sun Dried Tomato & Salmon Pasta, Creamy Roasted Garlic & Kale Soup wit..



SNACK 2
Cheesy Black Bean Toast



DINNER
Maple Roasted Carrots & Chicken, Roasted Vegetable Quinoa Salad



SNACK 3
Granola, Yogurt & Berry Snack Box

MON

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

Calories 3161 Fiber 73g
Fat 112g Sugar 116g
Carbs 332g Protein 235g

TUE

FAT 33% **CARBS 38%** **PROTEIN 29%**

Calories 3241 Fiber 83g
Fat 124g Sugar 101g
Carbs 326g Protein 243g

WED

FAT 35% **CARBS 38%** **PROTEIN 27%**

Calories 3285 Fiber 82g
Fat 131g Sugar 87g
Carbs 324g Protein 234g

THU

FAT 36% **CARBS 38%** **PROTEIN 26%**

Calories 3153 Fiber 67g
Fat 130g Sugar 82g
Carbs 303g Protein 205g

FRI

FAT 35% **CARBS 38%** **PROTEIN 27%**

Calories 3244 Fiber 83g
Fat 129g Sugar 91g
Carbs 315g Protein 221g

SAT

FAT 38% **CARBS 35%** **PROTEIN 27%**

Calories 3238 Fiber 88g
Fat 141g Sugar 77g
Carbs 294g Protein 221g

SUN

FAT 35% **CARBS 37%** **PROTEIN 28%**

Calories 3141 Fiber 72g
Fat 127g Sugar 86g
Carbs 296g Protein 223g

FRUITS

- 2 1/4 Avocado
- 4 1/2 Banana
- 1 Clementines
- 1 1/4 Lemon
- 1/4 cup Lemon Juice
- 1/2 Lime
- 1 1/2 tbsps Lime Juice
- 2 1/2 cups Pineapple
- 6 cups Strawberries

BREAKFAST

- 1 1/3 cups Granola
- 2 3/4 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/3 tbsps Black Pepper
- 1/4 tsp Cardamom
- 2 tbsps Cashews
- 1/2 cup Chia Seeds
- 2 1/4 tbsps Chili Powder
- 1 1/2 tbsps Cinnamon
- 1 tsp Cumin
- 1 1/2 tbsps Garam Masala
- 1/3 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1 1/2 tbsps Ground Sumac
- 2 1/4 tbsps Italian Seasoning
- 1 1/3 tbsps Oregano
- 1/2 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/3 tsp Smoked Paprika
- 1/2 tsp Turmeric
- 3 tbsps Whole Flax Seeds

FROZEN

VEGETABLES

- 1 3/4 cups Arugula
- 2 cups Baby Spinach
- 1 1/2 tbsps Basil Leaves
- 2 cups Broccoli
- 4 Carrot
- 1/2 head Cauliflower
- 2 1/2 cups Cauliflower Rice
- 1/2 cup Cherry Tomatoes
- 2/3 cup Cilantro
- 1 1/8 Cucumber
- 1 1/2 tbsps Fresh Dill
- 16 Garlic
- 1/2 tsp Ginger
- 1 cup Green Beans
- 3/4 Green Bell Pepper
- 1 1/2 stalks Green Onion
- 11 cups Kale Leaves
- 3/4 Leeks
- 1/2 cup Matchstick Carrots
- 1 tbsp Mint Leaves
- 3 tbsps Parsley
- 3 cups Purple Cabbage
- 2 1/8 Red Bell Pepper
- 1 cup Red Onion
- 6 leaves Romaine
- 2 2/3 Russet Potato
- 1/4 cup Shallot
- 3 2/3 Sweet Potato
- 1 3/4 Tomato
- 1 3/4 Yellow Onion
- 2 2/3 Zucchini

BOXED & CANNED

- 2 1/2 cups Black Beans
- 1/2 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 5 ozs Chickpea Pasta

BREAD, FISH, MEAT & CHEESE

- 4 1/8 ozs Cheddar Cheese
- 1 lb Chicken Drumsticks
- 8 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Chicken
- 1 1/4 lbs Extra Lean Ground Turkey
- 1 tbsp Feta Cheese
- 6 slices Gluten-Free Bread
- 1/2 cup Goat Cheese
- 1 Haddock Fillet
- 2 2/3 ozs Prosciutto
- 10 1/2 ozs Salmon Fillet
- 1 lb Shrimp
- 8 ozs Shrimp, Cooked
- 10 2/3 ozs Strip Loin Roast
- 1 1/8 lbs Tofu

CONDIMENTS & OILS

- 3/4 tsp Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 2 1/4 tbsps Coconut Oil
- 2 1/16 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Fish Sauce
- 1/4 cup Pesto
- 1/4 cup Red Wine Vinegar
- 6 Rice Paper Wraps
- 2 tbsps Sesame Oil
- 1/3 cup Sun Dried Tomatoes
- 2 2/3 tbsps Tahini
- 2 tbsps Tamari
- 1 cup Tomato Sauce

COLD

- 17 3/4 Egg
- 2 1/4 cups Plain Greek Yogurt
- 8 1/2 cups Unsweetened Almond Milk

OTHER

- 4 1/2 Brown Rice Tortilla
- 3 cups Frozen Berries
- 2 cups Frozen Blueberries
- 1/2 cup Frozen Edamame
- 6 Ice Cubes

- 3 1/8 cups Chickpeas
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Dry Red Lentils
- 1 1/2 cups Green Lentils
- 1 1/2 cups Lentils
- 1 cup Quick Oats
- 2 tbsps Quinoa
- 1 3/4 cups Salsa
- 4 cups Vegetable Broth
- 2 cups White Navy Beans

- 6 Barbecue Skewers
- 3 1/4 cups Vanilla Protein Powder
- 8 1/2 cups Water

BAKING

- 2 tbsps Coconut Flour
- 2 1/4 tbsps Honey
- 2 1/16 tsps Nutritional Yeast
- 1/2 cup Unsweetened Coconut Flakes

Basic Protein Porridge

3 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 cups Water
1 cup Quick Oats
3/4 cup Vanilla Protein Powder
3/4 tsp Cinnamon (optional)

NUTRITION

AMOUNT PER SERVING

Calories	189	Fiber	4g
Fat	2g	Sugar	0g
Carbs	20g	Protein	23g

DIRECTIONS

- 01 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 02 Stir in the protein powder and cinnamon until well combined. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPING

Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.

Breakfast Taco Nachos

3 SERVINGS 30 MINUTES



INGREDIENTS

4 1/2 Brown Rice Tortilla (thawed)
1 1/8 tsps Extra Virgin Olive Oil
12 ozs Extra Lean Ground Turkey
2 1/4 tsps Chili Powder
3/4 tsp Oregano
3/4 tsp Cumin
3/4 tsp Black Pepper
3/4 tsp Sea Salt
1/3 cup Water
3 Egg (fried)
3/4 Green Bell Pepper (diced)
3/4 Tomato (diced)
3/4 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	582	Fiber	10g
Fat	28g	Sugar	6g
Carbs	49g	Protein	34g

DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 02 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 03 Fry your eggs and set aside.
- 04 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

NOTES

MAKE IT VEGAN

Use quinoa or lentils instead of ground meat and omit the fried egg.

ADDITIONAL TOPPINGS

Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.

Hawaiian Omelette

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Pineapple (cored and diced)
- 2 2/3 ozs Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat.
- 02 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 03 Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
- 04 Repeat with remaining ingredients to make additional omelettes. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	389	Fiber	1g
Fat	26g	Sugar	6g
Carbs	9g	Protein	30g

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.

Black Beans, Sweet Potato & Egg

2 SERVINGS 35 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 1/2 cups Black Beans (cooked)
- 1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	607	Fiber	22g
Fat	27g	Sugar	7g
Carbs	66g	Protein	28g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 02 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 03 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

MAKE IT VEGAN

Omit the eggs, or use a tofu scramble.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.

Chicken Breakfast Sausages

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Chicken
2 tbsps Parsley (very finely chopped)
1 1/2 Garlic (cloves, minced)
1/8 tsp Sea Salt
1 1/2 tsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	197	Fiber	0g
Fat	13g	Sugar	0g
Carbs	1g	Protein	20g

DIRECTIONS

- 01 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
- 02 Heat the oil in a non-stick pan over medium heat.
- 03 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to two patties.

MORE FLAVOR

Add other fresh or dried herbs and spices to taste.

NO EXTRA VIRGIN OLIVE OIL

Use avocado or coconut oil instead.

NO CHICKEN

Use ground turkey or pork instead.

Tofu Veggie Summer Rolls

3 SERVINGS 15 MINUTES



INGREDIENTS

- 2 1/4 tbsps Honey
- 1 1/2 tbsps Fish Sauce
- 1 1/2 tbsps Water (hot)
- 1 1/2 tbsps Lime Juice
- 6 Rice Paper Wraps
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 3/4 Red Bell Pepper (medium, sliced)
- 1/3 Cucumber (sliced)
- 1 1/8 lbs Tofu (extra firm, pressed, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	286	Fiber	4g
Fat	9g	Sugar	18g
Carbs	39g	Protein	19g

DIRECTIONS

- 01 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 02 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 03 Dip into the sauce and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

SERVING SIZE

One serving equals approximately two rolls.

ADDITIONAL TOPPINGS

Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

NO HONEY

Use sugar, maple syrup, or your sweetener of choice instead.

HOISIN LOVER

Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

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	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.

Parchment Baked Haddock with Veggies

1 SERVING 35 MINUTES



INGREDIENTS

- 1 cup Green Beans (trimmed)
- 1/2 Red Bell Pepper (thinly sliced)
- 1 1/2 stalks Green Onion (green parts only, chopped)
- 1 Haddock Fillet (5 ounces each)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (zested and juiced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 1/2 tsps Fresh Dill

NUTRITION

AMOUNT PER SERVING

Calories	260	Fiber	4g
Fat	8g	Sugar	7g
Carbs	14g	Protein	34g

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 02 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 03 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 04 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 05 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 06 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

NOTES

NO HADDOCK

Use cod fillets instead.

SAFETY FIRST

The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Cucumber Tomato Chickpea Salad with Sumac Dressing

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 tbsp Maple Syrup
1 1/2 tsps Ground Sumac
3/4 tsp Apple Cider Vinegar
1/8 tsp Sea Salt
1/2 Cucumber (chopped)
1 cup Chickpeas (cooked)
1/2 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.

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.

Cheesy Black Bean Toast

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg
1 cup Black Beans (cooked, mashed)
4 slices Gluten-Free Bread (toasted)
2 1/8 ozs Cheddar Cheese (grated)
1/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	271	Fiber	5g
Fat	12g	Sugar	4g
Carbs	24g	Protein	16g

DIRECTIONS

- 01 Place egg(s) in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 02 Spread the mashed black beans evenly overtop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

NOTES

LEFTOVERS

This recipe is best made fresh and enjoyed immediately.

MAKE IT VEGAN

Use a vegan cheese or omit the cheddar cheese completely.

Sweet Potato Noodles with Crispy Chickpeas

2 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Chickpeas (cooked)
1 1/3 tbsps Extra Virgin Olive Oil (divided)
1/3 tsp Smoked Paprika
1/8 tsp Garlic Powder
1/3 tsp Sea Salt (divided)
2 2/3 tbsps Tahini
1 1/3 tbsps Lemon Juice
1 1/3 tbsps Water
2 tpsps Nutritional Yeast (optional)
1 1/3 Sweet Potato (large, spiralized into noodles)
1 1/3 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	404	Fiber	11g
Fat	22g	Sugar	8g
Carbs	43g	Protein	13g

DIRECTIONS

- 01 Pat the chickpeas dry with paper towel as much as possible. Heat a cast-iron pan over medium heat and add half of the oil. Once the pan is hot, add the chickpeas and cook, stirring often until browned on all sides, about 15 minutes total. Remove and add to a large bowl and toss with smoked paprika, garlic powder and half the sea salt.
- 02 In a blender or food processor, add the tahini, lemon juice, water, nutritional yeast, remaining salt, and remaining oil. Blend on high until smooth and creamy. Set aside.
- 03 In the same pan as the chickpeas, over medium heat, add the sweet potato noodles and toss. Cook, stirring often for about 4 to 5 minutes, until softened. Then add the arugula and cook for 30 seconds longer, until just wilted. Add to the same bowl as the chickpeas and add the tahini dressing. Toss well to combine. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Leftover tahini dressing can be stored in a separate container in the fridge for up to two weeks.

SERVING SIZE

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

MORE FLAVOR

Add a clove of garlic to the tahini dressing.

ADDITIONAL TOPPINGS

Top with fresh herbs such as parsley, or red pepper flakes.

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 de-veined)
2 cups Pineapple (diced into chunks)
1 tbsp Unsweetened Coconut Flakes
6 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 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.
- 02 Preheat grill to medium heat.
- 03 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 04 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.

Lentil Salad Lettuce Wraps

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Lentils (cooked, rinsed well)
1/4 cup Red Onion (finely chopped)
1 Tomato (medium, diced)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Oregano (dried)
1/8 tsp Garlic Powder
3 tbsps Red Wine Vinegar
6 leaves Romaine (large)

NUTRITION

AMOUNT PER SERVING

Calories	215	Fiber	15g
Fat	1g	Sugar	5g
Carbs	38g	Protein	16g

DIRECTIONS

- 01 Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.
- 02 To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

NOTES

LEFTOVERS

Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

SERVING SIZE

One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

MORE FLAVOR

Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

NO LETTUCE LEAVES

Use tortilla or pita bread instead or serve over mixed greens.

NO RED WINE VINEGAR

Use lemon juice or balsamic vinegar instead.

MORE VEGGIES

Add bell pepper, zucchini, and/or arugula.

Coconut Shrimp with Sesame Citrus Slaw

2 SERVINGS 1 HOUR



INGREDIENTS

1 1/2 cups Purple Cabbage (finely diced)
2 cups Kale Leaves (finely chopped)
1/2 cup Matchstick Carrots
1/2 cup Frozen Edamame (thawed)
1 Clementines (peeled and sectioned)
2 tbsps Tamari
2 tsps Sesame Oil
1/2 Lemon (juiced)
1/2 Egg
2 tbsps Coconut Flour
1/2 tsp Paprika
8 ozs Shrimp, Cooked (peeled and patted dry)
1/2 cup Unsweetened Coconut Flakes
1/2 Avocado (peeled and pit removed)
1/2 Lime (juiced)
1/8 tsp Sea Salt
2 tbsps Cashews
2 tbsps Water
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	612	Fiber	15g
Fat	37g	Sugar	12g
Carbs	38g	Protein	43g

DIRECTIONS

- 01 Combine cabbage, kale, carrots, edamame and clementines together in a large mixing bowl. Prepare dressing by combining tamari, sesame oil and lemon juice together in a bowl. Mix well and drizzle over salad. Toss well to coat and let marinade in the fridge while you prep the rest.
- 02 Whisk egg in a bowl. In a separate bowl, combine the coconut flour and paprika. Mix well with a fork.
- 03 Preheat oven to 375°F (191°C). Line a large baking sheet with parchment paper.
- 04 Working with one shrimp at a time, first sprinkle with coconut flour mix then dip in the egg mixture and let excess liquid fall off. Now coat with coconut flakes. Transfer to the baking sheet. Repeat until all shrimp is used up. (Note: We recommend recruiting a partner to help with this step to speed it up. A great time to involve the kids!)
- 05 Bake in the oven for 20 minutes, flipping at the 10 minute mark.
- 06 Meanwhile, make your avocado dipping sauce by combining avocado, lime juice, sea salt and cashews in a food processor. Add water and process until very smooth. Transfer to a bowl.
- 07 Sprinkle the slaw with sesame seeds. Plate slaw and top with coconut shrimp. Serve with a side of avocado dipping sauce. Enjoy!

NOTES

MAKE IT AN APPETIZER

Skip the slaw and serve shrimp and dip alone.

Turkey & Potato Breakfast Casserole

2 SERVINGS 1 HOUR



INGREDIENTS

- 1 tsp Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1/16 tsp Sea Salt (divided)
- 2/3 Russet Potato (peeled, shredded, squeezed and drained of excess liquid)
- 1/2 cup Unsweetened Almond Milk
- 1 1/3 Egg
- 1/16 tsp Oregano
- 2 ozs Cheddar Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	414	Fiber	2g
Fat	25g	Sugar	1g
Carbs	14g	Protein	34g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
- 02 Heat the remaining oil in a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Drain any excess liquid, season with half of the salt, and transfer to the baking dish.
- 03 Sprinkle the shredded potato evenly over the cooked turkey.
- 04 In a bowl, whisk together the almond milk, eggs, oregano, and the remaining salt. Pour the mixture over all the ingredients in the baking dish. Sprinkle the cheese over top and bake for 40 to 45 minutes, or until golden brown and cooked through.
- 05 Let it cool slightly before cutting into squares. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

A 9- by 13-inch baking dish was used to make six servings.

DAIRY-FREE

Use vegan cheese instead of cheddar cheese.

NUT-FREE

Use rice, coconut, or oat milk instead of almond milk.

MORE FLAVOR

Add garlic when cooking the turkey.

ADDITIONAL TOPPINGS

Serve with mixed greens or grilled vegetables.

Lentil Masala Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

3/4 tsp Coconut Oil
1/4 cup Red Onion (finely diced)
2 Garlic (cloves, minced)
1/2 tsp Turmeric
1 1/2 tsps Garam Masala
1/2 tsp Sea Salt
1/2 cup Cilantro (finely diced)
2 cups Vegetable Broth
1 1/2 cups Diced Tomatoes
1/2 cup Dry Red Lentils
1/2 cup Canned Coconut Milk (full fat)
2 cups Kale Leaves (finely sliced)

NUTRITION

AMOUNT PER SERVING

Calories	391	Fiber	11g
Fat	14g	Sugar	9g
Carbs	50g	Protein	17g

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Strip Loin Roast with Mashed Potatoes & Broccoli

2 SERVINGS 3 HOURS 10 MINUTES



INGREDIENTS

- 10 2/3 ozs Strip Loin Roast (room temperature)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 Russet Potato (medium, peeled, chopped)
- 2 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	554	Fiber	6g
Fat	26g	Sugar	3g
Carbs	43g	Protein	38g

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and move a rack to the center of the oven.
- 02 Place the roast in a roasting pan and coat evenly in olive oil, salt, and pepper. Cook for 30 minutes. Lower the temperature to 225°F (105°C) and cook for another 40 to 45 minutes, or until cooked to your liking.
- 03 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper and set aside.
- 04 Set broccoli florets in a steamer over boiling water and cover. Steam for about five minutes, or until tender. Set aside.
- 05 Remove the roast from the oven and let rest for at least 15 minutes. Cut into slices.
- 06 Divide the sliced roast, mashed potatoes, and broccoli onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately five to six ounces of beef, one cup of broccoli, and one cup of mashed potatoes.

MORE FLAVOR

Cut slits into the sides of the roast and insert garlic cloves before roasting. Rub the roast with your choice of dried herbs. Add butter and milk to the mashed potatoes.

ADDITIONAL TOPPINGS

Make gravy using the roast drippings. Serve it with vegetables, mashed potatoes, or make into a sandwich.

Lemon Maple Chickpea Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Lemon Juice
1 1/3 tbsps Maple Syrup
2 tps Dijon Mustard
1/3 tsp Sea Salt
2/3 Red Bell Pepper (chopped)
2/3 Zucchini (small, chopped)
2 2/3 tbsps Red Onion (finely chopped)
1 1/3 cups Chickpeas (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	249	Fiber	10g
Fat	3g	Sugar	18g
Carbs	46g	Protein	11g

DIRECTIONS

- 01 In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
- 02 Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
- 03 Divide between plates and enjoy! For best flavor, serve chilled.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

SERVE IT WITH

Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.

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.

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.

Sun Dried Tomato & Salmon Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

5 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet
1 1/2 Garlic (clove, minced)
1/4 Yellow Onion (medium, diced)
1/3 cup Sun Dried Tomatoes (drained, chopped)
1/4 tsp Italian Seasoning
1/4 cup Chicken Broth
1/4 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	512	Fiber	11g
Fat	19g	Sugar	12g
Carbs	48g	Protein	44g

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 03 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 04 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 05 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use coconut milk instead of yogurt.

Creamy Roasted Garlic & Kale Soup with Cauliflower

2 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

6 Garlic (cloves, peeled and trimmed)
1/2 Yellow Onion (large, roughly chopped)
1/2 head Cauliflower (sliced into florets)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 tsps Italian Seasoning
1/2 tsp Sea Salt
4 cups Kale Leaves (packed)
2 cups Vegetable Broth (divided)

NUTRITION

AMOUNT PER SERVING

Calories	176	Fiber	6g
Fat	11g	Sugar	7g
Carbs	17g	Protein	5g

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

SERVE IT WITH

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

TOO THICK

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

Maple Roasted Carrots & Chicken

1 SERVING 40 MINUTES



INGREDIENTS

- 8 ozs Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt (divided)
- 3 Garlic (cloves, still attached to each other)
- 1/2 tsp Extra Virgin Olive Oil
- 4 Carrot (chopped roughly)
- 1/4 cup Shallot (peeled, cut in half)
- 1/2 tsp Ginger (thinly sliced)
- 1 1/2 tsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Fiber	8g
Fat	12g	Sugar	21g
Carbs	40g	Protein	48g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.

Roasted Vegetable Quinoa Salad

1 SERVING 1 HOUR



INGREDIENTS

2 1/2 ozs Salmon Fillet (oven baked)
1/4 Sweet Potato (diced into 1 inch cubes)
1/4 Red Bell Pepper (diced)
1/4 cup Red Onion (diced)
3/4 Leeks (chopped)
1/2 Garlic (cloves, peeled and halved)
3/4 tsp Extra Virgin Olive Oil
1/4 tsp Red Pepper Flakes
2 tbsps Quinoa (uncooked)
1/4 cup Water
1/2 cup Arugula
1 tbsp Mint Leaves
1 tbsp Feta Cheese (crumbled)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 02 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 03 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 04 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	336	Fiber	5g
Fat	12g	Sugar	7g
Carbs	38g	Protein	21g

Banana Cinnamon Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	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.

Granola, Yogurt & Berry Snack Box

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
4 cups Strawberries (sliced)
1 1/3 cups Granola

NUTRITION

AMOUNT PER SERVING

Calories	335	Fiber	7g
Fat	13g	Sugar	18g
Carbs	39g	Protein	18g

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.