



2200 calories

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

Here are some reminders about your meal plan:





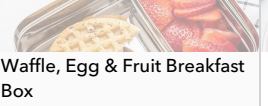

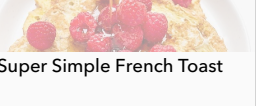

































**Leftovers:** Days where leftovers will be used are shown by "grayed out" text.






















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

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

**Misc Notes:**

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Chocolate Almond Butter Smoothie Bowl	Chocolate Almond Butter Smoothie Bowl	Chocolate Almond Butter Smoothie Bowl	Waffle, Egg & Fruit Breakfast Box	Waffle, Egg & Fruit Breakfast Box	Super Simple French Toast	Super Simple French Toast
Snack 1							
	Sardine Toast with Tomato & Onion	Sardine Toast with Tomato & Onion	Sardine Toast with Tomato & Onion	Lemon & Chili Pepper Sardine Toast	Lemon & Chili Pepper Sardine Toast	Lemon & Chili Pepper Sardine Toast	Lemon & Chili Pepper Sardine Toast
Lunch							
	Meal Prep Maple Dijon Chicken, Mushroom Quino...	Chicken with Rice & Spinach	Tuna Avocado Sandwich	Honey Garlic Chicken Thighs	Green Poutine	Pressure Cooker Thai Red Curry Beef	One Pan Teriyaki Chicken
Snack 2							
	Salmon Burger Bites with Cucumber & Pineapple	Salmon Burger Bites with Cucumber & Pineapple	Salmon Burger Bites with Cucumber & Pineapple	Post Workout Green Smoothie	Post Workout Green Smoothie	Post Workout Green Smoothie	Post Workout Green Smoothie
Dinner							
	Chicken with Rice & Spinach	Tuna Avocado Sandwich	Honey Garlic Chicken Thighs	Green Poutine	Pressure Cooker Thai Red Curry Beef	One Pan Teriyaki Chicken	Pesto Shrimp with Rice & Peas
Snack 3							
	2 Cottage Cheese Crackers with Salsa	Cottage Cheese Crackers with Salsa			1.5 Cottage Cheese Crackers with Salsa	1.5 Cottage Cheese Crackers with Salsa	Cottage Cheese & Raspberries

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  30%	Fat  31%	Fat  35%	Fat  34%	Fat  33%	Fat  32%
Carbs  39%	Carbs  41%	Carbs  39%	Carbs  40%	Carbs  41%	Carbs  41%	Carbs  40%
Protein  29%	Protein  29%	Protein  30%	Protein  25%	Protein  25%	Protein  26%	Protein  28%
Calories 2249	Calories 2179	Calories 2182	Calories 2207	Calories 2218	Calories 2186	Calories 2245
Fat 83g	Fat 76g	Fat 76g	Fat 89g	Fat 89g	Fat 83g	Fat 82g
Carbs 228g	Carbs 227g	Carbs 219g	Carbs 229g	Carbs 244g	Carbs 235g	Carbs 227g
Fiber 51g	Fiber 50g	Fiber 46g	Fiber 48g	Fiber 55g	Fiber 46g	Fiber 37g
Sugar 59g	Sugar 44g	Sugar 59g	Sugar 52g	Sugar 51g	Sugar 97g	Sugar 90g
Protein 166g	Protein 161g	Protein 166g	Protein 146g	Protein 145g	Protein 149g	Protein 157g

## Fruits

- 3 Avocado
- 5 Banana
- 1 1/4 Lemon
- 1/2 Lime
- 1/2 Navel Orange
- 1 cup Pineapple
- 1 3/4 cups Raspberries
- 2 cups Strawberries

## Breakfast

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

## Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 cup Cashews
- 3 tbsps Chia Seeds
- 1 1/8 tbsps Chili Powder
- 1 1/2 tsps Dried Thyme
- 1/4 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1/2 tsp Paprika
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

## Frozen

- 3/4 cup Frozen Cauliflower
- 1/4 cup Frozen Peas
- 3 1/8 ozs Gluten-Free Waffle
- 9 1/2 ozs Salmon Burger Patty

## Vegetables

- 5 cups Asparagus
- 5 cups Baby Spinach
- 3 tbsps Basil Leaves
- 2 cups Broccoli
- 1 cup Butternut Squash
- 2 1/2 Carrot
- 1 1/3 heads Cauliflower
- 2 stalks Celery
- 3 1/16 tbsps Chives
- 2 tbsps Cilantro
- 3/4 Cucumber
- 9 Garlic
- 1 1/8 tbsps Ginger
- 3 stalks Green Onion
- 3 cups Mushrooms
- 4 Red Hot Chili Pepper
- 1/4 cup Red Onion
- 2 cups Snap Peas
- 1/8 Sweet Onion
- 1 1/2 Tomato
- 3/4 Yellow Onion
- 2 Yellow Potato
- 2 1/2 Zucchini

## Boxed & Canned

- 1/4 cup Basmati Rice
- 1/4 cup Brown Rice
- 1/3 cup Canned Coconut Milk
- 1/2 cup Jasmine Rice
- 14 slices Light Rye Crisp Bread
- 3/4 cup Quinoa
- 1 cup Salsa
- 6 3/4 ozs Sardines
- 1 tbsp Tomato Paste
- 3 1/3 cans Tuna
- 1/2 cup Vegetable Broth

## Baking

- 1 tsp Arrowroot Powder
- 1/3 cup Cacao Powder

## Bread, Fish, Meat & Cheese

- 1 1/2 ozs Cheddar Cheese
- 1 1/4 lbs Chicken Breast
- 1 1/4 lbs Chicken Thighs
- 4 1/16 ozs English Muffin
- 4 slices Gluten-Free Bread
- 2/3 oz Mozzarella Cheese
- 5 1/4 ozs Shrimp
- 7 1/16 ozs Sourdough Bread
- 8 ozs Stewing Beef
- 7 slices Whole Grain Bread

## Condiments & Oils

- 2 tbsps Coconut Aminos
- 1 1/3 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 2/3 tbsps Mayonnaise
- 2 tbsps Pesto
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1 1/2 tsps Tamari
- 1 tbsp Thai Red Curry Paste

## Cold

- 3 1/2 cups Cottage Cheese
- 6 2/3 Egg
- 3/4 cup Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

## Other

- 3/4 cup Chocolate Protein Powder
- 1/2 cup Vanilla Protein Powder
- 5 1/4 cups Water

- 
- 1 1/3 tbsps Coconut Flour
  - 1 1/2 tps Coconut Sugar
  - 1/2 cup Nutritional Yeast
  - 1/4 cup Raw Honey



## Chocolate Almond Butter Smoothie Bowl

3 servings

5 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

**More Flavor:** Add cinnamon to your smoothie base.

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

**No Smoothie Bowl:** Drink as a regular smoothie instead.

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



## Waffle, Egg & Fruit Breakfast Box

2 servings

15 minutes

### Ingredients

- 2 Egg
- 3 1/8 ozs Gluten-Free Waffle (toasted, cut in half)
- 2 cups Strawberries (sliced)

### Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	31g
Fiber	4g
Sugar	8g
Protein	8g

### Directions

- 1 Place the egg 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.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when it is cool enough to handle.
- 3 Arrange the waffle, hardboiled egg, and strawberries in a container. Enjoy!

### Notes

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

**Additional Toppings:** Sprinkle hemp seeds over the strawberries. Add almond butter or sunflower seed butter to the waffles. Add walnuts or pumpkin seeds.

**Make it Vegan:** Omit the egg and add nuts or granola instead.

**Gluten-Free Waffle:** One gluten-free waffle is roughly 1 2/3-ounces or 45-grams.



## English Muffin Tuna Melt

2 servings

5 minutes

### Ingredients

- 1 1/3 cans Tuna (drained, flaked)
- 2 2/3 tbsps Mayonnaise
- 2 2/3 tbsps Chives (chopped, plus more for garnish)
- 1/16 tsp Sea Salt
- 4 ozs English Muffin (halved, lightly toasted)
- 2/3 oz Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	344
Fat	18g
Carbs	28g
Fiber	8g
Sugar	1g
Protein	26g

### Directions

- 1 Set your oven to broil.
- 2 In a bowl, stir together the tuna, mayonnaise, chives, and salt until well combined. Spread the tuna mixture evenly over each English muffin slice and sprinkle mozzarella on top.
- 3 Transfer to a baking sheet and broil in the oven for three minutes or until the cheese is melted. Garnish with more chives (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate the tuna mixture in a separate airtight container for up to two days.

**Serving Size:** One serving equals approximately two English muffin slices topped with 80 grams of tuna.

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

**Gluten-Free:** Use gluten-free bread, crackers, cucumber slices or rice cakes instead of English muffins.

**Additional Toppings:** Minced red onion, black pepper, sliced green onions, celery, mustard or sauerkraut.

**English Muffin:** One English muffin is roughly two ounces or 57 grams.



## Super Simple French Toast

2 servings

10 minutes

### Ingredients

- 4 Egg
- 4 slices Whole Grain Bread
- 1/4 cup Maple Syrup
- 1 cup Raspberries

### Nutrition

Amount per serving	
Calories	498
Fat	13g
Carbs	71g
Fiber	10g
Sugar	33g
Protein	24g

### Directions

- 1 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 2 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 3 Top with raspberries and maple syrup. Enjoy!

### Notes

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

**Gluten-Free:** Use gluten-free bread instead.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

**Additional Toppings:** Nuts, shredded coconut, nut or seed butter, or cottage cheese.



## Cauliflower Hashbrowns

2 servings

40 minutes

### Ingredients

- 1/3 head Cauliflower (chopped into small florets)
- 2/3 Egg
- 1 1/3 tbsps Coconut Flour
- 1/3 tsp Coconut Oil
- 1/3 tsp Onion Powder
- 1/3 tsp Chili Powder
- 1 1/2 ozs Cheddar Cheese (grated)
- 1 tsp Chives (diced)

### Nutrition

Amount per serving	
Calories	164
Fat	10g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	10g

### Directions

- 1 Heat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor, add the cauliflower and process until it forms a rice-like consistency. Remove the cauliflower rice from the food processor and add it to a cheesecloth or kitchen towel. Squeeze the cloth until all of the liquid is gone.
- 3 In a large mixing bowl, add in the cauliflower rice, eggs, coconut flour, coconut oil, onion powder and chili powder. Mix with a wooden spoon until evenly combined. Once the mixture is formed, fold in the grated cheese.
- 4 Form the mixture into medium-sized balls and shape into hashbrown patties on your parchment-lined baking sheet. Bake the hashbrowns for 20 minutes, flipping halfway. Remove from the oven and let them cool slightly.
- 5 Top the hashbrowns with the chives and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze for up to one month. For best results, reheat in the oven.

**Serving Size:** One serving equals approximately one hashbrown.

**Dairy-Free:** Use a dairy-free cheese or nutritional yeast instead.

**No Food Processor:** Buy pre-made cauliflower rice.



## Sardine Toast with Tomato & Onion

3 servings

5 minutes

### Ingredients

- 3 slices Whole Grain Bread (toasted)
- 1 1/2 Tomato (small, sliced)
- 3 ozs Sardines (drained, halved lengthwise)
- 1/8 Sweet Onion (medium, thinly sliced)
- 3 tbsps Basil Leaves
- 1/3 Lemon (juiced, zested)

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

**No Sardines:** Use tuna or mackerel instead.



## Lemon & Chili Pepper Sardine Toast

4 servings

10 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

**No Sardines:** Use tuna instead.



## Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

1 serving  
40 minutes

### Ingredients

- 1/4 cup Quinoa (dry)
- 1 Zucchini (sliced lengthwise, then quartered)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 1/16 tsp Sea Salt (or more to taste)
- 1 1/2 tsps Maple Syrup
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Tamari
- 4 ozs Chicken Thighs (boneless)
- 1 cup Mushrooms (sliced)

### Nutrition

Amount per serving	
Calories	484
Fat	18g
Carbs	44g
Fiber	6g
Sugar	13g
Protein	35g

### Directions

- 1 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 2 Cook quinoa according to directions on the package and set aside.
- 3 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 4 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 5 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 6 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 7 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

### Notes

**Storage:** Refrigerate in an air-tight container up to 3 days after cooking.

**More Flavour:** Marinate the chicken overnight, and cook the quinoa with broth instead of water.

**No Chicken:** Use turkey breast, chickpeas or tofu instead.

**No Zucchini:** Use bell peppers, carrot, eggplant or any vegetables you have on hand.

**No Quinoa:** Use rice, cauliflower rice or sweet potatoes instead.



## Salmon Burger Bites with Cucumber & Pineapple

3 servings  
20 minutes

### Ingredients

- 9 1/2 ozs Salmon Burger Patty
- 3/4 cup Plain Greek Yogurt
- 3/4 Cucumber (medium, sliced)
- 1 cup Pineapple (chopped)

### Nutrition

Amount per serving	
Calories	203
Fat	5g
Carbs	22g
Fiber	3g
Sugar	11g
Protein	20g

### Directions

- 1 Cook the salmon burger patty according to package instructions. Cut into slices.
- 2 Arrange the salmon burger patty, yogurt, cucumber, and pineapple in a bento box. Refrigerate until ready to serve. Enjoy!

### Notes

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

**Salmon Burger Patty:** One salmon burger patty is 90 grams or 3.2 ounces.



## Post Workout Green Smoothie

4 servings

5 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

**No Spinach:** Use kale instead.

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



## Chicken with Rice & Spinach

2 servings

30 minutes

### Ingredients

- 10 ozs Chicken Breast (boneless, skinless)
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 cup Jasmine Rice
- 1 cup Baby Spinach (chopped)
- 1 Avocado (halved, diced or sliced; optional)

### Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	47g
Fiber	8g
Sugar	1g
Protein	37g

### Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Place the chicken breasts in a baking dish. Drizzle with oil and season with salt and garlic powder. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Allow the chicken to rest for five to 10 minutes before slicing.
- 3 Meanwhile, cook the rice according to package directions. When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted.
- 4 To serve, divide the chicken, spinach rice and avocado (if using) between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to five ounces (140 grams) chicken, 3/4 cup rice, and 1/2 avocado (if using).

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

**More Veggies:** Serve with steamed broccoli, cauliflower, green beans, or carrots.

**No Chicken Breast:** Use chicken thighs instead.

**No Jasmine Rice:** Use brown rice, white rice, or quinoa instead.



## Tuna Avocado Sandwich

2 servings

10 minutes

### Ingredients

2 cans Tuna  
 Sea Salt & Black Pepper (to taste)  
 2 stalks Celery (finely chopped)  
 1/4 cup Red Onion (finely chopped)  
 1 Avocado (medium)  
 7 1/16 ozs Sourdough Bread (toasted)

### Nutrition

Amount per serving	
Calories	566
Fat	16g
Carbs	60g
Fiber	10g
Sugar	2g
Protein	44g

### Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

### Notes

**Leftovers:** Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

**Gluten-Free:** Use gluten-free bread instead.

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

**No Red Onion:** Use chives or green onions instead.

**No Avocado:** Use mayonnaise or Greek yogurt instead.



## Honey Garlic Chicken Thighs

2 servings

30 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
 2 tbsps Raw Honey  
 3 Garlic (cloves, minced)  
 1 tbsp Chili Powder  
 1 tsp Sea Salt  
 1/2 tsp Black Pepper  
 1 lb Chicken Thighs  
 3 cups Asparagus (woody ends snapped off)  
 1/2 cup Quinoa (uncooked)  
 3/4 cup Water

### Nutrition

Amount per serving	
Calories	670
Fat	26g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g

### Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken breast or chicken wings. Grill time will vary.

**No Asparagus:** Use any grilled vegetable.



## Green Poutine

2 servings

45 minutes

### Ingredients

2 Yellow Potato (medium)  
 2 cups Asparagus  
 2 tbsps Extra Virgin Olive Oil (divided)  
 2 cups Mushrooms (sliced)  
 1/4 Yellow Onion (medium, diced)  
 1 Garlic (clove, minced)  
 1 1/2 tsps Dried Thyme  
 1/2 cup Vegetable Broth  
 1 tsp Arrowroot Powder  
 1 cup Butternut Squash (peeled and cubed)  
 1/2 cup Water  
 1/4 cup Cashews  
 1/2 cup Nutritional Yeast  
 1/2 Lemon (juiced)  
 1/2 tsp Paprika  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



## Pressure Cooker Thai Red Curry Beef

2 servings

1 hour

### Ingredients

1 tsp Coconut Oil (divided)  
 8 ozs Stewing Beef (diced into cubes)  
 Sea Salt & Black Pepper (to taste)  
 1/2 Yellow Onion (small, thinly sliced)  
 1/2 tsp Ginger (minced)  
 1 tbsp Thai Red Curry Paste  
 1 tbsp Tomato Paste  
 1 1/2 tsps Fish Sauce  
 1 1/2 tsps Coconut Sugar  
 1/2 Carrot (large, chopped)  
 1 head Cauliflower (sliced into florets)  
 1/3 cup Canned Coconut Milk  
 1/2 Lime (juiced)  
 1/4 cup Brown Rice (optional, dry/uncooked)  
 1 stalk Green Onion (optional, chopped)  
 2 tsps Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	453
Fat	18g
Carbs	45g
Fiber	8g
Sugar	13g
Protein	34g

### Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

### Notes

**No Pressure Cooker:** Make it in the slow cooker on low for about 5 hours.

**No Fish Sauce:** Use soy sauce or tamari instead.

**No Coconut Sugar:** Use cane sugar instead.

**Vegetable Modifications:** Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

**Crunchy Veggies:** Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



## One Pan Teriyaki Chicken

2 servings

40 minutes

### Ingredients

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

### Notes

**Serve it With:** Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

**Likes it Spicy:** Whisk hot sauce or chili flakes into the teriyaki sauce.

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

**No Coconut Aminos:** Use tamari instead.



## Pesto Shrimp with Rice & Peas

1 serving  
20 minutes

### Ingredients

- 1/4 cup Basmati Rice
- 1/4 cup Frozen Peas (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 5 1/4 ozs Shrimp (peeled and deveined)
- 2 tbsps Pesto
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	502
Fat	16g
Carbs	49g
Fiber	3g
Sugar	4g
Protein	39g

### Directions

- 1 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 4 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

### Notes

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

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

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

**No Basmati Rice:** Use white rice, brown rice, or cauliflower rice instead.

**No Peas:** Omit or use spinach instead.

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



## Cottage Cheese Crackers with Salsa

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 6 slices Light Rye Crisp Bread
- 1/3 cup Salsa

### Nutrition

Amount per serving	
Calories	152
Fat	5g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	14g

### Directions

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

### Notes

**Gluten-Free:** Use gluten-free crackers instead.

**Additional Toppings:** Top with fresh parsley, cilantro, or avocado slices.