



FUNDAMENTAL
FITNESS

MAIN MEALS



Slow Cooker Black Bean Soup

6 servings

4 hours

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (finely diced)
2 stalks Celery (diced)
1 Carrot (large, chopped)
6 Garlic (cloves, minced)
1 tbsp Cumin
1/2 tsp Cayenne Pepper
6 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
2 cups Water
2 Lime (juiced)

Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings, Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.
Stove Top, If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



Sweet Potato & Black Bean Salad

4 servings

25 minutes

Ingredients

2 Sweet Potato (diced into 1/2 inch cubes)
1 **tbsp** Extra Virgin Olive Oil
1 **tsp** Cumin
1/2 **tsp** Cinnamon
1/2 **tsp** Paprika
1/4 **cup** Tahini
1/2 Lemon (juiced)
2 Garlic (cloves, minced)
2 **tbsps** Unsweetened Almond Milk
2 **cups** Black Beans (cooked, drained and rinsed)
2 **cups** Cherry Tomatoes (halved)
1 **cup** Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400. Line a large baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 3 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 4 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

Notes

No Black Beans, Use lentils, chickpeas or quinoa instead.

No Tahini, Use hummus instead.

Storage, Refrigerate in air-tight container up to 3-5 days.



Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

Ingredients

- 1 lb Extra Lean Ground Chicken (cooked)
- 5 cups Brussels Sprouts (halved)
- 1/2 cup Radishes (sliced)
- 1/2 cup Pumpkin Seeds
- 1/3 cup Extra Virgin Olive Oil
- 1 Garlic (whole head)
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper

Nutrition

Calories	447
Fat	33g
Saturated	6g
Trans	0g
Polyunsaturated	6g
Monounsaturated	19g
Carbs	14g
Fiber	6g
Sugar	3g
Protein	27g
Cholesterol	98mg
Sodium	186mg
Vitamin A	831IU
Vitamin C	98mg
Calcium	68mg
Iron	7mg

Directions

- 1 Preheat oven to 400. In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!



Tuna & Edamame Detox Salad

4 servings

15 minutes

Ingredients

- 1 tbsp Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cans Tuna (drained and flaked)
- 1 cup Frozen Edamame (thawed)
- 1/2 Cucumber (diced)
- 1 head Endive (julienned)
- 4 cups Kale Leaves (chopped)
- 1/2 cup Alfalfa Sprouts
- 1/4 cup Slivered Almonds

Directions

- 1 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 2 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

Notes

- No Tuna, Use diced grilled chicken instead.
- Vegans and Vegetarians, Use 1 can of cooked lentils instead of tuna.
- Nut-Free, Replace almonds with sunflower or pumpkin seeds.

Nutrition

Calories	289
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	17g
Fiber	9g
Sugar	3g
Protein	26g
Cholesterol	30mg
Sodium	483mg
Vitamin A	9565IU
Vitamin C	21mg
Calcium	209mg
Iron	5mg



Curried Lentil, Kale & Broccolini Salad

4 servings
20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (finely chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tbsp Curry Powder
- 1 bunch Broccolini
- 2 tbsps Water
- 8 cups Kale Leaves (chopped)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg

Nutrition

Calories	361
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	39g
Fiber	16g
Sugar	4g
Protein	24g
Cholesterol	186mg
Sodium	246mg
Vitamin A	18231IU
Vitamin C	65mg
Calcium	354mg
Iron	9mg

Directions

- 1 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 2 Add the broccolini and water. Saute until bright green (about 5-8 minutes).
- 3 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 4 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 5 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 6 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

Notes

- More protein, Serve with quinoa.
- More carbs, Serve with brown rice.
- No Eggs, Top with protein of choice.



Hearty Kale & Apple Tuna Salad

2 servings

10 minutes

Ingredients

- 1/2 can Tuna (drained)
- 1 stalk Celery (diced)
- 2 cups Kale Leaves (finely sliced)
- 1/2 Carrot (grated)
- 1/2 Apple (diced)
- 2 tbsps Sunflower Seeds
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

1

Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

Nutrition

Calories	188
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	16g
Fiber	5g
Sugar	6g
Protein	12g
Cholesterol	15mg
Sodium	267mg
Vitamin A	9264IU
Vitamin C	13mg
Calcium	108mg
Iron	3mg



Roasted Butternut Squash Harvest Bowl

4 servings
40 minutes

Ingredients

- 4 cups Butternut Squash (diced into cubes)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 3/4 cup Quinoa (uncooked)
- 1 1/4 cups Water
- 8 cups Kale Leaves (finely chopped)
- 1 tbsp Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Dried Unsweetened Cranberries

Nutrition

Calories	434
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	63g
Fiber	12g
Sugar	14g
Protein	13g
Cholesterol	0mg
Sodium	123mg
Vitamin A	27887IU
Vitamin C	47mg
Calcium	261mg
Iron	8mg

Directions

- 1 Preheat oven to 420 degrees F and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the 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. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 - 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash, Use sweet potato, carrots or beets instead.

Save Time, Use frozen bagged butternut squash.

Leftovers, Keeps well in the fridge up to 3 - 4 days.

Extra Flavour, Toss the butternut squash in cinnamon before roasting.



Roasted Sweet Potato & Beet Salad

4 servings

50 minutes

Ingredients

- 2 Beet (sliced into 1 inch sticks)
- 2 Sweet Potato (sliced into 1 inch sticks)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Maple Syrup (divided)
- 2 tps Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)
- 1 cup Pecans
- 8 cups Baby Spinach
- 2 Avocado (sliced)

Nutrition

Calories	613
Fat	48g
Saturated	6g
Trans	0g
Polyunsaturated	9g
Monounsaturated	31g
Carbs	46g
Fiber	15g
Sugar	20g
Protein	8g
Cholesterol	0mg
Sodium	125mg
Vitamin A	15027IU
Vitamin C	33mg
Calcium	150mg
Iron	4mg

Directions

- 1 Preheat the oven to 375 degrees.
- 2 Line a cookie sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt and pepper. Bake for 40 to 45 minutes until slightly browned.
- 3 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
- 4 Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
- 5 When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.



One Pan Roasted Edamame & Broccoli Salad

4 servings

30 minutes

Ingredients

- 5 cups Broccoli (chopped into florets)
- 1 cup Frozen Edamame (shelled)
- 1 cup Walnuts
- 1/4 cup Avocado Oil (divided)
- 1/2 tsp Sea Salt
- 1 tbsp Almond Butter
- 1 tbsp Apple Cider Vinegar

Nutrition

Calories	426
Fat	38g
Saturated	4g
Trans	0g
Polyunsaturated	17g
Monounsaturated	14g
Carbs	16g
Fiber	7g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	336mg
Vitamin A	830IU
Vitamin C	104mg
Calcium	121mg
Iron	3mg

Directions

- 1 Preheat oven to 450F and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

Notes

No Walnuts, Use cashews, almonds or pecans instead.

Nut-Free, Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

No Avocado Oil, Use extra virgin olive oil or melted coconut oil instead.

Storage, Refrigerate in an airtight container up to 3 to 5 days.



Mango Chickpea Salad with Grilled Chicken Kabobs

4 servings

30 minutes

Ingredients

16 ozs Chicken Breast
 2 cups Chickpeas (cooked, drained and rinsed)
 1 cup Frozen Edamame (thawed)
 1/2 Cucumber (diced)
 1 Mango (diced)
 4 cups Arugula
 1/2 cup Tahini
 2 Lemon (juiced)
 1/2 tsp Black Pepper
 1 Garlic (clove, minced)
 1/2 cup Water

Nutrition

Calories	598
Fat	24g
Saturated	4g
Trans	0g
Polyunsaturated	10g
Monounsaturated	9g
Carbs	49g
Fiber	13g
Sugar	18g
Protein	53g
Cholesterol	117mg
Sodium	109mg
Vitamin A	1619IU
Vitamin C	48mg
Calcium	252mg
Iron	7mg

Directions

- 1 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 2 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 3 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 4 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 5 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

Notes

Vegans & Vegetarians, Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

No Mango, Use diced pineapple or fresh blueberries instead.

No Arugula, Use baby spinach, kale or mixed greens instead.



Roasted Tomato, Lentil & Feta Bowl

2 servings

40 minutes

Ingredients

- 1/2 cup Red Onion (diced)
- 1 cup Cherry Tomatoes
- 1/2 Green Bell Pepper (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 Avocado (sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Calories	346
Fat	15g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	39g
Fiber	15g
Sugar	6g
Protein	16g
Cholesterol	17mg
Sodium	280mg
Vitamin A	7392IU
Vitamin C	53mg
Calcium	217mg
Iron	6mg

Directions

- 1 Preheat oven to 425. Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage, Store in the fridge covered for up to 2 days.

Prep Ahead, Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



Warm Carrot & Sweet Potato Salad

4 servings
45 minutes

Ingredients

- 2 Carrot (chopped into 1 inch pieces)
- 2 Sweet Potato (chopped into 1 inch pieces)
- Sea Salt & Black Pepper (to taste)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Lime (juiced)
- 1 tbspc Balsamic Vinegar
- 1 Garlic (clove, minced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Arugula
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Calories	361
Fat	16g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	46g
Fiber	6g
Sugar	6g
Protein	10g
Cholesterol	5mg
Sodium	133mg
Vitamin A	14803IU
Vitamin C	10mg
Calcium	104mg
Iron	3mg

Directions

- 1 Preheat oven to 425. Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 2 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 3 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 4 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

Notes

More Protein, Add grilled chicken or lentils.



Grilled Corn, Nectarine & Quinoa Salad

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 ears Corn on the Cob (grilled or steamed and kernels removed)
- 2 Nectarine (pitted and cubed)
- 1/2 cup Red Onion (finely sliced)
- 1/2 Cucumber (diced)
- 1/2 cup Cilantro (chopped)
- 1/2 cup Mint Leaves (chopped)
- 1/2 Lemon (juiced)
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	234
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	35g
Fiber	4g
Sugar	10g
Protein	6g
Cholesterol	0mg
Sodium	6mg
Vitamin A	550IU
Vitamin C	13mg
Calcium	44mg
Iron	2mg

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
- 3 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

Meat Lover, Grill up some chicken breast or grass-fed steak with your corn to serve alongside the salad.

No Nectarines, Used sliced peaches or plums instead.

Short on Time, Replace 1 ear of corn with about 1 cup of frozen or canned corn.



Grilled Vegetable Beach Bowl

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Red Bell Pepper (sliced into quarters)
- 1 Zucchini (sliced into quarters)
- 1/3 cup Sun Dried Tomatoes
- 4 cups Kale Leaves (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Oregano
- 1 Avocado (peeled and sliced)
- 1 cup Alfalfa Sprouts

Nutrition

Calories	425
Fat	24g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	15g
Carbs	44g
Fiber	10g
Sugar	5g
Protein	11g
Cholesterol	0mg
Sodium	221mg
Vitamin A	7666IU
Vitamin C	63mg
Calcium	138mg

Directions

- 1 Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side. (You can also roast your vegetables in the oven at 420 for 10 to 15 minutes per side.)
- 3 While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper garlic, apple cider vinegar and oregano in your blender or food processor. Add 1/2 cup warm water and blend until smooth.
- 4 Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
- 5 Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!



Nectarine & Pesto Zoodles

4 servings

30 minutes

Ingredients

- 1 Garlic (clove)
- 1/2 cup Walnuts
- 1 cup Baby Spinach
- 1 cup Basil Leaves (plus extra for garnish)
- 1 Lemon (juiced)
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1/2 cup Extra Virgin Olive Oil
- 3 Zucchini
- 1 cup Cherry Tomatoes (halved)
- 2 Nectarine (thinly sliced)
- 2 cups Chickpeas (cooked, drained and rinsed)

Nutrition

Calories	540
Fat	40g
Saturated	5g
Trans	0g
Polyunsaturated	11g
Monounsaturated	22g
Carbs	40g
Fiber	11g
Sugar	15g
Protein	13g
Cholesterol	0mg
Sodium	173mg
Vitamin A	1886IU
Vitamin C	45mg
Calcium	108mg

Directions

- 1 In a food processor, combine garlic, walnuts, spinach, basil, lemon juice, black pepper, sea salt and olive oil. Blend until a creamy pesto forms. Transfer to a jar and set aside.
- 2 Spiralize zucchini into noodles.
- 3 Mix together zucchini noodles, cherry tomatoes, nectarines and chickpeas. Chop the remaining basil leaves and toss well to mix.
- 4 Toss with desired amount of pesto and transfer into bowls. Enjoy!

Notes

- Meat Lover, Add diced chicken instead of chickpeas.
- No Nectarines, Used sliced peaches or plums instead.



Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette

4 servings

30 minutes

Ingredients

- 2 tbsps Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cups Cherries (pitted and halved)
- 4 cups Baby Spinach
- 1 cup Blueberries
- 1/3 cup Goat Cheese (crumbled)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 cup Pecans (toasted)

Nutrition

Calories	404
Fat	29g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	18g
Carbs	31g
Fiber	8g
Sugar	16g
Protein	9g
Cholesterol	3mg
Sodium	218mg
Vitamin A	2889IU
Vitamin C	18mg
Calcium	70mg
Iron	3mg

Directions

- 1 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 2 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 3 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

Notes

Meat Lover, Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

Short on Time, Add the cherries to the salad raw and skip step 2.

Vegan, Skip the goat cheese.



Portobello Veggie Burgers with Goat Cheese

4 servings

25 minutes

Ingredients

- 2 cups Red Onion (sliced)
- 2 Zucchini (sliced into rounds)
- 2 Yellow Bell Pepper (sliced into strips)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 8 Portobello Mushroom Caps
- 2 cups Lentils (cooked, drained and rinsed)
- 1 cup Goat Cheese (or feta)
- 2 cups Mixed Greens

Nutrition

Calories	362
Fat	14g
Saturated	5g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	22g
Cholesterol	10mg
Sodium	173mg
Vitamin A	392IU
Vitamin C	200mg
Calcium	93mg
Iron	5mg

Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushroom caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan, Skip the goat cheese and use pesto instead.

Meat Lover, Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



Fish Tacos with Pineapple Salsa

4 servings

30 minutes

Ingredients

- 4 Brown Rice Tortillas (thawed)
- 2 Tilapia Fillet
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 cup Baby Spinach
- 1/2 cup Pineapple (diced)
- 1/2 cup Red Onion (finely diced)
- 1 Jalapeno Pepper (deseeded and chopped)
- 1 Garlic (clove, minced)
- 1 Red Bell Pepper (diced)
- 1 Lime (juiced)
- 2 Avocado (peeled and mashed)
- 1 Tomato (diced)

Nutrition

Calories	421
Fat	20g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	18g
Cholesterol	29mg
Sodium	228mg
Vitamin A	2253IU
Vitamin C	78mg

Directions

- 1 Preheat the oven to 500 and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minute or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 4 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 5 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!



**FUNDAMENTAL
FITNESS**



Asparagus Salad

2 servings

30 minutes

Ingredients

- 1 1/2 cups Asparagus
- 1/2 Lemon (juiced and divided)
- 2 Egg
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Arugula
- 1/4 Cucumber (diced)
- 1 stalk Green Onion (diced)
- 1/2 Avocado (peeled and diced)
- 2 tbsps Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	324
Fat	27g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	17g
Carbs	12g
Fiber	6g
Sugar	4g
Protein	11g
Cholesterol	189mg
Sodium	117mg
Vitamin A	1857IU
Vitamin C	20mg
Calcium	105mg
Iron	4mg

Directions

- 1 Hard boil your eggs and set aside to cool.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water, half the lemon juice and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Peel the hard boiled eggs and chop eggs into quarters.
- 4 Create the dressing by combining olive oil and remaining lemon juice in a jar and shake well.
- 5 In a large salad bowl, combine the arugula, cucumber, green onion and avocado. Top with the chopped asparagus and hard boiled eggs. Sprinkle with goat cheese. Drizzle dressing evenly across and season with sea salt and pepper. Toss well and divide into bowls. Enjoy!

Notes

- Egg-Free, Add diced chicken instead.
- Vegan, Use chickpeas instead of eggs.



Roasted Plum, Arugula & Goat Cheese Flatbread

2 servings

30 minutes

Ingredients

- 2 Brown Rice Tortillas
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Goat Cheese (crumbled)
- 1 Plum (finely sliced)
- 1/2 Yellow Bell Pepper (finely diced)
- 1 cup Arugula
- 1 tbsp Balsamic Vinegar

Nutrition

Calories	342
Fat	19g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	10g
Carbs	36g
Fiber	4g
Sugar	8g
Protein	6g
Cholesterol	5mg
Sodium	241mg
Vitamin A	444IU
Vitamin C	90mg
Calcium	35mg
Iron	1mg

Directions

- 1 Preheat your oven to 410. Line a baking sheet with parchment paper.
- 2 Lay your brown rice tortillas on the baking sheet. Take half of your olive oil and brush it on the tortillas. Top tortillas with plums and yellow paper and sprinkle on your crumbled goat cheese. Bake in the oven for 15 minutes or until tortilla is crispy and plums are slightly roasted.
- 3 Remove from oven and top with a handful of arugula and drizzle with balsamic vinegar and remaining olive oil. Enjoy!

Notes

Meat Lover, Add diced chicken.

Vegan, Skip the goat cheese and add roasted chickpeas instead.



Peanut Thai Zucchini Noodles

4 servings

20 minutes

Ingredients

- 1 cup Basil Leaves
- 1 cup Raw Peanuts
- 2 cups Fresh Peas (divided)
- 1 tbsp Ginger (grated)
- 1 Lime (zested and juiced)
- 2 tbsps Tamari
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1/4 cup Water
- 4 Zucchini
- 1 tsp Red Pepper Flakes (to taste)

Nutrition

Calories	441
Fat	34g
Saturated	5g
Trans	0g
Polyunsaturated	8g
Monounsaturated	19g
Carbs	25g
Fiber	10g
Sugar	11g
Protein	17g
Cholesterol	0mg
Sodium	529mg
Vitamin A	1451U
Vitamin C	69mg
Calcium	99mg
Iron	4mg

Directions

- 1 To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
- 2 Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
- 3 Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up, Saute noodles in a frying pan with a bit of olive oil before serving.



Grilled Halibut with Arugula Salad

4 servings

30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 Lemon (juiced and the other cut into wedges)
- 1 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 4 cups Arugula
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (finely diced)
- 20 ozs Halibut Fillet
- 1/4 tsp Black Pepper
- 1/4 cup Parmigiano Reggiano (shaved)

Nutrition

Calories	322
Fat	18g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	35g
Cholesterol	91mg
Sodium	464mg
Vitamin A	785IU
Vitamin C	16mg
Calcium	128mg
Iron	1mg

Directions

- 1 In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
- 2 In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
- 3 Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
- 4 Toss arugula salad with desired amount of dressing and top with shaved parmigiano reggiano. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!

Notes

No Grill, Pan sear the halibut in a cast iron skillet over medium heat for 4 minutes per side or until cooked through.

Dairy-Free, Use goat cheese instead of parmigiano reggiano.



Chickpea Waldorf Salad

3 servings

15 minutes

Ingredients

- 1/3 Avocado (peeled and diced)
- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/4 tsps Dijon Mustard
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper
- 2 1/4 tsps Water
- 1 1/2 cups Chickpeas (cooked, drained and rinsed)
- 1 1/2 stalks Celery (chopped)
- 3/4 Apple (cored and diced)
- 3/4 cup Grapes (halved)
- 1/3 cup Red Onion (finely diced)
- 3 tbsps Parsley
- 1/3 cup Walnuts (chopped)
- 3 cups Baby Spinach

Nutrition

Calories	366
Fat	19g
Saturated	2g
Trans	0g
Polyunsaturated	9g
Monounsaturated	7g
Carbs	41g
Fiber	12g
Sugar	15g
Protein	12g
Cholesterol	0mg
Sodium	388mg

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

Notes

On-the-Go, Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free, Use sunflower seeds instead of walnuts.



15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 lb Shrimp (raw, peeled and deveined)
- 3 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes
- 8 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs, Serve with brown rice or quinoa.

Leftovers, Store in an airtight container in the fridge up to 2 days.



Unstuffed Cabbage Rolls

4 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef, Any type of ground meat will work.

Vegetarian & Vegan, Use lentils instead of ground meat.

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



Slow Cooker Spaghetti Squash & Meatballs

4 servings
4 hours

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey, Use any type of ground meat.

Cheese Lover, Sprinkle with parmesan cheese



Cream of Broccoli Soup

4 servings

30 minutes

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

Nutrition

Calories	392
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	48g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	696mg
Vitamin A	4808IU
Vitamin C	113mg
Calcium	177mg
Iron	7mg

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo, Omit the lentils.



Asian Turkey Lettuce Wraps

4 servings
25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 1 tbsp Ginger (peeled and grated)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Garlic (cloves, minced)
- 2 lbs Extra Lean Ground Turkey
- 2 tbsps Tamari
- 2 heads Boston Lettuce (peeled apart into leaves and washed)
- 3 stalks Green Onion (chopped)
- 1 cup Matchstick Carrots
- 1/4 cup Raw Peanuts (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Calories	461
Fat	27g
Saturated	8g
Trans	0g
Polyunsaturated	7g
Monounsaturated	9g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	47g
Cholesterol	168mg
Sodium	836mg
Vitamin A	2909IU
Vitamin C	9mg
Calcium	82mg
Iron	4mg

Directions

- 1 Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
- 3 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

- No Ground Turkey,** Use any type of ground meat.
- Vegan and Vegetarian,** Use lentils instead of ground meat.
- Nut-Free,** Garnish with sesame seeds instead of peanuts.
- Likes it Spicy,** Add hot sauce or chili flakes.



Tomato & Eggplant Pasta Casserole

8 servings

1 hour

Ingredients

6 cups Crushed Tomatoes
 2 cups Lentils (cooked, drained and rinsed)
 1/2 cup Water
 1/4 cup Extra Virgin Olive Oil
 1 cup Basil Leaves (chopped)
 2 tbsps Oregano
 1/2 tsp Garlic Powder
 1/2 tsp Onion Powder
 2 tsps Sea Salt
 1 tsp Black Pepper
 5 cups Brown Rice Penne (dry)
 1 Eggplant (large, sliced into 1/2 inch thick rounds)

Nutrition

Calories	457
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	81g
Fiber	13g
Sugar	11g
Protein	13g
Cholesterol	0mg
Sodium	930mg
Vitamin A	580IU
Vitamin C	19mg
Calcium	97mg
Iron	5mg

Directions

- 1 Preheat oven to 450 degrees F.
- 2 In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
- 3 Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Serve it With, Arugula tossed in olive oil and lemon juice.

Likes it Spicy, Garnish with red chili flakes.

Cheese Lover, Serve with parmesan cheese.

Meat Lover, Swap out the lentils for cooked ground meat.

No Eggplant, Use tomatoes or zucchini sliced into rounds to cover the top instead.



One Pan Chicken, Golden Cauliflower & Carrot Fries

4 servings

40 minutes

Ingredients

- 4 Carrot (medium)
- 1 head Cauliflower
- 1/3 cup Extra Virgin Olive Oil (divided three ways)
- 16 ozs Chicken Breast
- 2 tsps Dried Thyme
- 2 tsps Turmeric (powder)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	418
Fat	24g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	16g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	38g
Cholesterol	117mg
Sodium	146mg
Vitamin A	10246IU
Vitamin C	75mg
Calcium	70mg
Iron	3mg

Directions

- 1 Preheat oven to 375F and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP, Use zucchini instead of cauliflower.



Pistachio Crusted Salmon

2 servings

30 minutes

Ingredients

1/4 cup Pistachios (removed from shell)
 1/8 tsp Sea Salt
 10 ozs Salmon Fillet
 2 tbsps Pine Nuts
 1/2 Garlic (clove, minced)
 1 cup Parsley (chopped)
 2 tbsps Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 1/2 head Cauliflower (chopped into florets)

Nutrition

Calories	653
Fat	54g
Saturated	7g
Trans	0g
Polyunsaturated	7g
Monounsaturated	15g
Carbs	17g
Fiber	6g
Sugar	5g
Protein	31g
Cholesterol	65mg
Sodium	828mg
Vitamin A	2997IU
Vitamin C	124mg
Calcium	113mg
Iron	4mg

Directions

- 1 Preheat oven to 375. Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg, Serve with a side of baby spinach drizzled with leftover pesto

Likes it Warm, Saute the cauliflower rice in a bit of olive oil before serving



Chicken, Kale & Cauliflower Bowls

4 servings
45 minutes

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1/4 cup Avocado Oil (divided)
- 16 ozs Chicken Breast (skinless, boneless)
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (thinly sliced)
- 1 Lemon (juiced)
- 2 Avocado (sliced)

Nutrition

Calories	565
Fat	33g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	21g
Carbs	29g
Fiber	14g
Sugar	4g
Protein	43g
Cholesterol	117mg
Sodium	367mg
Vitamin A	13183IU
Vitamin C	104mg
Calcium	210mg
Iron	5mg

Directions

- 1 Preheat oven to 375F and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

Notes

Leftovers, Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs, Serve with roasted sweet potato.

No Avocado Oil, Use coconut oil instead.



One Pan Mediterranean Trout

4 servings

25 minutes

Ingredients

- 2 cups Basil Leaves
- 1/2 Lemon (juiced)
- 1 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/4 cup Hemp Seeds
- 1/4 cup Extra Virgin Olive Oil
- 4 Rainbow Trout Fillet (about 5 oz. each)
- 1 1/2 cups Artichoke Hearts
- 1/2 cup Pitted Kalamata Olives
- 4 Tomato (large, quartered)

Nutrition

Calories	425
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	14g
Carbs	9g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	94mg
Sodium	660mg
Vitamin A	2712IU
Vitamin C	34mg
Calcium	188mg
Iron	4mg

Directions

- 1 Preheat oven to 450F and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout, Use salmon fillets instead.

More Carbs, Serve with rice or quinoa.



Slow Cooker Vegan Chili

8 servings

8 hours

Ingredients

- 6 cups Canned Whole Tomatoes
- 2 cups Red Kidney Beans (cooked, drained and rinsed)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 cups Frozen Corn
- 2 stalks Celery (diced)
- 2 Green Bell Pepper (de-seeded and chopped)
- 2 Carrot (chopped)
- 1 White Onion (diced)
- 4 Garlic (cloves, minced)
- 2 tsps Cumin
- 1 tsp Oregano
- 3 tsps Chili Powder
- 1 tbsp Sea Salt

Nutrition

Calories	222
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	42g
Fiber	14g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	1325mg
Vitamin A	4435IU

Directions

- 1 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 2 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 3 Ladle into bowls and enjoy!

Notes

Serve it With, Organic toast, quinoa, brown rice or a salad.

Storage, Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

Make Ahead, Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly, Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

Extra Spicy, Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens, Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings, Top with green onion or diced avocado.



One Pan Sausage with Roasted Garlic Veggies

4 servings

35 minutes

Ingredients

- 1 Red Bell Pepper (de-seeded and sliced)
- 1 Zucchini (diced into rounds)
- 1 Sweet Potato (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 2 Garlic (cloves, minced)
- 2 tbsps Balsamic Vinegar
- 1 tsp Dried Basil
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 10 ozs Organic Chicken Sausage

Nutrition

Calories	273
Fat	17g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	10g
Carbs	19g
Fiber	3g
Sugar	7g
Protein	11g
Cholesterol	85mg
Sodium	791mg
Vitamin A	5822IU
Vitamin C	49mg
Calcium	115mg
Iron	4mg

Directions

- 1 Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
- 2 Place the red bell pepper, zucchini, sweet potato and celery in a large bowl. Add in the minced garlic, balsamic vinegar, dried basil and olive oil. Season with sea salt and black pepper. Toss well and then spread the veggies across the baking sheet in an even layer. Set the sausage on top. Bake in the oven for 30 minutes, or until cooked through, flipping the sausage at the halfway point.
- 3 Remove the pan from the oven and divide onto plates. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days.

Vegan and Vegetarian, Use roasted chickpeas instead.



Cauliflower, Kale & Lentil Detox Soup

6 servings
40 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 stalks Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 head Cauliflower (chopped into florets)
- 4 cups Kale Leaves (chopped)
- 6 cups Organic Vegetable Broth
- 2 1/4 cups Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	205
Fat	5g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	31g
Fiber	10g
Sugar	7g
Protein	11g
Cholesterol	0mg
Sodium	748mg
Vitamin A	8374IU
Vitamin C	59mg
Calcium	118mg
Iron	4mg

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers, Refrigerate in a covered container up to 4 days. Freeze up to 6 months.



Pressure Cooker Kitchari

4 servings
30 minutes

Ingredients

- 3/4 cup Basmati Rice (dry)
- 3/4 cup Dry Red Lentils
- 1 tsp Cumin
- 1 tbsp Turmeric
- 1 tbsp Curry Powder
- 1 head Cauliflower (chopped into florets)
- 1 Carrot (medium, diced)
- 4 cups Organic Vegetable Broth
- 1 tbsp Coconut Oil
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 cup Cilantro (chopped)

Nutrition

Calories	377
Fat	5g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	68g
Fiber	16g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	1303mg
Vitamin A	3403IU
Vitamin C	74mg
Calcium	80mg
Iron	5mg

Directions

- 1 Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
- 2 Divide between bowls and top with cilantro. Enjoy!

Notes

Serving Size, One serving is equal to about 2 cups.

No Basmati Rice, Use brown rice and increase cooking time.

No Red Lentils, Use yellow split peas. Increase cooking time to 17 minutes at pressure.

Stove Top, Increase broth to 5.5 cups and cook covered for about 25 minutes.

More Vegetables, Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.



Meal Prep Greek Chicken Bowls

4 servings

50 minutes

Ingredients

- 2 cups Water
- 1 cup Brown Rice (dry)
- 16 ozs Chicken Breast (skinless, boneless)
- 2 tbsps Greek Seasoning
- 1 Cucumber (medium, diced)
- 1/2 cup Red Onion (medium, diced)
- 2 cups Cherry Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	435
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	39g
Cholesterol	117mg
Sodium	1030mg
Vitamin A	736IU
Vitamin C	14mg
Calcium	46mg
Iron	2mg

Directions

- 1 Preheat the oven to 350F and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage, Keeps well in the fridge for 3 days.

More Flavour, Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning, Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



One Pan Hawaiian Salmon

4 servings
35 minutes

Ingredients

4 Red Bell Pepper (sliced)
1 tbsp Extra Virgin Olive Oil
16 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Pineapple (cored and sliced into rounds)

Nutrition

Calories	373
Fat	25g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	19g
Fiber	4g
Sugar	13g
Protein	20g
Cholesterol	52mg
Sodium	502mg
Vitamin A	4173IU
Vitamin C	199mg
Calcium	34mg
Iron	1mg

Directions

- 1 Preheat oven to 400F and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 3 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 4 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.

No Salmon, Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.



Chicken, Carrots & Broccolini

4 servings
30 minutes

Ingredients

2 bunches Broccolini (trimmed)
4 Carrot (large, sliced into rounds)
2 tbsps Extra Virgin Olive Oil
16 ozs Chicken Breast (boneless, skinless)

Nutrition

Calories	310
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	13g
Fiber	8g
Sugar	4g
Protein	44g
Cholesterol	117mg
Sodium	223mg
Vitamin A	20132IU
Vitamin C	84mg
Calcium	283mg
Iron	4mg

Directions

- 1 Preheat the oven to 400 and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini, Use regular broccoli or cauliflower instead.



Chicken, Asparagus & Sweet Potato

4 servings

30 minutes

Ingredients

- 3 Sweet Potato (medium, diced)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 cups Asparagus (woody ends trimmed)
- 20 ozs Chicken Breast (boneless, skinless)

Nutrition

Calories	363
Fat	10g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	24g
Fiber	5g
Sugar	6g
Protein	47g
Cholesterol	147mg
Sodium	130mg
Vitamin A	14637IU
Vitamin C	8mg
Calcium	60mg
Iron	3mg

Directions

- 1 Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
- 2 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 3 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 4 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 5 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

Notes

- No Asparagus,** Use zucchini, green beans, broccoli or cauliflower instead.
- No Sweet Potato,** Use carrots or regular potato instead.
- Vegan,** Swap out the chicken for roasted chickpeas or marinated lentils.
- Leftovers,** Keeps well in the



Green Chicken Sliders

4 servings

30 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1 tsp Oregano (dried)
- 3/4 tsp Sea Salt
- 2 cups Kale Leaves (very finely chopped)
- 2 cups Broccoli (very finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Boston Lettuce

Nutrition

Calories	228
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	7g
Fiber	3g
Sugar	1g
Protein	22g
Cholesterol	98mg
Sodium	553mg
Vitamin A	3608IU
Vitamin C	45mg
Calcium	81mg
Iron	2mg

Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size, One serving is equal to two sliders.

More Carbs, Serve on a bun or on top of rice.

Topping Ideas, Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

Leftovers, These keep well in an airtight container in the fridge up to three days or freeze for up to three months.



Citrus Spiced Turkey Bowls

4 servings

30 minutes

Ingredients

- 4 cups Green Beans (trimmed)
- 1 Navel Orange
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Sesame Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Ginger (peeled and grated)
- 1/4 cup Orange Juice
- 1 Red Hot Chili Pepper (minced)
- 2 Garlic (cloves, minced)
- 1/4 cup Coconut Aminos (or tamari)
- 4 stalks Green Onion (sliced)

Nutrition

Calories	311
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	18g
Fiber	4g
Sugar	12g
Protein	24g
Cholesterol	84mg
Sodium	358mg
Vitamin A	1477IU
Vitamin C	59mg
Calcium	87mg
Iron	3mg

Directions

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

Notes

- Leftovers, Keeps well in the fridge up to 3 days.
- Vegetarian, Use scrambled eggs instead of turkey.



One Pan Sole & Asparagus with Brown Rice

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 2 cups Water
- 4 cups Asparagus (woody ends sliced off)
- 3 tbsps Extra Virgin Olive Oil
- 16 ozs Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)

Nutrition

Calories	368
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g
Cholesterol	52mg
Sodium	344mg
Vitamin A	1049IU
Vitamin C	10mg
Calcium	73mg
Iron	4mg

Directions

- 1 Preheat oven to 375F.
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.

No Asparagus, Use green beans or sliced zucchini instead.

More Flavour, Sprinkle the fish with thyme or dill.



Slow Cooker Sausage & Kale Soup

8 servings

4 hours

Ingredients

- 12 ozs Pork Sausage (cut into chunks)
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 8 cups Kale Leaves (chopped)
- 8 cups Water (or broth)
- 2 tsps Sea Salt
- 3/4 cup Brown Rice (dry, uncooked)

Nutrition

Calories	248
Fat	13g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	23g
Fiber	4g
Sugar	2g
Protein	9g
Cholesterol	25mg
Sodium	1057mg
Vitamin A	9201IU
Vitamin C	11mg
Calcium	125mg
Iron	2mg

Directions

- 1 Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
- 2 Divide into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 3 days, or freeze if longer.
No Brown Rice, Use quinoa instead.



Baked Broccoli & Feta Egg Cups

2 servings

40 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 2 cups Broccoli (cut into florets)
- 3 Egg
- 2 tbsps Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Nutmeg
- 1/3 cup Feta Cheese (crumbled)

Nutrition

Calories	240
Fat	17g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	16g
Cholesterol	301mg
Sodium	431mg
Vitamin A	1109IU
Vitamin C	81mg
Calcium	238mg
Iron	2mg

Directions

- 1 Preheat oven to 350. Grease ramekins with coconut oil and set aside.
- 2 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 3 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 4 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 5 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.



Chicken, Broccoli & Cashew Stir Fry

4 servings

45 minutes

Ingredients

8 ozs Chicken Breast
 3/4 cup Quinoa
 1 1/2 cups Water
 2 tbsps Tamari
 1 tbsp Raw Honey
 1 tbsp Apple Cider Vinegar
 4 cups Broccoli (cut into florets)
 1 tbsp Coconut Oil
 1 Yellow Bell Pepper (diced)
 1/2 Sweet Onion (chopped)
 1 tbsp Ginger (grated)
 3 Garlic (cloves, minced)
 1/2 cup Cashews
 3 stalks Green Onion (chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Calories	416
Fat	16g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	45g
Fiber	6g
Sugar	9g
Protein	29g
Cholesterol	59mg
Sodium	574mg
Vitamin A	1043IU

Directions

- 1 Preheat oven to 350. Sprinkle the chicken with your clean spices of choice (I like salt and pepper). Place on cookie sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Calories	196
Fat	3g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	18g
Cholesterol	39mg
Sodium	265mg
Vitamin A	3588IU
Vitamin C	4mg
Calcium	51mg
Iron	3mg

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Carbs, Serve it over brown rice.

More Protein, Serve it over quinoa.

Vegan and Budget-Friendly, Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup, Double up on the broth.

More Green Veggies, Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



Falafel Stuffed Peppers

4 servings
1 hour 10 minutes

Ingredients

- 1 cup Cashews
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 Garlic (cloves, minced)
- 2 tbsps Almond Flour
- 1/2 cup Basil Leaves (chopped)
- 1/2 cup Parsley (chopped)
- 3 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Red Bell Pepper
- 1/4 cup Tahini
- 2 tbsps Unsweetened Almond Milk
- 1 Lemon (juiced)
- 1/4 cup Fresh Dill
- 2 tbsps Water

Nutrition

Calories	555
Fat	38g
Saturated	6g
Trans	0g
Polyunsaturated	8g
Monounsaturated	20g
Carbs	43g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	631mg

Directions

- 1 Preheat oven to 400.
- 2 Combine cashews, chickpeas, garlic, almond flour, basil, parsley, olive oil, sea salt and black pepper together in a food processor. Blend until you achieve a smooth consistency.
- 3 Slice bell peppers in half and carve out the seeds. Fill each half evenly with the falafel mixture. Place on a baking sheet lined with parchment paper. Bake in the oven for 50 minutes.
- 4 Meanwhile, create your tahini dill sauce by combining tahini, almond milk, lemon juice, dill and water in the food processor. Pulse until smooth. Transfer into a jar and set aside.
- 5 Remove peppers from the oven. Let cool for 5 minutes then drizzle with tahini dill sauce. Enjoy!



Baked Salmon with Broccoli & Quinoa

4 servings

20 minutes

Ingredients

- 20 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

Nutrition

Calories	482
Fat	19g
Saturated	3g
Trans	0g
Polyunsaturated	6g
Monounsaturated	9g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg

Directions

- 1 Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

- Leftovers, Store covered in the fridge up to 2 days.
- Speed it Up, Cook the quinoa ahead of time.
- Vegan, Use tofu steaks instead of salmon fillets.



Steak with Balsamic Jus

4 servings

15 minutes

Ingredients

- 1 tbsp Coconut Oil
- 20 ozs Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Balsamic Vinegar
- 1/4 cup Dijon Mustard
- 10 cups Baby Spinach
- 2 tbsps Slivered Almonds (toasted)
- 1/2 Lemon (juiced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Calories	435
Fat	20g
Saturated	9g
Trans	1g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	10g
Fiber	2g
Sugar	5g
Protein	48g
Cholesterol	140mg
Sodium	421mg
Vitamin A	7104IU
Vitamin C	23mg
Calcium	155mg
Iron	7mg

Directions

- 1 Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
- 2 Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
- 3 Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
- 4 Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

Notes

Make it Even Quicker, Skip sauteing the spinach and make a raw salad instead.



15 Minute Tilapia

2 servings

15 minutes

Ingredients

- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Tilapia Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

Nutrition

Calories	219
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	9g
Fiber	4g
Sugar	4g
Protein	27g
Cholesterol	58mg
Sodium	341mg
Vitamin A	9570IU
Vitamin C	46mg
Calcium	124mg
Iron	4mg

Directions

- 1 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 2 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 3 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 4 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Notes

No Tilapia, Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

Make it Spicy, Double up on the red pepper flakes.



Cream of Celery & Asparagus Soup

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

Nutrition

Calories	222
Fat	17g
Saturated	7g
Trans	0g
Polyunsaturated	8g
Monounsaturated	2g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	672mg
Vitamin A	3846IU
Vitamin C	20mg
Calcium	131mg
Iron	5mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds, Use cashews.

Add Some Crunch, Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach, Use kale, swiss chard or any leafy green.



Creamy Edamame & Mushroom Pasta

2 servings
25 minutes

Ingredients

- 1/2 cup Brown Rice Macaroni
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1 cup Unsweetened Almond Milk
- 2 tps Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Arrowroot Powder
- 2 tbsps Almond Flour
- 1 tsp Sea Salt
- 1/2 cup Frozen Peas
- 1/2 cup Frozen Edamame
- 2 cups Baby Spinach (chopped)

Nutrition

Calories	327
Fat	15g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	39g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	1321mg
Vitamin A	4018IU
Vitamin C	16mg
Calcium	316mg
Iron	4mg

Directions

- 1 Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
- 3 In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
- 4 Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
- 5 Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage, Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

More Protein, Serve with diced chicken breast, shrimp or add extra edamame.

Likes it Spicy, Add red pepper flakes.



One Pan Honey Garlic Salmon with Bok Choy

4 servings
20 minutes

Ingredients

- 1 tbsp Raw Honey
- 2 tbsps Tamari
- 3 Garlic (cloves, minced)
- 1 1/2 tsps Chili Powder
- 20 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Bok Choy (halved)
- 1 tsp Sesame Oil
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sesame Seeds

Nutrition

Calories	254
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	8g
Fiber	1g
Sugar	5g
Protein	31g
Cholesterol	78mg
Sodium	640mg
Vitamin A	3575IU
Vitamin C	32mg
Calcium	111mg
Iron	2mg

Directions

- 1 Preheat oven to 510 and line a baking sheet with parchment paper.
- 2 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 3 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 4 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 5 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

Notes

No Salmon, Any fish fillet will do. Baking time will vary depending on thickness.

No Bok Choy, Use asparagus, green beans or broccoli instead.

Make it on the Grill, Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.



Kimchi Fried Cauliflower Rice

4 servings

20 minutes

Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

Nutrition

Calories	237
Fat	14g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	18g
Fiber	7g
Sugar	6g
Protein	14g
Cholesterol	186mg
Sodium	1022mg
Vitamin A	1542IU
Vitamin C	76mg
Calcium	147mg
Iron	5mg

Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower, Use cooked quinoa or brown rice instead.

Meat Lover, Add chopped bacon.

No Eggs, Use diced chicken breast or roasted chickpeas instead.



Sausage & Sauerkraut Skillet

4 servings

40 minutes

Ingredients

- 10 ozs Organic Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

Nutrition

Calories	264
Fat	14g
Saturated	6g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	26g
Fiber	6g
Sugar	15g
Protein	12g
Cholesterol	85mg
Sodium	1282mg
Vitamin A	2264IU
Vitamin C	29mg
Calcium	128mg
Iron	5mg

Directions

- 1 Preheat oven to 350. Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Vegan and Vegetarian, Skip the sausage and use cooked lentils instead.

No Swiss Chard, Use kale or spinach instead.



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

- 5 ozs Organic 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

Calories	224
Fat	11g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	85mg
Sodium	788mg
Vitamin A	1560IU
Vitamin C	135mg
Calcium	165mg
Iron	5mg

Directions

- 1 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.
- 2 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.



Breakfast Cauliflower Casserole

3 servings

1 hour

Ingredients

1/2 head Cauliflower (chopped into florets)
 7 Egg
 1/2 cup Unsweetened Almond Milk
 1 tsp Garlic Powder
 1 tbsp Nutritional Yeast
 1 tsp Sea Salt
 1 cup Baby Spinach

Nutrition

Calories	210
Fat	12g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	18g
Cholesterol	434mg
Sodium	1021mg
Vitamin A	1651IU
Vitamin C	50mg
Calcium	173mg
Iron	3mg

Directions

- 1 Preheat oven to 375.
- 2 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 3 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 4 Pour mixture into a baking dish and bake for 45 minutes.
- 5 Remove from oven and let cool slightly before serving. Enjoy!

Notes

More Greens, Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower, Use steamed broccoli instead.

Storage, Store in an airtight container up to three days. Reheat before serving.



Mediterranean Goddess Bowl

2 servings

25 minutes

Ingredients

1/2 cup Quinoa (uncooked)
 3/4 cup Water
 2 cups Baby Spinach
 1 1/2 tps Tahini
 2 tbsps Extra Virgin Olive Oil
 1/4 tsp Oregano
 1/4 tsp Black Pepper
 1/4 Lemon (juiced)
 1/2 Tomato (diced)
 2 tbsps Red Onion (finely diced)
 1/2 Cucumber (diced)
 1/4 cup Parsley (finely chopped)
 1/2 cup Hummus
 1 1/2 tps Chili Powder

Nutrition

Calories	482
Fat	30g
Saturated	4g
Trans	0g
Polyunsaturated	9g
Monounsaturated	15g
Carbs	45g
Fiber	9g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	369mg
Vitamin A	4559IU
Vitamin C	28mg
Calcium	140mg

Directions

- 1 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 2 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 3 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 4 Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

Notes

On-the-Go, Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.



Cajun Chicken, Sweet Potatoes & Kale

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Cajun Spice (divided)
- 1 1/2 tsps Coconut Oil (divided)
- 1/2 lb Extra Lean Ground Chicken
- 4 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	348
Fat	16g
Saturated	6g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	25g
Fiber	6g
Sugar	3g
Protein	25g
Cholesterol	98mg
Sodium	544mg
Vitamin A	22222IU
Vitamin C	20mg
Calcium	186mg
Iron	4mg

Directions

- 1 Preheat the oven to 430 degrees F. Line a baking sheet with parchment paper.
- 2 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 3 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 4 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken, Use any type of ground meat.

Vegan & Vegetarian, Use lentils or chickpeas instead of chicken.

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



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

Calories	251
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	34g
Fiber	10g
Sugar	9g
Protein	13g
Cholesterol	0mg
Sodium	397mg
Vitamin A	8079IU
Vitamin C	170mg
Calcium	132mg
Iron	4mg

Directions

- 1 Preheat oven to 375 degrees F.
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

- Save Time,** Buy frozen, pre-sliced butternut squash cubes.
- More Protein,** Serve with roasted chicken or top with bacon.
- More Carbs,** Serve with brown rice macaroni or quinoa.



Marinated Mixed Bean Salad

3 servings

15 minutes

Ingredients

- 1 1/2 cups Green Beans (fresh or frozen)
- 3 cups Mixed Beans (cooked)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/4 tps Italian Seasoning
- 3/4 Garlic (dove, minced)
- 3/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	367
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	5mg
Vitamin A	346IU
Vitamin C	13mg
Calcium	83mg
Iron	5mg

Directions

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

Notes

No Mixed Beans, Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

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



Broccoli Almond Protein Salad

2 servings
20 minutes

Ingredients

2 cups Broccoli (chopped into small florets)
1 cup Frozen Edamame (shelled)
2 stalks Green Onion (sliced)
1/4 cup Almonds (chopped)
2 tbsps Almond Butter
1 1/2 tsps Rice Vinegar
1 1/2 tsps Tamari (or Coconut Aminos)
1 1/2 tsps Maple Syrup
1 1/2 tsps Sesame Oil
1/2 Garlic (clove, minced)
1 tbsp Water

Nutrition

Calories	374
Fat	25g
Saturated	2g
Trans	0g
Polyunsaturated	8g
Monounsaturated	13g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	290mg
Vitamin A	1279IU
Vitamin C	88mg
Calcium	208mg
Iron	4mg

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days.



Peanut Butter Curry Chickpea Stew

2 servings

45 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tps Ginger (grated)
- 1/2 tsp Cumin
- 1/2 tsp Coriander
- 1/2 tsp Cinnamon
- 1 1/2 tps Turmeric
- 2 tbsps Water
- 2 tbsps All Natural Peanut Butter
- 1 cup Organic Vegetable Broth
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 Red Bell Pepper (sliced)
- 1/2 Zucchini (sliced)
- 1 Carrot (medium, peeled and sliced)
- 2 cups Chickpeas (cooked)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (chopped)

Nutrition

Calories	466
Fat	17g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	63g
Fiber	18g

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers, Store in the fridge up to 4 days or freeze.



Hawaiian BBQ Tofu Bowls

2 servings

30 minutes

Ingredients

- 225 grams Tofu (cubed)
- 1 serving Cleaned Up BBQ Sauce (see our recipe)
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 cup Pineapple (sliced)
- 1/4 cup Cilantro (finely chopped)

Nutrition

Calories	435
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	59g
Fiber	9g
Sugar	24g
Protein	20g
Cholesterol	0mg
Sodium	228mg
Vitamin A	2624IU
Vitamin C	136mg
Calcium	411mg
Iron	6mg

Directions

- 1 Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
- 2 Preheat oven to 375 degrees F and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.
- 3 Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 4 While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5-10 minutes, turning often.
- 5 Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Notes

- Make Ahead,** Make our Cleaned Up BBQ Sauce in advance to save time.
- Meat Lover,** Use diced chicken or turkey breast instead of tofu.



**FUNDAMENTAL
FITNESS**



Lentil, Sweet Potato & Arugula Salad

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (medium, diced)
- 3/4 tsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 tbsps Water
- 1 1/2 tps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula
- 1 cup Lentils (cooked)

Nutrition

Calories	292
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	40g
Fiber	12g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	62mg
Vitamin A	9714IU
Vitamin C	6mg
Calcium	141mg
Iron	5mg

Directions

- 1 Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 3 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 4 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils, Use chickpeas or ground meat instead.

No Tahini, Use sunflower seed butter instead.

No Arugula, Use baby spinach, kale or mixed greens instead.

Likes it Spicy, Add cajun spice or hot sauce into the tahini dressing.



Balsamic Roasted Tempeh Bowls

1 serving

1 hour

Ingredients

- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Balsamic Vinegar
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Italian Seasoning
- 166 1/2 grams Tempeh
- 1/3 cup Red Onion (medium, sliced)
- 2 Carrot (medium, peeled and chopped)
- 1 1/3 cups Mushrooms (quartered)
- 1 Zucchini (sliced)
- 1/2 cup Quinoa (dry)
- 3/4 cup Water

Nutrition

Calories	470
Fat	21g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	68mg
Vitamin A	10394IU
Vitamin C	25mg
Calcium	171mg
Iron	5mg

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers, Keeps well in the fridge up to 4 days.



Swiss Chard, Lentil & Rice Bowl

1 serving

1 hour

Ingredients

- 2 tbsps Brown Rice (uncooked)
- 3 tbsps Water
- 3/4 tsp Coconut Oil
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1/4 tsp Cumin
- 1/4 tsp Paprika
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/4 Garlic (dove, minced)
- 3/4 tsp Apple Cider Vinegar
- 1/2 cup Lentils (cooked, drained and rinsed)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	310
Fat	12g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	41g
Fiber	10g
Sugar	3g
Protein	12g
Cholesterol	0mg
Sodium	160mg
Vitamin A	4702IU
Vitamin C	23mg
Calcium	69mg
Iron	5mg

Directions

- 1 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 2 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

- Speed it Up, Use quinoa or brown rice pasta instead of brown rice.
- No Swiss Chard, Use kale, spinach or collard greens instead.
- More Protein, Top with a poached egg.



Baked Chicken with Tomatoes, Avocado & Spinach Salad

3 servings
40 minutes

Ingredients

- 12 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Paprika
- 1 1/2 cups Cherry Tomatoes (halved)
- 1 1/2 Avocado (peeled and pitted)
- 1 1/2 Lime (juiced)
- 3 tbsps Red Onion (finely diced)
- 3 cups Baby Spinach
- 1 1/8 tsps Extra Virgin Olive Oil
- 1/3 Lemon (juiced)

Nutrition

Calories	381
Fat	20g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	16g
Fiber	9g
Sugar	4g
Protein	39g
Cholesterol	117mg
Sodium	95mg
Vitamin A	4194IU
Vitamin C	38mg
Calcium	63mg
Iron	2mg

Directions

- 1 Preheat oven to 350 and line a baking sheet with parchment paper.
- 2 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 3 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 4 Toss spinach with olive oil and lemon juice.
- 5 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!



Spaghetti Squash Burrito Bowls

2 servings

40 minutes

Ingredients

- 1 Spaghetti Squash (medium)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 lb Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Oregano
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 cup Red Onion (finely diced)
- 1 Tomato (diced)
- 1/2 Avocado (cubed)
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (sliced into wedges)

Nutrition

Calories	487
Fat	28g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	16g
Carbs	39g
Fiber	11g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	530mg
Vitamin A	5000IU
Vitamin C	119mg

Directions

- 1 Preheat oven to 350F and line a baking sheet with parchment paper.
- 2 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 3 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 4 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 5 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

Notes

Vegan & Vegetarian, Use black beans instead of ground meat.

Leftovers, Refrigerate in an air-tight container up to 2 days. Reheat before serving.



Vegetable Chow Mein

4 servings

20 minutes

Ingredients

- 1/3 cup Tamari
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1/4 tsp Black Pepper
- 1 cup Brown Rice Vermicelli Noodles
- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 2 cups Snap Peas
- 2 cups Matchstick Carrots

Nutrition

Calories	200
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	40g
Fiber	5g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	1594mg
Vitamin A	5030IU
Vitamin C	16mg
Calcium	70mg
Iron	2mg

Directions

- 1 In a small bowl, whisk together tamari, minced garlic, ginger and pepper and set aside.
- 2 Bring a large pot of water to a boil. Drop in vermicelli noodles and cook according to directions on the package (usually 3 to 4 minutes). Strain and rinse with cold water to prevent from over cooking. Drizzle with a bit of olive oil and toss well. Set aside.
- 3 In a large skillet, heat extra virgin olive oil over medium heat. Add in onion and celery and saute for 5 minutes or until celery is tender. Add in snap peas and carrots and saute for another 5 minutes or until vegetables are tender.
- 4 Stir in tamari mixture and noodles and saute for 2 minutes or until heated through. Use tongs to evenly distribute the noodles and vegetables. Transfer into bowls and enjoy!

Notes

More protein, Add diced chicken or lentils

More green vegetables, Add broccoli, spinach or green peas



Curried Lentil, Kale & Broccolini Salad

4 servings
20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (finely chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tbsp Curry Powder
- 1 bunch Broccolini
- 2 tbsps Water
- 8 cups Kale Leaves (chopped)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg

Nutrition

Calories	361
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	39g
Fiber	16g
Sugar	4g
Protein	24g
Cholesterol	186mg
Sodium	246mg
Vitamin A	18231IU
Vitamin C	65mg
Calcium	354mg
Iron	9mg

Directions

- 1 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 2 Add the broccolini and water. Saute until bright green (about 5-8 minutes).
- 3 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 4 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 5 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 6 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

Notes

- More protein, Serve with quinoa.
- More carbs, Serve with brown rice.
- No Eggs, Top with protein of choice.



**FUNDAMENTAL
FITNESS**



15 Minute Halibut with Dill Pesto

2 servings

15 minutes

Ingredients

- 1/2 cup Parsley (packed)
- 2 tbsps Fresh Dill (packed)
- 2 2/3 tbsps Slivered Almonds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/2 Garlic (dove)
- Sea Salt & Black Pepper
- 10 ozs Halibut Fillet
- 3/4 tsp Coconut Oil
- 4 cups Mixed Greens (or Arugula)

Nutrition

Calories	338
Fat	19g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	36g
Cholesterol	85mg
Sodium	162mg
Vitamin A	1411IU
Vitamin C	33mg
Calcium	97mg
Iron	2mg

Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 - 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free, Use pumpkin seeds or sunflower seeds instead.

Save Time, Blend up the pesto in advance.

More Carbs, Serve it with rice, quinoa or roasted mini potatoes.



Sausage & Sauerkraut Skillet

2 servings
40 minutes

Ingredients

- 5 ozs Organic Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

Nutrition

Calories	264
Fat	14g
Saturated	6g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	26g
Fiber	6g
Sugar	15g
Protein	12g
Cholesterol	85mg
Sodium	1282mg
Vitamin A	2264IU
Vitamin C	29mg
Calcium	128mg
Iron	5mg

Directions

- 1 Preheat oven to 350. Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

- Vegan and Vegetarian, Skip the sausage and use cooked lentils instead.
- No Swiss Chard, Use kale or spinach instead.



Egg Roll in a Bowl

2 servings

30 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 stalks Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1/2 lb Lean Ground Pork
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 2 tbsps Coconut Aminos

Nutrition

Calories	407
Fat	26g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	667mg
Vitamin A	5100IU
Vitamin C	61mg
Calcium	100mg
Iron	3mg

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos, Use tamari or soy sauce instead.

Meat-Free, Replace the ground meat with scrambled eggs or tofu.



Roasted Sweet Potato & Brussels Sprouts Salad

3 servings

30 minutes

Ingredients

- 1 1/2 Sweet Potato (medium, sliced into 1 inch cubes)
- 3 cups Brussels Sprouts (washed and halved)
- 2 1/4 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tsps Tahini
- 2 1/4 tsps Maple Syrup
- 3 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 1/2 cups Lentils (cooked, drained and rinsed)
- 6 cups Baby Spinach (chopped)

Nutrition

Calories	355
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	200mg
Vitamin A	15576IU
Vitamin C	95mg

Directions

- 1 Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts, Use broccoli instead.

No Lentils, Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Berry Beet Smoothie Bowl

3 servings

10 minutes

Ingredients

- 1 1/2 Beet (medium, peeled and diced)
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries
- 1 1/2 tbsps Pitted Dates
- 1 1/2 tsps Schisandra Berry Powder
- 1 1/2 cups Unsweetened Almond Milk

Nutrition

Calories	136
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	29g
Fiber	6g
Sugar	22g
Protein	3g
Cholesterol	0mg
Sodium	117mg
Vitamin A	1208IU
Vitamin C	44mg
Calcium	263mg
Iron	1mg

Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas, Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder, Leave it out, or use acai powder instead.



Beef, Sweet Potato & Rapini Skillet

2 servings

25 minutes

Ingredients

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

Nutrition

Calories	297
Fat	12g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	28g
Cholesterol	74mg
Sodium	469mg
Vitamin A	14190IU
Vitamin C	46mg
Calcium	175mg
Iron	5mg

Directions

- 1 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.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 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.



One Pan Paleo Plate

2 servings

35 minutes

Ingredients

- 8 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 2 cups Brussels Sprouts (washed, trimmed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)
- 1 Sweet Potato (washed and sliced in half)

Nutrition

Calories	295
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	21g
Fiber	5g
Sugar	5g
Protein	39g
Cholesterol	117mg
Sodium	117mg
Vitamin A	9922IU
Vitamin C	76mg
Calcium	62mg
Iron	2mg

Directions

- 1 Preheat oven to 375 and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

No Brussels Sprouts, Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast, Use turk
Vegans and Vegetarians, Re
Extra Time, Slice sweet pota



**FUNDAMENTAL
 FITNESS**



Cream of Broccoli, Kale & Spinach Soup

2 servings

30 minutes

Ingredients

- 1 cup Kale Leaves (chopped)
- 1 cup Baby Spinach
- 1 1/2 cups Broccoli (cut into florets)
- 1/4 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1 cup Organic Vegetable Broth
- 1/2 cup Organic Coconut Milk
- 1/4 Lemon (juiced)
- 1/2 Avocado (sliced)

Nutrition

Calories	275
Fat	22g
Saturated	13g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	17g
Fiber	7g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	409mg
Vitamin A	5418IU
Vitamin C	79mg
Calcium	107mg
Iron	2mg

Directions

- 1 Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
- 2 Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
- 3 Add salt and pepper to taste.
- 4 Add coconut milk and stir well.
- 5 Add spinach and kale. Stir just until the greens are wilted and remove from heat.
- 6 In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
- 7 Transfer blended mixture back into a large pot. Warm to desired temperature.
- 8 Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.



Rosemary Lemon Chicken Skillet

2 servings
50 minutes

Ingredients

8 ozs Chicken Breast (sliced in half)
1 tbsp Rosemary (chopped)
1 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 Garlic (cloves, minced)
1/2 tsp Sea Salt
1 Sweet Potato (cubed)
2 cups Baby Spinach

Nutrition

Calories	333
Fat	14g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	9g
Carbs	17g
Fiber	3g
Sugar	3g
Protein	37g
Cholesterol	117mg
Sodium	709mg
Vitamin A	12097IU
Vitamin C	20mg
Calcium	63mg
Iron	2mg

Directions

- 1 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
- 2 Preheat oven to 425 degrees F.
- 3 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 4 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziploc bag over the sweet potatoes. Bake uncovered for about 40-45 minutes, or until chicken and potatoes are fully cooked.
- 5 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

Notes

Vegetarian, Use cauliflower steaks instead of chicken.



One Pan Salmon, Kale & Cabbage

2 servings

20 minutes

Ingredients

- 6 cups Green Cabbage (roughly chopped)
- 4 cups Kale Leaves (roughly chopped)
- 3 tbsps Avocado Oil
- 8 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Fresh Dill (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard

Nutrition

Calories	491
Fat	28g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	17g
Carbs	29g
Fiber	11g
Sugar	10g
Protein	30g
Cholesterol	63mg
Sodium	235mg
Vitamin A	13392IU
Vitamin C	117mg
Calcium	284mg
Iron	5mg

Directions

- 1 Preheat oven to 450F and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

- No Avocado Oil, Use olive oil instead.
- No Apple Cider Vinegar, Use lemon juice instead.
- Leftovers, Keep covered in the fridge up to two days.



Slow Cooker Swedish Meatballs

2 servings
4 hours 30 minutes

Ingredients

- 1/2 lb Extra Lean Ground Turkey
- 1/4 cup Parsley (chopped and divided)
- 1/2 tsp Onion Powder
- 1/3 tsp Sea Salt
- 1 1/2 cups Mushrooms (sliced)
- 1/2 White Onion (chopped)
- 1/4 cup Organic Coconut Milk (canned)
- 1 1/2 tbsps Coconut Aminos (or tamari)

Nutrition

Calories	261
Fat	15g
Saturated	7g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	8g
Fiber	1g
Sugar	5g
Protein	24g
Cholesterol	84mg
Sodium	740mg
Vitamin A	715IU
Vitamin C	13mg
Calcium	45mg
Iron	2mg

Directions

- 1 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 2 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 3 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 4 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Notes

Serve it With, Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

Leftovers, Keeps well in the fridge up to 3 days. Freeze for longer.



Overnight Bircher Muesli

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (rolled)
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Sliced Almonds
- 1 1/2 tbsps Ground Flax Seed
- 3 tbsps Organic Raisins
- 3 tbsps Hemp Seeds
- 1/3 tsp Cinnamon
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 Apple (medium, grated)

Nutrition

Calories	417
Fat	20g
Saturated	7g
Trans	0g
Polyunsaturated	6g
Monounsaturated	2g
Carbs	53g
Fiber	10g
Sugar	13g
Protein	12g
Cholesterol	0mg
Sodium	76mg
Vitamin A	151IU
Vitamin C	2mg
Calcium	423mg
Iron	4mg

Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

Notes

Prep Ahead, The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet, Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein, Make with Greek yogurt instead of coconut yogurt.

Leftovers, Soaked muesli can be kept in an air-tight container or mason jar in the fridge for up to 4 days.



Mediterranean Tuna Pasta Salad

2 servings

15 minutes

Ingredients

- 1 cup Brown Rice Fusilli (cooked)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1 1/2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Green Olives (sliced)
- 1/4 cup Sun Dried Tomatoes (sliced)
- 1/2 can Tuna (drained and flaked)
- 4 cups Arugula
- 2 tbsps Hemp Seeds

Nutrition

Calories	469
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	51g
Fiber	5g
Sugar	4g
Protein	17g
Cholesterol	15mg
Sodium	246mg
Vitamin A	1088IU
Vitamin C	14mg
Calcium	100mg
Iron	5mg

Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

Notes

Vegan, Use chickpeas or lentils instead of tuna.

Leftovers, Keeps well in the fridge up to 3 days.



Grilled Bruschetta Chicken

1 serving
30 minutes

Ingredients

4 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar

Nutrition

Calories	228
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	6g
Fiber	1g
Sugar	1g
Protein	36g
Cholesterol	117mg
Sodium	96mg
Vitamin A	1361IU
Vitamin C	16mg
Calcium	21mg
Iron	1mg

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With, Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.

Cheese Lover, Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill, Bake the chicken breasts in the oven at 350 degrees F for 30 minutes.



**FUNDAMENTAL
FITNESS**



Greek Kale Chickpea Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Fresh Dill (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Tomato (diced)
- 1/2 Green Bell Pepper (diced)
- 2 cups Kale Leaves (finely sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Calories	359
Fat	20g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	34g
Fiber	9g
Sugar	6g
Protein	13g
Cholesterol	17mg
Sodium	435mg
Vitamin A	7189IU
Vitamin C	44mg
Calcium	225mg
Iron	4mg

Directions

- 1 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 2 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

- No Chickpeas, Use lentils or kidney beans instead.
- Extra Greek, Add chopped black olives.
- No Kale, Use spinach or any dark leafy green instead.



One Pan Mediterranean Trout

2 servings

25 minutes

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (dove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

Nutrition

Calories	425
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	14g
Carbs	9g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	94mg
Sodium	660mg
Vitamin A	2712IU
Vitamin C	34mg
Calcium	188mg
Iron	4mg

Directions

- 1 Preheat oven to 450F and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

- No Trout, Use salmon fillets instead.
- More Carbs, Serve with rice or quinoa.



Roasted Carrots with Lentils & Tahini

2 servings

25 minutes

Ingredients

- 6 Heirloom Carrots (washed)
- 1 1/2 tsps Coconut Oil
- 1/4 tsp Sea Salt
- 1 1/2 tsps Tahini
- 1/2 Lemon (juiced)
- 2 tsps Water
- 1 tbsp Extra Virgin Olive Oil (divided)
- 4 cups Kale Leaves (finely sliced)
- 1 1/2 tsps Red Wine Vinegar
- 1 cup Lentils (cooked, drained and rinsed)

Nutrition

Calories	421
Fat	17g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	53g
Fiber	18g
Sugar	11g
Protein	17g
Cholesterol	0mg
Sodium	546mg
Vitamin A	43589IU
Vitamin C	35mg
Calcium	290mg
Iron	8mg

Directions

- 1 Preheat the oven to 430 degrees F. Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead, Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers, Store covered in the fridge up to 3 days.



Greek Chicken Salad

2 servings

45 minutes

Ingredients

- 1 tbsp Greek Seasoning
- 1/2 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 10 ozs Chicken Breast (boneless, skinless)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (diced)
- 2 tbsps Red Onion (finely diced)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1 1/2 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	422
Fat	22g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	14g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	45g
Cholesterol	147mg
Sodium	1291mg
Vitamin A	1168IU
Vitamin C	23mg
Calcium	64mg
Iron	3mg

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs, Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover, Sprinkle with feta cheese.

No Greek Seasoning, Use Italian seasoning instead.



**FUNDAMENTAL
FITNESS**



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

- 4 ozs Chickpea Pasta (dry)
- 1/4 cup Extra Virgin Olive Oil
- 3 cups Cherry Tomatoes
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (chopped)
- 1 tsp Nutritional Yeast

Nutrition

Calories	485
Fat	31g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	20g
Carbs	43g
Fiber	11g
Sugar	11g
Protein	17g
Cholesterol	0mg
Sodium	76mg
Vitamin A	2494IU
Vitamin C	34mg
Calcium	89mg
Iron	7mg

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have bursted, about 15-20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta, Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast, Use parmesan or omit completely.



Lentil & Feta Tabbouleh

1 serving
10 minutes

Ingredients

- 1/2 cup Lentils (cooked)
- 1/2 Tomato (medium, diced)
- 2 2/3 tbsps Feta Cheese (crumbled)
- 1 cup Parsley (chopped)
- 2 tbsps Red Onion (finely diced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1/2 tsp Cinnamon (ground)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	345
Fat	20g
Saturated	5g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	30g
Fiber	11g
Sugar	3g
Protein	15g
Cholesterol	22mg
Sodium	345mg
Vitamin A	6003IU
Vitamin C	94mg
Calcium	246mg
Iron	8mg

Directions

1

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

Notes

Dairy-Free, Omit the feta and use sliced olives or capers instead.
Storage, Store in an airtight container in the fridge up to 3 days.



FUNDAMENTAL
FITNESS



Zucchini Alfredo with Turmeric Chicken

2 servings
20 minutes

Ingredients

- 2 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Chicken Breast (sliced)
- 1 tsp Turmeric
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (peeled and pit removed)
- 1 cup Organic Coconut Milk (canned, full-fat)
- 1/2 Lemon (juiced)

Nutrition

Calories	644
Fat	47g
Saturated	23g
Trans	0g
Polyunsaturated	4g
Monounsaturated	16g
Carbs	20g
Fiber	9g
Sugar	7g
Protein	41g
Cholesterol	117mg
Sodium	112mg
Vitamin A	575IU
Vitamin C	50mg
Calcium	56mg
Iron	3mg

Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7-10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1-2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs, Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian, Use chickpeas or white beans instead of chicken.



Rosemary Lamb Chops with Sweet Potato Mash

2 servings

35 minutes

Ingredients

- 8 ozs Lamb Shoulder Chop
- 1 tsp Sea Salt (coarse)
- 1 tsp Dried Rosemary
- 1 Sweet Potato (medium, peeled and chopped)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	418
Fat	24g
Saturated	7g
Trans	1g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	15g
Fiber	3g
Sugar	3g
Protein	38g
Cholesterol	112mg
Sodium	1319mg
Vitamin A	13489IU
Vitamin C	15mg
Calcium	117mg
Iron	4mg

Directions

- 1 Generously season both sides of each lamb chop with sea salt. Let sit for 15-20 minutes to tenderize.
- 2 Bring a large pot of water to a boil.
- 3 After the chops have sat for 15-20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
- 4 Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
- 5 Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
- 6 Place spinach in the grill pan over medium heat and saute 1-2 minutes until wilted. Season with salt and pepper to taste.
- 7 Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

Notes

Leftovers, Store in an airtight



Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

Ingredients

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

Nutrition

Calories	482
Fat	19g
Saturated	3g
Trans	0g
Polyunsaturated	6g
Monounsaturated	9g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg

Directions

- 1 Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers, Store covered in the fridge up to 2 days.

Speed it Up, Cook the quinoa ahead of time.

Vegan, Use tofu steaks instead of salmon.



**FUNDAMENTAL
FITNESS**



Slow Cooker Cod & Sea Veggie Soup

4 servings

6 hours

Ingredients

- 3 tbsps Coconut Oil
- 1 Yellow Onion (medium, diced)
- 4 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 40 grams Dulse (torn apart into small pieces)
- 2 Sweet Potato (medium, diced)
- 4 Cod Fillet (about 3.5 oz. each, cubed)
- 8 cups Organic Vegetable Broth (or bone broth)

Nutrition

Calories	416
Fat	12g
Saturated	9g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	28g
Fiber	5g
Sugar	9g
Protein	48g
Cholesterol	99mg
Sodium	1649mg
Vitamin A	10466IU
Vitamin C	12mg
Calcium	106mg
Iron	5mg

Directions

- 1 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.
- 2 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.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

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



Mexican Scramble

4 servings

25 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1/2 Green Bell Pepper (de-seeded and diced)
- 3 Garlic (cloves, minced)
- 1 Tomato (diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 tsp Cumin
- 1 tsp Paprika
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 6 Egg
- 2 tbsps Unsweetened Almond Milk
- 2 tbsps Nutritional Yeast
- 2 cups Kale Leaves (finely sliced)
- 1 Avocado (peeled and diced)
- 1/4 cup Organic Salsa
- 1/4 cup Cilantro (chopped)

Nutrition

Calories	372
Fat	17g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	35g
Fiber	14g
Sugar	3g

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 2 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 3 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 4 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 5 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

Notes

Less ingredients, Skip the toppings (avocado, salsa and cilantro)



Spring Salad

2 servings

15 minutes

Ingredients

- 1 cup Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Snap Peas (washed)
- 1/2 cup Frozen Peas (thawed)
- 1 cup Baby Spinach (chopped)
- 1 can Tuna (drained and flaked)
- 1 1/2 tbsps Red Wine Vinegar
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Calories	284
Fat	5g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	32g
Fiber	12g
Sugar	6g
Protein	29g
Cholesterol	30mg
Sodium	482mg
Vitamin A	2820IU
Vitamin C	19mg
Calcium	87mg
Iron	7mg

Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

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

No Tuna, Use diced chicken breast instead.

Vegetarian and Vegan, Skip the tuna and add extra lentils.



Black Bean & White Fish Wraps

4 servings

25 minutes

Ingredients

- 2 Tilapia Fillet (drained and rinsed)
- Sea Salt & Black Pepper (to taste)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1/4 cup Organic Salsa
- 2 stalks Green Onion (diced)
- 1 Lemon (juiced and divided)
- 2 Avocado (peeled and chopped)
- 1 Jalapeno Pepper (de-seeded and chopped)
- 4 cups Coleslaw Mix
- 2 tbsps Cilantro (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 4 cups Collard Greens (washed and stems chopped off)
- 1 Lime (cut into wedges)

Nutrition

Calories	410
Fat	20g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	40g
Fiber	18g
Sugar	6g
Protein	24g
Cholesterol	29mg
Sodium	191mg
Vitamin A	535IU

Directions

- 1 Preheat oven to 425. Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
- 2 In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
- 3 Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
- 4 Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
- 5 To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

Notes

No Coleslaw Mix, Use shredded cabbage instead.

More Carbs, Use gluten-free tortillas instead.

Not a Wrap Fan, Chop up the collard greens and turn it into a salad.



Grilled Shrimp Salad

4 servings

25 minutes

Ingredients

- 1/2 cup Parsley (chopped and packed)
- 3 Lime (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tps Chili Powder
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Coleslaw Mix
- 1 cup Cherry Tomatoes (halved)
- 1 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	471
Fat	22g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	16g
Fiber	7g
Sugar	5g
Protein	57g
Cholesterol	429mg
Sodium	321mg
Vitamin A	4328IU
Vitamin C	66mg
Calcium	227mg
Iron	3mg

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

No Grill, Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian, Use portobello mushrooms instead of shrimp. Marinate and grill the same way.



Spring Vegetable Pasta Salad

4 servings

30 minutes

Ingredients

- 1 cup Basil Leaves (chopped)
- 2 cups Kale Leaves
- 1 Lemon (juiced)
- 1 Garlic (clove, chopped)
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 cup Sunflower Seeds
- 2 cups Asparagus
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (sliced into rounds)
- 4 cups Brown Rice Fusilli (cooked)

Nutrition

Calories	825
Fat	39g
Saturated	5g
Trans	0g
Polyunsaturated	9g
Monounsaturated	22g
Carbs	103g
Fiber	13g
Sugar	4g
Protein	16g
Cholesterol	0mg
Sodium	365mg
Vitamin A	4917IU
Vitamin C	23mg
Calcium	97mg
Iron	5mg

Directions

- 1 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein, Add grilled chicken or roasted chickpeas.



Lentil Stuffed Grilled Peppers

4 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 cup Basil Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 4 Red Bell Pepper
- 1/2 cup Feta Cheese (crumbled)
- 2 cups Green Lentils (cooked, drained and rinsed)

Nutrition

Calories	255
Fat	7g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	36g
Fiber	13g
Sugar	12g
Protein	16g
Cholesterol	17mg
Sodium	641mg
Vitamin A	5657IU
Vitamin C	167mg

Directions

- 1 Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and tamari. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
- 2 Chop the stem and top off of the peppers and carve out the seeds.
- 3 Add the lentils and feta cheese into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
- 4 Heat the oven to 425. Bake stuffed peppers in the oven for 20 minutes. For the barbecue, preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

Notes

Vegan, Leave out the feta and use chopped cashews instead.

No Feta, Use crumbled goat cheese instead.



Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

4 servings
30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 4 cups Baby Spinach
- 1/2 cup Artichoke Hearts (chopped)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Red Pepper Flakes
- 1/2 tsp Black Pepper
- 1 tsp Sea Salt (divided)
- 3/4 cup Almond Flour
- 1 Tomato
- 1/2 cup Cashews
- 1 head Green Lettuce (separated into leaves and washed)

Nutrition

Calories	424
Fat	30g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	9g
Carbs	14g
Fiber	5g
Sugar	3g
Protein	30g
Cholesterol	84mg
Sodium	806mg
Vitamin A	3938IU
Vitamin C	16mg
Calcium	122mg
Iron	4mg

Directions

- 1 Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
- 2 Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
- 3 Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
- 4 When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

Notes

No Grill, Cook burgers in the oven at 350 for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

More Carbs, Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers, Can be frozen up to 6 months in an airtight container.



Pan Seared Haddock with Pineapple Salsa

4 servings

30 minutes

Ingredients

- 1 cup Pineapple (diced)
- 1 Avocado (diced)
- 1 Tomato (diced)
- 1 Red Bell Pepper (diced)
- 1/2 Cucumber (diced)
- 1/4 cup Mint Leaves (chopped)
- 1/4 cup Red Onion (diced)
- 1 Lime (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Coconut Oil
- 4 Haddock Fillet
- 4 cups Mixed Greens

Nutrition

Calories	298
Fat	12g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	33g
Cholesterol	99mg
Sodium	428mg
Vitamin A	1650IU
Vitamin C	76mg
Calcium	70mg
Iron	2mg

Directions

- 1 Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
- 2 Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
- 3 Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

Notes

BBQ Version, Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

No Haddock, Any type of white fish will do.

No Fish, Use chicken breast or steak instead.

Vegan, Skip the fish and use a veggie burger instead.

More Carbs, Serve with brown rice or quinoa.



Quinoa Kale Fritters

6 servings

45 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Coconut Oil (divided)
- 2 Egg (whisked)
- 1/2 Sweet Onion (diced)
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves
- 1/3 cup Oats
- 1/3 cup Almond Flour
- 1 Avocado (peeled and sliced)
- 1 Lemon (juiced)
- 1 tbsp Yellow Mustard

Nutrition

Calories	227
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	22g
Fiber	5g
Sugar	2g
Protein	8g
Cholesterol	62mg
Sodium	74mg
Vitamin A	2308IU
Vitamin C	11mg
Calcium	75mg
Iron	2mg

Directions

- 1 Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 2 In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
- 3 In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
- 4 With clean hands, form even patties with the mixture and place on a piece of waxed paper.
- 5 In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
- 6 To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
- 7 Serve the fritters on organic bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.



Bruschetta Flatbread

2 servings

35 minutes

Ingredients

- 2 Tomato (finely diced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Basil Leaves (chopped)
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortillas
- 2 ozs Chicken Breast (cooked and diced)

Nutrition

Calories	327
Fat	14g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	33g
Fiber	4g
Sugar	4g
Protein	16g
Cholesterol	46mg
Sodium	447mg
Vitamin A	1907IU
Vitamin C	19mg
Calcium	110mg
Iron	2mg

Directions

- 1 Preheat oven to 410. Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 2 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 3 Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!



Greek Kale Chickpea Salad

4 servings

15 minutes

Ingredients

- 2 tbsps Fresh Dill (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 Cucumber (diced)
- 1 Tomato (diced)
- 1 Green Bell Pepper (diced)
- 4 cups Kale Leaves (finely sliced)
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Calories	359
Fat	20g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	34g
Fiber	9g
Sugar	6g
Protein	13g
Cholesterol	17mg
Sodium	435mg
Vitamin A	7189IU
Vitamin C	44mg
Calcium	225mg
Iron	4mg

Directions

- 1 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 2 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

- No Chickpeas, Use lentils or kidney beans instead.
- Extra Greek, Add chopped black olives.
- No Kale, Use spinach or any dark leafy green instead.



Cleaned Up Chicken Salad

4 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (baked)
- 2 stalks Celery (diced)
- 1/2 cup Grapes (halved)
- 4 cups Kale Leaves (finely sliced into ribbons)
- 1/3 cup Slivered Almonds
- 1 tbsp Hemp Seeds
- 2 tbsps Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 2 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 3 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

Nutrition

Calories	267
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	11g
Fiber	4g
Sugar	3g
Protein	22g
Cholesterol	59mg
Sodium	187mg
Vitamin A	6620IU
Vitamin C	12mg
Calcium	114mg
Iron	2mg



Slow Cooker Stuffed Peppers

4 servings

4 hours

Ingredients

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

Nutrition

Calories	349
Fat	16g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	27g
Fiber	10g
Sugar	12g
Protein	30g
Cholesterol	130mg
Sodium	1435mg
Vitamin A	2491IU

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians, Use cooked lentils or beans instead of ground meat.

No Ground Turkey, Use ground chicken or beef instead.

No Slow Cooker, Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower, Serve over rice, quinoa, greens or sweet potato mash.



**FUNDAMENTAL
FITNESS**



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Calories	196
Fat	3g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	18g
Cholesterol	39mg
Sodium	265mg
Vitamin A	3588IU
Vitamin C	4mg
Calcium	51mg
Iron	3mg

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Carbs, Serve it over brown rice.

More Protein, Serve it over quinoa.

Vegan and Budget-Friendly, Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup, Double up on the broth.

More Green Veggies, Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



Avocado Egg Salad Collard Wraps

2 servings

20 minutes

Ingredients

- 2 cups Collard Greens (washed and stems cut off)
- 3 Egg (hard boiled and chopped)
- 1 Avocado (peeled and pits removed)
- 1/4 Lemon (juiced)
- 2 1/2 stalks Green Onion (chopped)
- 1 tbsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	294
Fat	22g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	12g
Fiber	8g
Sugar	2g
Protein	13g
Cholesterol	279mg
Sodium	205mg
Vitamin A	2959IU
Vitamin C	27mg
Calcium	146mg
Iron	2mg

Directions

- 1 In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
- 2 Wrap up in collard greens and enjoy!

Notes

- More Carbs, Wrap in a brown rice tortilla.
- Make it Spicy, Add clean hot sauce.



Chickpea, Avocado & Feta Salad

4 servings

15 minutes

Ingredients

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 Cucumber (diced)
- 4 stalks Green Onion (chopped)
- 1/4 cup Parsley (chopped)
- 1 Lime (juiced)
- 1/4 cup Feta Cheese (crumbled)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (diced)

Directions

- 1 Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

Nutrition

Calories	268
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	30g
Fiber	10g
Sugar	6g
Protein	10g
Cholesterol	8mg
Sodium	121mg
Vitamin A	976IU
Vitamin C	17mg
Calcium	111mg
Iron	3mg



Chicken, Spinach & Mushroom Pasta

4 servings
25 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Tamari
- 2 cups Portobello Mushroom (diced)
- 2 cups Baby Spinach
- 4 Garlic (cloves, minced)
- 1/2 tsp Red Pepper Flakes
- 1 1/2 cups Brown Rice Penne (uncooked)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Breast (baked and sliced)
- 1 Lemon (cut into wedges)

Nutrition

Calories	393
Fat	17g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	38g
Fiber	4g
Sugar	2g
Protein	23g
Cholesterol	59mg
Sodium	175mg
Vitamin A	1519IU
Vitamin C	10mg
Calcium	26mg
Iron	2mg

Directions

- 1 In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
- 2 Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
- 3 Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
- 4 Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
- 5 Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!



Grilled Portobello Mushroom Pizzas

2 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Sweet Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Cherry Tomatoes
- 2 1/4 tps Balsamic Vinegar
- 1 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 2 Portobello Mushroom Caps
- 1/4 cup Goat Cheese (crumbled)

Nutrition

Calories	136
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	15g
Fiber	3g
Sugar	8g
Protein	7g
Cholesterol	5mg
Sodium	99mg
Vitamin A	2028IU
Vitamin C	20mg
Calcium	53mg
Iron	1mg

Directions

- 1 Preheat oven to 420.
- 2 Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
- 3 Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
- 4 Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
- 5 Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!



**FUNDAMENTAL
FITNESS**



Turkey Pineapple Quinoa Bowl

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Curry Powder
- 1/8 tsp Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 1 tbsp Tamari
- 1 cup Baby Spinach

Directions

- 1 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 3 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 4 Spoon into bowls and enjoy!

Nutrition

Calories	324
Fat	15g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	26g
Cholesterol	84mg
Sodium	354mg
Vitamin A	3482IU
Vitamin C	32mg
Calcium	75mg



One Pan Salmon with Green Beans & Roasted Tomato

2 servings

25 minutes

Ingredients

- 2 cups Green Beans (washed and trimmed)
- 1 cup Cherry Tomatoes
- 1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet

Nutrition

Calories	276
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	31g
Cholesterol	78mg
Sodium	71mg
Vitamin A	1367IU
Vitamin C	22mg
Calcium	61mg
Iron	2mg

Directions

- 1 Preheat oven to 510. Line a baking sheet with parchment paper.
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon, Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan, Use roasted chickpeas instead of salmon.

More Carbs, Serve with quinoa or rice.

Added Touch, Toss the green beans in balsamic vinegar before serving.



Maple Mustard Chicken with Green Beans

2 servings

25 minutes

Ingredients

- 1 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Tamari
- 8 ozs Chicken Breast
- 4 cups Green Beans (washed and trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	303
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	39g
Cholesterol	117mg
Sodium	657mg
Vitamin A	1416IU
Vitamin C	24mg
Calcium	91mg
Iron	3mg

Directions

- 1 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 2 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 3 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 4 Remove chicken and beans from the grill and divide onto plates. Enjoy!

Notes

No Grill, Use an oven preheated to 400 instead. Cook the chicken for 10 to 15 minutes per side or until cooked through.

No Green Beans, Use asparagus or zucchini instead.

More Carbs, Grill or roast some sweet potato as a side.

Prep Ahead, Marinate the chicken and store in the fridge up to 24 hours.



**FUNDAMENTAL
FITNESS**



Slow Cooker Maple Mustard Chicken

4 servings

4 hours

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
 2 tbsps Maple Syrup
 1/3 cup Dijon Mustard
 1 tsp Dried Basil
 1 tsp Paprika
 1/2 tsp Sea Salt
 1/2 tsp Black Pepper
 8 cups Green Beans (washed and trimmed)
 1 tbsp Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Nutrition

Calories	546
Fat	22g
Saturated	6g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	21g
Fiber	6g
Sugar	13g
Protein	60g
Cholesterol	302mg
Sodium	755mg
Vitamin A	1729IU
Vitamin C	24mg
Calcium	112mg
Iron	5mg

Directions

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

Notes

No Chicken Thighs, Use chicken breast or drumsticks instead.

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

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



Spaghetti Squash Chow Mein

4 servings
1 hour 30 minutes

Ingredients

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

Nutrition

Calories	342
Fat	18g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	25g
Fiber	5g
Sugar	9g
Protein	22g
Cholesterol	98mg
Sodium	405mg
Vitamin A	3576IU
Vitamin C	53mg
Calcium	112mg
Iron	2mg

Directions

- 1 Preheat oven to 350 degrees F and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 2 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 3 In a separate pan, melt the coconut oil and brown the ground chicken.
- 4 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos, Use tamari instead.

Vegan and Vegetarian, Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy, Serve with hot sauce.

Leftovers, Refrigerate up to 3 days.



Pesto Zoodles with Poached Egg

2 servings

20 minutes

Ingredients

2 Zucchini (large)
 1/2 cup Basil Leaves
 1/2 cup Baby Spinach
 1/2 Garlic (clove, minced)
 2 tbsps Walnuts
 2 1/2 tbsps Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 1/4 tsp Sea Salt
 2 Egg

Nutrition

Calories	309
Fat	27g
Saturated	5g
Trans	0g
Polyunsaturated	6g
Monounsaturated	15g
Carbs	9g
Fiber	3g
Sugar	6g
Protein	10g
Cholesterol	186mg
Sodium	388mg
Vitamin A	1683IU
Vitamin C	43mg
Calcium	87mg
Iron	2mg

Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free, Use sunflower or pumpkin seeds instead of walnuts.

More Carbs, Use brown rice pasta instead of zucchini noodles.

No Spinach, Use kale or any dark leafy green.

Meat Lover, Skip the poached egg and top with chicken, bacon or steak instead.

Vegan, Skip the poached egg and top with beans, lentils or chickpeas instead.



Smoked Salmon Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 100 grams Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	345
Fat	28g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	18g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	17g
Cholesterol	198mg
Sodium	436mg
Vitamin A	387IU
Vitamin C	11mg
Calcium	70mg
Iron	2mg

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions, Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon, Replace with the protein of your choice.

No Avocado Oil, Use Extra Virgin Olive Oil instead.



Roasted Chicken with Zucchini & Olives

3 servings
1 hour 20 minutes

Ingredients

300 grams Chicken Leg, Boneless with Skin
1/4 tsp Sea Salt
2 Zucchini (medium, sliced)
1 cup Green Olives (sliced)
1 Lemon (juiced)
3 tbsps Extra Virgin Olive Oil

Nutrition

Calories	413
Fat	35g
Saturated	7g
Trans	0g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	93mg
Sodium	622mg
Vitamin A	504IU
Vitamin C	30mg
Calcium	68mg
Iron	4mg

Directions

- 1 Preheat oven to 375F.
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.

More Carbs, Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan, Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.



Cauliflower, Kale & Sausage Bowl

2 servings

40 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3 cups Kale Leaves (chopped)
- 8 ozs Organic Chicken Sausage
- 2 Egg
- 1 Avocado

Nutrition

Calories	691
Fat	50g
Saturated	11g
Trans	0g
Polyunsaturated	6g
Monounsaturated	30g
Carbs	34g
Fiber	13g
Sugar	6g
Protein	30g
Cholesterol	322mg
Sodium	1377mg
Vitamin A	10167IU
Vitamin C	94mg
Calcium	306mg
Iron	10mg

Directions

- 1 Preheat oven to 350 degrees F and line baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based, Use chickpeas or tempeh instead of sausage, and skip the egg.



Grilled Bruschetta Chicken

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 1/2 Tomato (medium, diced)
- 1/4 cup Red Onion (finely diced)
- 1 Garlic (cloves, minced)
- 2 tbsps Basil Leaves (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Balsamic Vinegar

Nutrition

Calories	228
Fat	7g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	6g
Fiber	1g
Sugar	1g
Protein	36g
Cholesterol	117mg
Sodium	96mg
Vitamin A	1361IU
Vitamin C	16mg
Calcium	21mg
Iron	1mg

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With, Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.

Cheese Lover, Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill, Bake the chicken breasts in the oven at 350 degrees F for 30 minutes.



One Pan Olive Pesto Pork Chops

2 servings

30 minutes

Ingredients

- 1 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 8 ozs Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1 cup Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)

Nutrition

Calories	590
Fat	45g
Saturated	9g
Trans	0g
Polyunsaturated	5g
Monounsaturated	29g
Carbs	19g
Fiber	5g
Sugar	5g
Protein	28g
Cholesterol	78mg
Sodium	584mg
Vitamin A	1939IU
Vitamin C	23mg
Calcium	132mg
Iron	7mg

Directions

- 1 Preheat oven to 400 degrees F and line a baking sheet with foil.
- 2 In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
- 3 Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
- 4 Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto, If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

Storage, Refrigerate in an airtight container up to 3 days.



One Pan Chicken, Radishes & Broccoli

2 servings

40 minutes

Ingredients

10 ozs Chicken Breast
 Sea Salt & Black Pepper (to taste)
 1/2 Lemon (sliced into rounds)
 2 cups Radishes (quartered)
 3 cups Broccoli (chopped into florets)
 2 tbsps Avocado Oil

Nutrition

Calories	406
Fat	19g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	14g
Fiber	6g
Sugar	5g
Protein	48g
Cholesterol	147mg
Sodium	163mg
Vitamin A	904IU
Vitamin C	144mg
Calcium	101mg
Iron	2mg

Directions

- 1 Preheat oven to 375 degrees F and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
- 2 Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
- 3 To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

Notes

Leftovers, Keep covered in the fridge up to 3 days.



Greek Chicken Salad

1 serving

45 minutes

Ingredients

- 1 1/2 tsp Greek Seasoning
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 5 oz Chicken Breast (boneless, skinless)
- 3/4 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (diced)
- 1 tbsp Red Onion (finely diced)
- 1/4 cup Pitted Kalamata Olives (chopped)
- 2 1/4 tsp Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	422
Fat	22g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	14g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	45g
Cholesterol	147mg
Sodium	1291mg
Vitamin A	1168IU
Vitamin C	23mg
Calcium	64mg
Iron	3mg

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

- More Carbs,** Mix quinoa into the salad or serve with roasted potatoes.
- Cheese Lover,** Sprinkle with feta cheese.
- No Greek Seasoning,** Use Italian seasoning instead.



Slow Cooker Beef & Butternut Squash Soup

2 servings

8 hours

Ingredients

- 8 ozs Stewing Beef (chunks)
- 3 cups Butternut Squash (peeled and cubed)
- 2 cups Beef Broth
- 1/8 tsp Sea Salt (to taste)

Nutrition

Calories	328
Fat	8g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	25g
Fiber	4g
Sugar	5g
Protein	41g
Cholesterol	109mg
Sodium	723mg
Vitamin A	22328IU
Vitamin C	44mg
Calcium	126mg
Iron	5mg

Directions

- 1 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 2 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Season with sea salt to taste. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians, Use vegetable broth and chickpeas instead of beef.

Leftovers, Refrigerate in an airtight container up to 3 days.



Roasted Winter Vegetables with Tahini Drizzle

2 servings

45 minutes

Ingredients

- 1/2 Delicata Squash (small)
- 1 1/2 cups Brussels Sprouts (washed and halved)
- 1/2 bulb Fennel (coarsely chopped)
- 1/4 cup Red Onion (coarsely chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 tbsps Tahini
- 1/2 Garlic (dove)
- 2 tbsps Water
- 1 Lemon (small, juiced)
- 2 tbsps Pumpkin Seeds

Nutrition

Calories	351
Fat	25g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	30g
Fiber	9g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	217mg
Vitamin A	1469IU
Vitamin C	86mg
Calcium	171mg
Iron	5mg

Directions

- 1 Preheat oven to 375F. Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein, Add lentils, chickpeas or diced chicken.

Leftovers, Store covered in the fridge up to 2 - 3 days.



Creamy Broccoli Salad

4 servings

20 minutes

Ingredients

- 8 cups Broccoli (chopped into florets)
- 1/4 cup Red Onion (finely sliced)
- 1/4 cup Tahini
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Water
- 1/3 cup Sunflower Seeds

Nutrition

Calories	280
Fat	21g
Saturated	3g
Trans	0g
Polyunsaturated	8g
Monounsaturated	9g
Carbs	20g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	225mg
Vitamin A	1147IU
Vitamin C	168mg
Calcium	162mg
Iron	3mg

Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

Likes it Sweet, Add dried cranberries or diced apple.

Meat Lover, Add bacon.



15 Minute Grilled Steak with Mint Pesto

1 serving
15 minutes

Ingredients

- 1 tbsp Slivered Almonds
- 1/4 Garlic (clove)
- 2 tbsps Mint Leaves (fresh)
- 2 tbsps Parsley
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 4 ozs NY Striploin Steak
- 1/2 tsp Sea Salt
- 3/4 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1/4 cup Red Onion (sliced into 1/8's)
- 3/4 tsp Balsamic Vinegar

Nutrition

Calories	471
Fat	30g
Saturated	7g
Trans	0g
Polyunsaturated	2g
Monounsaturated	15g
Carbs	17g
Fiber	3g
Sugar	3g
Protein	36g
Cholesterol	80mg
Sodium	1256mg
Vitamin A	1120IU
Vitamin C	275mg
Calcium	67mg
Iron	4mg

Directions

- 1 In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
- 2 Preheat grill to medium heat.
- 3 Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 - 5 minutes and then turn. Cook for another 4 - 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 4 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs, Serve with quinoa, brown rice or sweet potato.

Time Saver, Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.



Slow Cooker Cabbage Roll Soup

6 servings

4 hours

Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

No Ground Turkey, Use any type of ground meat.

Vegan & Vegetarians, Replace the meat with 1 can of lentils, chickpeas or kidney beans.

Nutrition

Calories	249
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	21g
Fiber	7g
Sugar	11g
Protein	20g
Cholesterol	56mg
Sodium	731mg



Slow Cooker Pesto Chicken

4 servings

4 hours

Ingredients

- 1/2 White Onion (chopped)
- 16 ozs Chicken Breast
- 1 cup Organic Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (packed)
- 2 cups Baby Spinach
- 1/2 cup Walnuts
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove)
- 1 Lemon (juiced)
- 1 tbsp Tamari

Nutrition

Calories	377
Fat	24g
Saturated	3g
Trans	0g
Polyunsaturated	9g
Monounsaturated	10g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	39g
Cholesterol	119mg
Sodium	554mg
Vitamin A	1764IU
Vitamin C	11mg
Calcium	54mg
Iron	2mg

Directions

- 1 Place diced onion in the slow cooker and place chicken breasts on top. Pour the broth in then season generously with sea salt and black pepper. Cook on high for 4 hours or on low for 6 to 8.
- 2 Prepare your pesto. Combine basil, spinach, walnuts, olive oil, garlic, lemon juice and tamari in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.
- 3 Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavour and moisture.
- 4 Serve over brown rice noodles, a bed of greens, with spaghetti squash, brown rice, quinoa, on a brown rice tortilla or in a lettuce wrap.

Notes

Storage, Refrigerate in an air-tight container up to 3 - 4 days, or freeze up to 3 months.

No Walnuts, Use any seed or nut for the pesto. Pumpkin seeds, sunflower seeds, almonds and pine nuts all work great!

Add-Ons, Top your shredded pesto chicken with pine nuts or sundried tomatoes.



Roasted Red Pepper & Tomato Lentil Soup

5 servings

45 minutes

Ingredients

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (halved and seeds removed)
- 1 Sweet Onion (coarsley chopped)
- 3 Garlic (cloves)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Dry Red Lentils (uncooked)
- 3 cups Water
- 3 cups Organic Vegetable Broth
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tsp Oregano
- 1/4 cup Cashews (raw, unsalted)

Nutrition

Calories	273
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	41g
Fiber	14g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	896mg
Vitamin A	3301IU
Vitamin C	103mg
Calcium	65mg
Iron	4mg

Directions

- 1 Preheat oven to 425 and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens, Top with chopped baby spinach.



Spicy Shrimp Fried Rice

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 lb Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsp Chili Powder
- 2 Egg
- 1/2 Yellow Onion (diced)
- 1 cup Frozen Peas
- 2 Garlic (cloves, minced)
- 5 stalks Green Onion (chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Red Pepper Flakes
- 2 tbsps Tamari

Nutrition

Calories	418
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	38g
Fiber	6g
Sugar	4g
Protein	40g
Cholesterol	307mg
Sodium	729mg

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!



Cajun Turkey with Green Beans & Rice

6 servings
30 minutes

Ingredients

- 1 1/2 cups Jasmine Rice (dry)
- 1 1/2 lbs Turkey Breast
- 1 1/2 tbsps Coconut Oil (divided)
- 3 tbsps Cajun Spice
- 12 cups Frozen Green Beans (thawed)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	420
Fat	6g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	55g
Fiber	9g
Sugar	5g
Protein	40g
Cholesterol	79mg
Sodium	461mg
Vitamin A	1142IU
Vitamin C	11mg
Calcium	130mg
Iron	3mg

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 3 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 4 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

Notes

No Rice, Use quinoa or roasted potatoes instead.

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

Low Carb, Use cauliflower rice instead of jasmine rice.

No Turkey Breast, Use chicken breast or ground meat instead.

Reheating Leftovers, Saute in a skillet until warmed through.

Vegan & Vegetarian, Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.



Burrito Bowl Mason Jar

4 servings

25 minutes

Ingredients

- 1 cup Quinoa
- 2 cups Water
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Organic Salsa
- 2 Avocado (peeled and diced)
- 2 Tomato (diced)
- 1 cup Baby Spinach (chopped)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	616
Fat	27g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	15g
Carbs	61g
Fiber	19g
Sugar	2g
Protein	37g
Cholesterol	98mg
Sodium	341mg
Vitamin A	1847IU
Vitamin C	25mg
Calcium	96mg
Iron	6mg

Directions

1

Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.

2

Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.

3

Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!



**FUNDAMENTAL
FITNESS**



Cobb Salad Jar

2 servings

30 minutes

Ingredients

- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 Avocado (diced)
- 4 ozs Chicken Breast (baked or grilled)
- 1 Egg (hardboiled and sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Calories	300
Fat	19g
Saturated	5g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	24g
Cholesterol	168mg
Sodium	376mg
Vitamin A	1831IU
Vitamin C	12mg
Calcium	134mg
Iron	1mg

Directions

- 1 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 2 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 3 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.



Spicy Curried Kale & Quinoa Stir Fry

3 servings

15 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 2 Egg (whisked)
- 2 tbsps Coconut Oil
- 1 Yellow Bell Pepper (thinly sliced)
- 4 stalks Green Onion (chopped)
- 2 Garlic (cloves, minced)
- 8 cups Kale Leaves (chopped)
- 1/4 tsp Sea Salt
- 2 tbsps Tamari
- 1 tsp Red Pepper Flakes
- 1 tbsp Curry Powder
- 1 Lime (cut into wedges)
- 1/4 cup Raw Peanuts (chopped)

Nutrition

Calories	438
Fat	20g
Saturated	10g
Trans	0g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	45g
Fiber	11g
Sugar	2g
Protein	19g
Cholesterol	124mg
Sodium	1072mg
Vitamin A	18539IU
Vitamin C	145mg
Calcium	297mg

Directions

- 1 Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
- 3 Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
- 4 Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
- 5 Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

Notes

- Extra Garnish, Serve with hot sauce and chopped cilantro for an added touch.
- Leftovers, Store covered in the fridge up to 3 days.



Creamy Carrot Soup

4 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Organic Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

Nutrition

Calories	133
Fat	5g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	22g
Fiber	5g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	629mg
Vitamin A	21613IU
Vitamin C	19mg
Calcium	192mg
Iron	2mg

Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (DANGER!). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread for dipping and/or a mixed greens salad.



White Bean Burgers

4 servings

30 minutes

Ingredients

- 2 cups White Navy Beans (cooked, drained and rinsed)
- 1 Garlic (clove, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 Egg (whisked)
- 1/2 cup Almond Flour
- 2 Tomato (diced)
- 1/2 cup Green Olives (pits removed and chopped)
- 1/4 cup Red Onion (finely diced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 1 Lemon (cut into wedges)

Directions

- 1 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
- 2 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 3 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
- 4 Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Nutrition

Calories	303
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	33g
Fiber	13g
Sugar	2g
Protein	14g
Cholesterol	47mg
Sodium	191mg
Vitamin A	3847IU
Vitamin C	24mg



Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

Ingredients

- 1 lb Extra Lean Ground Chicken (cooked)
- 5 cups Brussels Sprouts (halved)
- 1/2 cup Radishes (sliced)
- 1/2 cup Pumpkin Seeds
- 1/3 cup Extra Virgin Olive Oil
- 1 Garlic (whole head)
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper

Nutrition

Calories	447
Fat	33g
Saturated	6g
Trans	0g
Polyunsaturated	6g
Monounsaturated	19g
Carbs	14g
Fiber	6g
Sugar	3g
Protein	27g
Cholesterol	98mg
Sodium	186mg
Vitamin A	831IU
Vitamin C	98mg
Calcium	68mg
Iron	5mg

Directions

- 1 Preheat oven to 400. In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!



Roasted Vegetable Quinoa Salad

4 servings

1 hour

Ingredients

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

Directions

- 1 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.
- 2 Preheat oven to 415. 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.)
- 3 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.
- 4 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

Calories	335
Fat	12g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	38g
Fiber	6g
Sugar	7g
Protein	21g
Cholesterol	48mg
Sodium	178mg



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Chickpea, Avocado & Feta Salad

2 servings

15 minutes

Ingredients

- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 2 stalks Green Onion (chopped)
- 2 tbsps Parsley (chopped)
- 1/2 Lime (juiced)
- 2 tbsps Feta Cheese (crumbled)
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (diced)

Nutrition

Calories	268
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	30g
Fiber	10g
Sugar	6g
Protein	10g
Cholesterol	8mg
Sodium	121mg
Vitamin A	976IU
Vitamin C	17mg
Calcium	111mg
Iron	3mg

Directions

- 1 Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!



Kale, Lentil & Sweet Potato Salad

4 servings

45 minutes

Ingredients

- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Kale Leaves
- 2 tbsps Balsamic Vinegar
- 1 tbsp Maple Syrup
- 1 tbsp Thyme
- 1 tsp Cinnamon
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tbsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Calories	287
Fat	6g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	45g
Fiber	12g
Sugar	9g
Protein	13g
Cholesterol	8mg
Sodium	244mg
Vitamin A	15800IU
Vitamin C	13mg
Calcium	181mg
Iron	5mg

Directions

- 1 Preheat oven to 410. Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in oven for 30 - 35 minutes or until golden.
- 2 In the mean time, drain lentils and rinse with cold water. Set aside.
- 3 Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
- 4 Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
- 5 Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!



Creamy Roasted Tomato Soup

4 servings

1 hour

Ingredients

7 Tomato (sliced into quarters)
 2 Sweet Onion (coarsley chopped)
 4 Garlic (cloves, peeled)
 1 tbsp Extra Virgin Olive Oil
 2 cups Organic Vegetable Broth
 1 tbsp Thyme
 1 tsp Oregano
 1/8 tsp Cayenne Pepper
 1 tbsp Apple Cider Vinegar
 1/2 cup Basil Leaves (chopped)
 1 cup Unsweetened Almond Milk
 Sea Salt & Black Pepper (to taste)
 1/2 cup Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 410. Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 - 50 minutes.
- 2 In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
- 3 Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
- 4 Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a piece of organic bread for dipping.

Nutrition

Calories	136
Fat	5g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	22g
Fiber	4g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	467mg
Vitamin A	3862IU
Vitamin C	43mg
Calcium	180mg
Iron	2mg



Creamy Spaghetti Squash

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash
- 1 1/2 tsps Coconut Oil
- 1/2 Sweet Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Organic Coconut Milk
- 2 cups Baby Spinach
- 1 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Breast (baked or grilled)

Nutrition

Calories	218
Fat	9g
Saturated	7g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	17g
Fiber	3g
Sugar	3g
Protein	20g
Cholesterol	59mg
Sodium	56mg
Vitamin A	2008IU
Vitamin C	19mg
Calcium	67mg
Iron	2mg

Directions

- 1 Preheat oven to 375. Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper. Cook the squash in the oven for 45 to 50 minutes.
- 2 In the meantime, in a saucepan heat the coconut oil over medium-low heat. Sauté your finely diced onion until golden. Then add in minced garlic and stir until fragrant (about 2 minutes). Add coconut milk and continue to stir until slightly thickened (5 - 6 minutes).
- 3 Remove your spaghetti squash from oven and let cool for 5 minutes. Stand each half up vertically and scrape out the flesh using a fork. It should come out as string-like noodles.
- 4 In a mixing bowl, toss the spaghetti squash with the cream sauce. Add the shredded baby spinach and mix well. Plate and sprinkle with desired amount of red pepper flakes, sea salt and pepper. Top with your strips of sliced oven baked chicken breast and enjoy!



Turkey Pineapple Quinoa Bowl

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Curry Powder
- 1/8 tsp Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 1 tbsp Tamari
- 1 cup Baby Spinach

Directions

- 1 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 3 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 4 Spoon into bowls and enjoy!

Nutrition

Calories	324
Fat	15g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	26g
Cholesterol	84mg
Sodium	354mg
Vitamin A	3482IU
Vitamin C	32mg
Calcium	75mg



Creamy Cauliflower Soup

4 servings

1 hour

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Organic Vegetable Broth
- 1 cup Water
- 1 cup Organic Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

Nutrition

Calories	283
Fat	22g
Saturated	13g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	19g
Fiber	7g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	553mg
Vitamin A	3125IU
Vitamin C	80mg
Calcium	67mg
Iron	1mg

Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions, carrots and garlic for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!



**FUNDAMENTAL
FITNESS**



Quinoa Kale Fritters

6 servings

45 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Coconut Oil (divided)
- 2 Egg (whisked)
- 1/2 Sweet Onion (diced)
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves
- 1/3 cup Oats
- 1/3 cup Almond Flour
- 1 Avocado (peeled and sliced)
- 1 Lemon (juiced)
- 1 tbsp Yellow Mustard

Nutrition

Calories	227
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	22g
Fiber	5g
Sugar	2g
Protein	8g
Cholesterol	62mg
Sodium	74mg
Vitamin A	2308IU
Vitamin C	11mg
Calcium	75mg
Iron	2mg

Directions

- 1 Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 2 In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
- 3 In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
- 4 With clean hands, form even patties with the mixture and place on a piece of waxed paper.
- 5 In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
- 6 To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
- 7 Serve the fritters on organic bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.



Cleaned Up Chicken Salad

2 servings

30 minutes

Ingredients

- 4 ozs Chicken Breast (baked)
- 1 stalk Celery (diced)
- 1/4 cup Grapes (halved)
- 2 cups Kale Leaves (finely sliced into ribbons)
- 2 2/3 tbsps Slivered Almonds
- 1 1/2 tsps Hemp Seeds
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 2 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 3 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

Nutrition

Calories	267
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	11g
Fiber	4g
Sugar	3g
Protein	22g
Cholesterol	59mg
Sodium	187mg
Vitamin A	6620IU
Vitamin C	12mg
Calcium	114mg
Iron	2mg



Mexican Black Bean Omelette

2 servings

15 minutes

Ingredients

- 1 tbsp Coconut Oil
- 4 Egg (whisked)
- 1/4 cup Unsweetened Almond Milk
- 1/2 Green Bell Pepper (finely diced)
- 1 cup Black Beans (cooked, drained and rinsed)
- 1/2 cup Mushrooms (diced)
- 1 1/2 tsp Chili Powder
- 1 tsp Nutmeg
- 1 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (diced)

Directions

- 1 Place coconut oil in a frying pan and place on medium-low heat.
- 2 Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- 3 Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- 4 Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Nutrition

Calories	427
Fat	25g
Saturated	10g
Trans	0g
Polyunsaturated	4g
Monounsaturated	9g
Carbs	30g
Fiber	13g
Sugar	2g
Protein	23g
Cholesterol	372mg
Sodium	227mg
Vitamin A	1951IU
Vitamin C	29mg
Calcium	156mg
Iron	5mg



Spinach Quiche with Sweet Potato Crust

4 servings
50 minutes

Ingredients

- 1 Sweet Potato (sliced into thin rounds)
- 3/4 tsp Coconut Oil
- 7 Egg
- 3 Garlic (cloves, minced)
- 8 stalks Green Onion (chopped)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	182
Fat	9g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	11g
Fiber	2g
Sugar	3g
Protein	13g
Cholesterol	326mg
Sodium	183mg
Vitamin A	9272IU
Vitamin C	18mg
Calcium	106mg
Iron	3mg

Directions

- 1 Preheat oven to 425. Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 2 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 3 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 4 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 5 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce temperature of the oven to 375. Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 6 Remove from oven and cut into slices. Enjoy!



Slow Cooker Burrito Soup

6 servings

4 hours

Ingredients

- 2 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes
- 1 Sweet Onion (diced)
- 1 cup Frozen Corn
- 1/2 Green Bell Pepper (diced)
- 2 Jalapeno Pepper (de-seeded and diced)
- 2 tbsps Chili Powder
- 2 tsps Cumin
- 1 tsp Oregano
- 1/2 tsp Black Pepper
- 2 tsps Sea Salt
- 1 cup Brown Rice (uncooked)
- 4 cups Water
- 4 cups Kale Leaves (chopped)
- 1 Avocado (peeled and diced)
- 1/4 cup Organic Salsa

Directions

- 1 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 2 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 3 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!

Nutrition

Calories	349
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	61g
Fiber	13g
Sugar	8g
Protein	12g



Sour Cream n' Onion Kale Chips

4 servings

30 minutes

Ingredients

- 2 tbsps Apple Cider Vinegar
- 1/4 Sweet Onion (finely diced, about 1/4 cup)
- 2/3 cup Cashews
- 1/2 tsp Sea Salt
- 1/3 cup Water
- 8 cups Kale Leaves (cut into large pieces, about 1 bunch of kale)

Nutrition

Calories	210
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	22g
Fiber	5g
Sugar	3g
Protein	8g
Cholesterol	0mg
Sodium	411mg
Vitamin A	13000IU
Vitamin C	19mg
Calcium	176mg
Iron	4mg

Directions

- 1 Preheat oven to 350. Line a baking sheet with foil, shiny side facing down. Lightly grease with a splash of extra virgin olive oil.
- 2 Place apple cider vinegar, onion, cashews, sea salt and water together in a blender or food processor. Blend until a creamy consistency forms.
- 3 Place kale leaves in a large bowl and pour cashew mixture over top. Massage the mixture into the kale leaves.
- 4 Arrange kale leaves across the foil in a single layer. Don't overcrowd. You will need to bake in a few batches.
- 5 Bake in the oven for 10 to 15 minutes or until crispy. Keep a close eye after the 10 minute mark so you don't burn them. You may need to remove some and give others a bit more time to crisp up.
- 6 Throw into a bowl and enjoy!

Notes

Keep Them Crunchy, Store in the freezer to keep crunchy.

Crunch Them Back Up, If chips lose their crispness over time, throw them in the oven at 350 for 2 to 5 minutes to crisp them back up.



Vegan Sloppy Joes

4 servings

4 hours

Ingredients

- 4 cups Lentils (cooked, drained and rinsed)
- 1/2 Sweet Onion (finely diced)
- 1 Green Bell Pepper (finely diced)
- 2 cups Mushrooms (sliced)
- 1 cup Matchstick Carrots
- 1 tsp Garlic Powder
- 3 tbsps Yellow Mustard
- 1/4 cup Maple Syrup
- 2 cups Crushed Tomatoes
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 8 Portobello Mushroom Caps
- 2 cups Baby Spinach (chopped)

Nutrition

Calories	408
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	78g
Fiber	22g
Sugar	26g
Protein	28g
Cholesterol	0mg
Sodium	997mg
Vitamin A	4047IU
Vitamin C	50mg
Calcium	136mg

Directions

- 1 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 2 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 3 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover, Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes, Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers, Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.



Roasted Sweet Potato & Brussels Sprouts Salad

2 servings

30 minutes

Ingredients

- 1 Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

Nutrition

Calories	355
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	200mg
Vitamin A	15576IU
Vitamin C	95mg

Directions

- 1 Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts, Use broccoli instead.

No Lentils, Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Roasted Winter Vegetables with Tahini Drizzle

2 servings

45 minutes

Ingredients

- 1/2 Delicata Squash (small)
- 1 1/2 cups Brussels Sprouts (washed and halved)
- 1/2 bulb Fennel (coarsely chopped)
- 1/4 cup Red Onion (coarsely chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 tbsps Tahini
- 1/2 Garlic (clove)
- 2 tbsps Water
- 1 Lemon (small, juiced)
- 2 tbsps Pumpkin Seeds

Nutrition

Calories	351
Fat	25g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	30g
Fiber	9g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	217mg
Vitamin A	1469IU
Vitamin C	86mg
Calcium	171mg
Iron	5mg

Directions

- 1 Preheat oven to 375F. Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein, Add lentils, chickpeas or diced chicken.

Leftovers, Store covered in the fridge up to 2 - 3 days.



Lentil Masala Soup

4 servings

30 minutes

Ingredients

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

Nutrition

Calories	417
Fat	14g
Saturated	11g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	53g
Fiber	19g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	1353mg
Vitamin A	8146IU
Vitamin C	31mg
Calcium	155mg
Iron	7mg

Directions

- 1 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.
- 2 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.
- 3 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

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



Tomato & Eggplant Pasta Casserole

4 servings

1 hour

Ingredients

3 cups Crushed Tomatoes
 1 cup Lentils (cooked, drained and rinsed)
 1/4 cup Water
 2 tbsps Extra Virgin Olive Oil
 1/2 cup Basil Leaves (chopped)
 1 tbsp Oregano
 1/4 tsp Garlic Powder
 1/4 tsp Onion Powder
 1 tsp Sea Salt
 1/2 tsp Black Pepper
 2 1/2 cups Brown Rice Penne (dry)
 1/2 Eggplant (large, sliced into 1/2 inch thick rounds)

Nutrition

Calories	457
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	81g
Fiber	13g
Sugar	11g
Protein	13g
Cholesterol	0mg
Sodium	930mg
Vitamin A	580IU
Vitamin C	19mg
Calcium	97mg

Directions

- 1 Preheat oven to 450 degrees F.
- 2 In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
- 3 Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Serve it With, Arugula tossed in olive oil and lemon juice.

Likes it Spicy, Garnish with red chili flakes.

Cheese Lover, Serve with parmesan cheese.

Meat Lover, Swap out the lentils for cooked ground meat.

No Eggplant, Use tomatoes or zucchini sliced into rounds to cover the top instead.



Slow Cooker Honey Garlic Chicken

2 servings

4 hours

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Raw Honey
- 1 1/2 Garlic (cloves, minced)
- 1 1/2 tsps Chili Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 lb Chicken Thighs (skinless, boneless)
- 3 cups Broccoli (chopped into florets)
- 1 1/2 tsps Coconut Oil (or organic butter)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	613
Fat	33g
Saturated	10g
Trans	0g
Polyunsaturated	5g
Monounsaturated	15g
Carbs	20g
Fiber	5g
Sugar	10g
Protein	60g
Cholesterol	302mg
Sodium	933mg
Vitamin A	1508IU
Vitamin C	123mg
Calcium	98mg
Iron	4mg

Directions

- 1 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 2 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 3 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 4 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs, Use chicken wings, drumsticks or breasts.

No Slow Cooker, Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs, Serve with rice, potato or quinoa.



Chickpea, Avocado & Feta Salad

4 servings

15 minutes

Ingredients

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 Cucumber (diced)
- 4 stalks Green Onion (chopped)
- 1/4 cup Parsley (chopped)
- 1 Lime (juiced)
- 1/4 cup Feta Cheese (crumbled)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (diced)

Directions

1

Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

Nutrition

Calories	268
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	30g
Fiber	10g
Sugar	6g
Protein	10g
Cholesterol	8mg
Sodium	121mg
Vitamin A	976IU
Vitamin C	17mg
Calcium	111mg
Iron	3mg



**FUNDAMENTAL
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Deluxe Portobello Pizzas

2 servings

30 minutes

Ingredients

4 Portobello Mushroom Caps (wiped clean and stems removed)
 1 tbsp Extra Virgin Olive Oil
 1 tsp Oregano
 Sea Salt & Black Pepper (to taste)
 1 1/2 cups Crushed Tomatoes
 1/2 cup Red Onion (finely diced)
 1/2 cup Mushrooms
 1/2 cup Cherry Tomatoes (halved)
 1/2 Green Bell Pepper (diced)
 2/3 cup Feta Cheese (crumbled)
 1 tsp Red Pepper Flakes (optional)

Nutrition

Calories	328
Fat	18g
Saturated	8g
Trans	0g
Polyunsaturated	1g
Monounsaturated	7g
Carbs	29g
Fiber	8g
Sugar	12g
Protein	18g
Cholesterol	45mg
Sodium	933mg
Vitamin A	1405IU
Vitamin C	52mg
Calcium	334mg
Iron	4mg

Directions

- 1 Preheat oven to 400.
- 2 Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
- 3 Meanwhile, prepare your veggies.
- 4 Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
- 5 Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

Notes

More Veggies, Top with whatever vegetables you have on hand.

No Feta Cheese, Use goat cheese instead.

Vegan, Sprinkle with some nutritional yeast instead of feta.

Prep Ahead, Veggies can be diced in advance and stored in airtight containers or baggies.



Leek, Sweet Potato & Feta Flatbread

2 servings

20 minutes

Ingredients

- 1/2 Sweet Potato (cubed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Leeks (trimmed and sliced)
- 1/2 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Feta Cheese (crumbled)
- 1 1/2 tps Thyme
- 2 Brown Rice Tortillas

Nutrition

Calories	292
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	41g
Fiber	5g
Sugar	6g
Protein	6g
Cholesterol	8mg
Sodium	310mg
Vitamin A	6124IU
Vitamin C	9mg
Calcium	92mg
Iron	2mg

Directions

- 1 Preheat oven to 400.
- 2 Bring a pot of water to a boil and boil sweet potato until tender (about 10 minutes) and drain.
- 3 Heat olive oil in a frying pan over medium heat. Add the leeks and cook until soft (about 7 minutes).
- 4 Add the potatoes to the frying pan and season with sea salt and pepper to taste. Stir and cook for another 2 minutes. Add the handful of baby spinach and stir just until wilted. Remove from heat.
- 5 Spoon the sweet potato and leek mixture over brown rice tortillas. Sprinkle with feta and thyme. Place the tortillas on a pizza stone or cookie sheet and bake in oven for 12 minutes.
- 6 Either slice into pieces with a pizza cutter or pull apart and enjoy!



Chickpea Waldorf Salad

4 servings

15 minutes

Ingredients

- 1/2 Avocado (peeled and diced)
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Water
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (halved)
- 1/2 cup Red Onion (finely diced)
- 1/4 cup Parsley
- 1/2 cup Walnuts (chopped)
- 4 cups Baby Spinach

Nutrition

Calories	366
Fat	19g
Saturated	2g
Trans	0g
Polyunsaturated	9g
Monounsaturated	7g
Carbs	41g
Fiber	12g
Sugar	15g
Protein	12g
Cholesterol	0mg
Sodium	388mg

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

Notes

On-the-Go, Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free, Use sunflower seeds instead of walnuts.



Asian Slaw with Noodles & Peanut Sauce

4 servings

20 minutes

Ingredients

- 1 cup Brown Rice Spaghetti
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 2 tbsps Water
- 2 cups Coleslaw Mix
- 3 cups Broccoli (chopped into small florets)
- 1/2 Green Bell Pepper (de-seeded and finely sliced)
- 3 cups Baby Spinach (chopped)
- 1/4 cup Raw Peanuts (chopped)

Nutrition

Calories	461
Fat	21g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	12g
Carbs	59g
Fiber	7g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	312mg

Directions

- 1 Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
- 2 Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
- 3 In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

Notes

- Mix it Up, Use whatever vegetables you have on hand.
- Dislike Broccoli?, Use chopped cauliflower florets instead.
- Extra Thai Flavour, Garnish with chopped cilantro.



Falafel Salad with Green Tahini Sauce

3 servings

30 minutes

Ingredients

- 3/4 cup Oats (quick or traditional)
- 2 cups Lentils (cooked, drained and rinsed)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 2 cups Parsley (divided)
- 1 Lemon (juiced and divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Tahini
- 1/4 cup Water
- 4 cups Baby Spinach (or mixed greens)

Nutrition

Calories	459
Fat	22g
Saturated	3g
Trans	0g
Polyunsaturated	6g
Monounsaturated	11g
Carbs	50g
Fiber	17g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	476mg
Vitamin A	7145IU
Vitamin C	73mg
Calcium	223mg
Iron	11mg

Directions

- 1 Preheat the oven to 420 and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

Notes

Speed It Up, Skip making the tahini sauce and serve with hummus instead.



Coconut Chickpea Curry

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 tbsp Extra Virgin Olive Oil (or coconut oil)
- 1/2 cup Red Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 cups Broccoli (chopped into small florets)
- 1 cup Coleslaw Mix
- 1 Red Bell Pepper (de-seeded and sliced)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Curry Powder
- 1/2 tsp Red Pepper Flakes (optional)
- 2 cups Organic Coconut Milk (canned)
- 1 cup Organic Vegetable Broth
- 2 cups Chickpeas (cooked, drained and rinsed)

Nutrition

Calories	586
Fat	30g
Saturated	19g
Trans	0g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	64g
Fiber	13g
Sugar	10g

Directions

- 1 Cook your quinoa by combining quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 Heat a sauce pan over medium heat and add oil. Add the onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with sea salt and black pepper to taste. Saute for 5 minutes or until veggies are slightly softened. Then stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
- 3 Serve over quinoa and garnish with cilantro and chopped peanuts if you wish. Enjoy!

Notes

Meat Lover, Add in cooked diced chicken or beef.



Apple Turkey Burgers with Caramelized Onions and Brie

2 servings
45 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 Yellow Onion (peeled and finely sliced)
- 1 Apple (green, divided)
- 1/2 lb Extra Lean Ground Turkey
- 1 tsp Dijon Mustard
- 1/4 tsp Ground Sage
- 1/4 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 ozs Brie Cheese
- 1/2 head Green Lettuce (separated into leaves and washed)

Nutrition

Calories	369
Fat	21g
Saturated	10g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	19g
Fiber	4g
Sugar	14g
Protein	28g
Cholesterol	112mg
Sodium	879mg
Vitamin A	755IU
Vitamin C	11mg
Calcium	108mg
Iron	2mg

Directions

- 1 Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1-2 tbsp of water at a time to deglaze the pan. Set aside.
- 2 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 3 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 4 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear (or internal temperature reaches 165 F). Remove from grill.
- 5 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

- BBQ Lover,** Grill your apple slices too.
- No Grill,** Cook burgers in the oven at 350 for 15 minutes per side.
- More Carbs,** Serve on a bed of brown rice or in a brown rice tortilla wrap.
- Leftovers,** Can be frozen up to 6 months in an airtight container.



Slow Cooker Hawaiian Beef

2 servings

6 hours

Ingredients

- 1/2 lb Beef Brisket
- 1 1/2 Red Bell Pepper (sliced)
- 3/4 cup Crushed Pineapple (canned, packed in pineapple juice)
- 1/4 cup Red Onion (finely diced)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Tamari
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Water
- 1/2 cup Quinoa (dry)

Nutrition

Calories	428
Fat	11g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	50g
Fiber	6g
Sugar	17g
Protein	32g
Cholesterol	70mg
Sodium	609mg
Vitamin A	2801IU
Vitamin C	125mg
Calcium	53mg
Iron	5mg

Directions

- 1 Place beef in the slow cooker surrounded by sliced red peppers.
- 2 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 3 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 4 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 5 Before serving, make the quinoa by bringing 2 cups of water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 6 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo, Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

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

Save Time, Cook the quinoa in advance and reheat before serving.



**FUNDAMENTAL
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Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

3 servings
40 minutes

Ingredients

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

Nutrition

Calories	563
Fat	28g
Saturated	9g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	59g
Fiber	17g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	564mg

Directions

- 1 Preheat the oven to 400. Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
- 2 Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 - 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
- 3 Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
- 4 Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time, Used pre-washed and sliced bagged kale.

No Kale, Use spinach, romaine or any leafy green.

No Sweet Potato, Use diced carrot or beet instead.

Make it Ahead, The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.



One Pan Bacon, Eggs & Brussels Sprouts

4 servings

1 hour

Ingredients

4 Yellow Potato (medium, diced)
 4 cups Brussels Sprouts (halved)
 2 tbsps Avocado Oil
 Sea Salt & Black Pepper (to taste)
 4 slices Organic Bacon (cut into 1 inch pieces)
 8 Egg

Nutrition

Calories	398
Fat	20g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	10g
Carbs	35g
Fiber	5g
Sugar	3g
Protein	21g
Cholesterol	381mg
Sodium	342mg
Vitamin A	1207IU
Vitamin C	102mg
Calcium	115mg
Iron	4mg

Directions

- 1 Preheat oven to 390 degrees F and brush a sheet pan with some oil.
- 2 Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
- 3 Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
- 4 To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

Notes

Vegetarian, Omit the bacon.



Chicken & Broccoli Slaw with Peanut Sauce

3 servings

35 minutes

Ingredients

15 ozs Chicken Breast
 Sea Salt & Black Pepper (to taste)
 3 tbsps All Natural Peanut Butter
 2 1/4 tsps Tamari
 3/4 Lime (juiced)
 2 1/4 tsps Extra Virgin Olive Oil
 2 1/4 tsps Ginger (peeled and grated)
 3/4 Garlic (clove, minced)
 3 tbsps Water
 3 cups Broccoli Slaw
 3/4 Red Bell Pepper (sliced)
 2 1/4 stalks Green Onion (chopped)
 3 tbsps Cilantro (chopped, optional)
 3 tbsps Raw Peanuts (chopped)

Nutrition

Calories	440
Fat	21g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	11g
Carbs	15g
Fiber	4g
Sugar	6g
Protein	52g
Cholesterol	147mg
Sodium	363mg
Vitamin A	7410IU
Vitamin C	109mg
Calcium	55mg

Directions

- 1 Preheat oven to 350. Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian, Use roasted chickpeas instead of diced chicken.

Slow Cooker Version, Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead, The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

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



Ginger Beef Stir Fry

2 servings

30 minutes

Ingredients

- 2 tbsps Tamari
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Coconut Oil
- 8 ozs Beef Tenderloin (sliced into strips)
- 1/4 Yellow Onion (diced)
- 1 1/2 stalks Celery (chopped)
- 1 1/2 cups Snap Peas
- 1 1/2 cups Mushrooms (sliced)

Nutrition

Calories	341
Fat	14g
Saturated	7g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	40g
Cholesterol	105mg
Sodium	1102mg
Vitamin A	678IU
Vitamin C	13mg
Calcium	72mg
Iron	5mg

Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Vegetables, Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

More Carbs, Serve with brown rice or quinoa.

Vegan & Vegetarian, Use cooked chickpeas or tofu instead of beef.

No Beef, Use diced chicken breast instead.

More Greens, Stir in kale or baby spinach until wilted.



Roasted Chicken

8 servings

2 hours

Ingredients

- 8 lbs Whole Roasting Chicken
- 2 tbsps Extra Virgin Olive Oil
- 2 tps Sea Salt
- 1 tsp Black Pepper
- 2 tbsps Poultry Seasoning
- 1 1/3 tbsps Paprika

Nutrition

Calories	269
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	43g
Cholesterol	136mg
Sodium	748mg
Vitamin A	691IU
Vitamin C	0mg
Calcium	36mg
Iron	3mg

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until internal temperature reaches 180 degrees F.
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Notes

Roasting Times, If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers, Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste, Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time, Buy a pre-roasted chicken.



Marinated Veggie Salad

4 servings

20 minutes

Ingredients

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

Nutrition

Calories	242
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	34g
Fiber	11g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	341mg
Vitamin A	3080IU
Vitamin C	137mg
Calcium	66mg

Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 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

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.



**FUNDAMENTAL
 FITNESS**



Mushroom Garlic Quinoa

6 servings

20 minutes

Ingredients

- 1 1/2 cups Quinoa (uncooked)
- 2 2/3 cups Water
- 2 1/4 tps Extra Virgin Olive Oil
- 3 cups Mushrooms (thinly sliced)
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	181
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	29g
Fiber	3g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	7mg
Vitamin A	6IU
Vitamin C	1mg
Calcium	34mg
Iron	2mg

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3 In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Notes

Serve it With, Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers, Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip, Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



Hummus Roasted Broccoli & Cauliflower

4 servings

25 minutes

Ingredients

- 3 cups Broccoli (chopped into florets)
- 1 head Cauliflower (chopped into florets)
- 1 cup Hummus
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	206
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	21g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	329mg
Vitamin A	440IU
Vitamin C	132mg
Calcium	94mg
Iron	3mg

Directions

- 1 Preheat oven to 425 degrees F and line a baking pan with parchment paper.
- 2 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 3 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

Notes

No Broccoli or Cauliflower, Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.



Roasted Sweet Potato & Brussels Sprouts Salad

4 servings
30 minutes

Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Nutrition

Calories	355
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	200mg
Vitamin A	15576IU
Vitamin C	95mg

Directions

- 1 Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

- No Brussels Sprouts**, Use broccoli instead.
- No Lentils**, Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Pumpkin Mac n' Cheese

4 servings
20 minutes

Ingredients

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tsps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

Nutrition

Calories	292
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	57g
Fiber	7g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	80mg
Vitamin A	9657IU
Vitamin C	3mg
Calcium	134mg
Iron	2mg

Directions

- 1 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 3 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 4 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers, Store in an air-tight container in the fridge for up to 5 days.

Spice Lover, Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein, Add cooked diced chicken, chickpeas or lentils.

More Vegetables, Add wilted spinach, kale and/or sauteed mushrooms.



Spicy Sweet Potato, Turkey & Kale Bowl

4 servings

25 minutes

Ingredients

- 2 Sweet Potato (medium)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- 1/2 tsp Cayenne Pepper (optional)
- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper (optional)
- 8 cups Kale Leaves (finely diced)

Nutrition

Calories	375
Fat	17g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	29g
Fiber	7g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	578mg
Vitamin A	22993IU
Vitamin C	22mg
Calcium	218mg
Iron	5mg

Directions

- 1 Preheat oven to 425 and line a large baking sheet with parchment paper.
- 2 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 4 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time, Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian, Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.



Lentil Masala Soup

4 servings

30 minutes

Ingredients

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

Nutrition

Calories	417
Fat	14g
Saturated	11g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	53g
Fiber	19g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	1353mg
Vitamin A	8146IU
Vitamin C	31mg
Calcium	155mg
Iron	7mg

Directions

- 1 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.
- 2 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.
- 3 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

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



Slow Cooker Balsamic Roast Beef

8 servings

8 hours

Ingredients

- 2 1/2 lbs Top Sirloin Beef Roast
- 1 1/2 cups Organic Chicken Broth
- 1/2 cup Balsamic Vinegar
- 3 tbsps Tamari
- 3 tbsps Maple Syrup
- 4 Garlic (cloves, minced)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (sliced)
- 5 cups Kale Leaves (chopped)
- 1 tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	328
Fat	9g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	3g
Carbs	15g
Fiber	2g
Sugar	9g
Protein	45g
Cholesterol	120mg
Sodium	676mg
Vitamin A	4073IU
Vitamin C	8mg
Calcium	82mg
Iron	5mg

Directions

- 1 Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
- 2 Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
- 3 Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
- 4 Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

Notes

More Carbs, Serve with rice, potatoes or quinoa.



Crispy Smashed Potatoes

4 servings

20 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tbsp Rosemary (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	179
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	27g
Fiber	3g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	9mg
Vitamin A	17IU
Vitamin C	30mg
Calcium	22mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10-15 minutes.
- 3 Preheat oven to broil.
- 4 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 5 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

Notes

No Potatoes, Use sweet potatoes or cauliflower instead.

More Toppings, Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

Serve it With, Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.

Leftovers, Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.



Marinated Veggie Salad

4 servings

20 minutes

Ingredients

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

Nutrition

Calories	242
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	34g
Fiber	11g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	341mg
Vitamin A	3080IU
Vitamin C	137mg
Calcium	66mg

Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 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

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.



Penne with Bursted Cherry Tomato Sauce

4 servings

30 minutes

Ingredients

8 ozs Chickpea Pasta (dry)
 1/2 cup Extra Virgin Olive Oil
 6 cups Cherry Tomatoes
 4 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 2 cups Basil Leaves (chopped)
 2 tbsps Nutritional Yeast

Nutrition

Calories	485
Fat	31g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	20g
Carbs	43g
Fiber	11g
Sugar	11g
Protein	17g
Cholesterol	0mg
Sodium	76mg
Vitamin A	2494IU
Vitamin C	34mg
Calcium	89mg
Iron	7mg

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have bursted, about 15-20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta, Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast, Use parmesan or omit completely.



Simple Avocado Salad

2 servings

5 minutes

Ingredients

- 1 Avocado (cubed)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 tsp Red Pepper Flakes
- 1/4 tsp Sea Salt

Nutrition

Calories	225
Fat	22g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	303mg
Vitamin A	521IU
Vitamin C	12mg
Calcium	14mg
Iron	1mg

Directions

- 1 Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon, Use lime juice or apple cider vinegar instead.

Less Spicy, Omit the red pepper flakes.

Serve it With, Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.



Slow Cooker Apple Cinnamon Pork Tenderloin

8 servings

4 hours

Ingredients

- 2 lbs Pork Tenderloin
- 4 Apple (sliced and divided)
- 6 Carrot (medium, sliced into rounds)
- 2 Yellow Onion (diced)
- 1/3 cup Raw Honey
- 2 tbsps Cinnamon

Nutrition

Calories	246
Fat	3g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	23g
Cholesterol	61mg
Sodium	81mg
Vitamin A	7698IU
Vitamin C	10mg
Calcium	55mg
Iron	2mg

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender, Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens, Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs, Serve with rice, quinoa or mini potatoes.



Roasted Cauliflower

2 servings

35 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 tbsp Avocado Oil
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Calories	99
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	192mg
Vitamin A	0IU
Vitamin C	71mg
Calcium	32mg
Iron	1mg

Directions

- 1 Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- 2 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 3 Remove from oven and enjoy!

Notes

- No Avocado Oil, Use coconut oil or olive oil instead.
- Make it Cheesy, Toss in nutritional yeast after roasting.



Creamy Edamame & Mushroom Pasta

4 servings

25 minutes

Ingredients

- 1 cup Brown Rice Macaroni
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Mushrooms (sliced)
- 2 cups Unsweetened Almond Milk
- 1 1/3 tbsps Onion Powder
- 2 tps Garlic Powder
- 1 tsp Arrowroot Powder
- 1/4 cup Almond Flour
- 2 tps Sea Salt
- 1 cup Frozen Peas
- 1 cup Frozen Edamame
- 4 cups Baby Spinach (chopped)

Nutrition

Calories	327
Fat	15g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	39g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	1321mg
Vitamin A	4018IU
Vitamin C	16mg
Calcium	316mg
Iron	4mg

Directions

- 1 Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
- 3 In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
- 4 Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
- 5 Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage, Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

More Protein, Serve with diced chicken breast, shrimp or add extra edamame.

Likes it Spicy, Add red pepper flakes.



**FUNDAMENTAL
FITNESS**



Baked Broccoli & Feta Egg Cups

2 servings

40 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 2 cups Broccoli (cut into florets)
- 3 Egg
- 2 tbsps Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Nutmeg
- 1/3 cup Feta Cheese (crumbled)

Nutrition

Calories	240
Fat	17g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	16g
Cholesterol	301mg
Sodium	431mg
Vitamin A	1109IU
Vitamin C	81mg
Calcium	238mg
Iron	2mg

Directions

- 1 Preheat oven to 350. Grease ramekins with coconut oil and set aside.
- 2 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 3 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 4 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 5 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.



Chicken, Broccoli & Cashew Stir Fry

4 servings

45 minutes

Ingredients

- 8 ozs Chicken Breast
- 3/4 cup Quinoa
- 1 1/2 cups Water
- 2 tbsps Tamari
- 1 tbsp Raw Honey
- 1 tbsp Apple Cider Vinegar
- 4 cups Broccoli (cut into florets)
- 1 tbsp Coconut Oil
- 1 Yellow Bell Pepper (diced)
- 1/2 Sweet Onion (chopped)
- 1 tbsp Ginger (grated)
- 3 Garlic (cloves, minced)
- 1/2 cup Cashews
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	416
Fat	16g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	45g
Fiber	6g
Sugar	9g
Protein	29g
Cholesterol	59mg
Sodium	574mg
Vitamin A	1043IU

Directions

- 1 Preheat oven to 350. Sprinkle the chicken with your clean spices of choice (I like salt and pepper). Place on cookie sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!



**FUNDAMENTAL
FITNESS**



Spicy Roasted Red Pepper Soup

4 servings

1 hour

Ingredients

- 4 Red Bell Pepper
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tsp Black Pepper (fresh ground)
- 3 grams Thyme Sprigs
- 1 Bay Leaf
- 3 cups Organic Vegetable Broth
- 3 tbsps Apple Cider Vinegar
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)

Nutrition

Calories	89
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	17g
Fiber	4g
Sugar	11g
Protein	2g
Cholesterol	0mg
Sodium	503mg
Vitamin A	4207IU
Vitamin C	158mg
Calcium	38mg
Iron	1mg

Directions

- 1 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 2 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 3 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 4 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 5 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 6 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!



Beef, Sweet Potato & Rapini Skillet

4 servings

25 minutes

Ingredients

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

Nutrition

Calories	297
Fat	12g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	28g
Cholesterol	74mg
Sodium	469mg
Vitamin A	14190IU
Vitamin C	46mg
Calcium	175mg
Iron	5mg

Directions

- 1 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.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 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.



Spaghetti Squash with Kale Pesto

4 servings

50 minutes

Ingredients

- 1 Spaghetti Squash
- 1 cup Cherry Tomatoes (halved)
- 1/3 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup Kale Leaves
- 1/2 cup Basil Leaves
- 2 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/4 cup Pine Nuts

Nutrition

Calories	271
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	14g
Carbs	17g
Fiber	3g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	19mg
Vitamin A	2492IU
Vitamin C	25mg
Calcium	69mg
Iron	2mg

Directions

- 1 Preheat oven to 375. Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper-lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper.
- 2 Toss the cherry tomatoes in a bowl with a splash of your olive oil, salt and pepper then place these on the baking sheet with the squash. Cook the squash and tomatoes in the oven for 45 to 50 minutes.
- 3 In the mean time, prepare your kale pesto. In a food processor or magic bullet, add the kale, basil leaves, garlic cloves, lemon juice, remaining olive oil, salt, pepper and pine nuts. Blend until a creamy pesto forms. Add a very small splash of warm water if mixture is too thick. Be careful with this as adding too much can completely ruin the pesto!
- 4 Remove the spaghetti squash and allow to cool for 5 minutes. Then stand each half up vertically and scrape out the flesh of the squash into a large bowl using a fork. It should come out as string-like noodles.
- 5 Divide spaghetti squash into portions on plates. Top with a large spoonful of kale pesto and roasted tomatoes. Enjoy!



Slow Cooker Bolognese with Spaghetti Squash

4 servings

8 hours

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (diced)
- 5 Garlic (cloves, minced)
- 3 cups Diced Tomatoes (drained)
- 3 cups Crushed Tomatoes
- 3 Bay Leaf
- 1 tsp Oregano
- 1 Spaghetti Squash
- 1/2 cup Basil Leaves (chopped)
- 1 tsp Red Pepper Flakes

Nutrition

Calories	343
Fat	12g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	35g
Fiber	8g
Sugar	15g
Protein	27g
Cholesterol	84mg
Sodium	453mg
Vitamin A	1968IU
Vitamin C	52mg
Calcium	179mg
Iron	6mg

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables, Add diced green pepper and mushrooms.

Vegetarian, Use lentils instead of ground turkey.

More Carbs, Use brown rice pasta.

No Slow Cooker, Make it on the stove.



Honey Lime Tilapia with Steamed Bok Choy

4 servings
30 minutes

Ingredients

- 4 Tilapia Fillet
- 1 Lime (Zested and juiced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Raw Honey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1/2 cup Almond Flour
- 2 cups Bok Choy (sliced lengthwise)
- 1 tbsp Tamari
- 2 tpsps Sesame Oil

Nutrition

Calories	298
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	10g
Fiber	2g
Sugar	5g
Protein	27g
Cholesterol	58mg
Sodium	630mg
Vitamin A	1571IU
Vitamin C	19mg
Calcium	84mg
Iron	2mg

Directions

- 1 Combine lime zest, lime juice, half of the olive oil, honey, sea salt, pepper and minced garlic in a mixing bowl. Add tilapia fillets and use your hands to coat. Let marinate as long as possible (up to 24 hours).
- 2 Lay a piece of wax paper on the counter. Lay tilapia fillets across the wax paper. Lightly dust each side with flour.
- 3 Fill a pot with water and bring to a boil. Place the bok choy in a steaming basket and place over the pot. Let steam for 6 to 7 minutes. Remove and toss in tamari and sesame oil. Season with sea salt.
- 4 Heat the remaining olive oil in a skillet over medium heat. Cook fillets for 3 or 4 minutes a side or until golden brown.
- 5 Serve tilapia over steamed bok choy. Drizzle with a lime wedge. Enjoy!

Notes

On the Ball, Make the night before and allow fish to marinate overnight for maximum flavour.

For Down the Road, Toss the marinade and fish together in a ziploc bag and store in the freezer. Thaw before cooking.

No Almond Flour, Use any gluten-free flour (coconut, brown rice, etc).

No Bok Choy, Use asparagus or broccolini instead



Sweet Potato Tuna Burgers with Dill Mayo

4 servings
45 minutes

Ingredients

- 1 Sweet Potato
- 2 cans Tuna (drained and flaked)
- 1/3 cup Almond Flour
- 3 stalks Green Onion (chopped)
- 1 Egg
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (washed and trimmed)
- 1 cup Cashews
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tbsp Nutritional Yeast
- 1/4 cup Fresh Dill (chopped)
- 1/3 cup Water

Nutrition

Calories	519
Fat	36g
Saturated	6g
Trans	0g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	28g
Cholesterol	76mg

Directions

- 1 Peel sweet potato and chop into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Measure out 1 cup mashed sweet potato (or 2 cups if you are doubling the recipe) and set aside.
- 2 Preheat oven to 425 and line a baking sheet with parchment paper. Combine tuna, mashed sweet potato, flour, green onion, egg, oregano, paprika, sea salt and black pepper together in a bowl. Mix well. Use your hands to form into even cakes. Drop the cakes onto one side of the baking sheet. Place in the oven and set your timer for 15 minutes.
- 3 Meanwhile, trim the ends from the asparagus and toss in olive oil and season with sea salt and pepper.
- 4 Remove the cakes from the oven after 15 minutes. Flip them and add the asparagus to the other side of the baking sheet. Bake together in the oven for another 15 minutes or until the asparagus is tender.
- 5 Meanwhile, create your dill mayo by combining cashews, olive oil, lemon juice, nutritional yeast, dill and water together in a blender or food processor. Season with a pinch of sea salt. Blend until a creamy consistency forms.
- 6 Remove from oven. Plate asparagus and top with tuna cake(s). Drizzle with desired amount of dill mayo. Enjoy!

Notes

No Tuna, Use salmon





Baked Chicken with Tomatoes, Avocado & Spinach Salad

2 servings
40 minutes

Ingredients

- 8 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1 cup Cherry Tomatoes (halved)
- 1 Avocado (peeled and pitted)
- 1 Lime (juiced)
- 2 tbsps Red Onion (finely diced)
- 2 cups Baby Spinach
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)

Nutrition

Calories	381
Fat	20g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	16g
Fiber	9g
Sugar	4g
Protein	39g
Cholesterol	117mg
Sodium	95mg
Vitamin A	4194IU
Vitamin C	38mg
Calcium	63mg
Iron	2mg

Directions

- 1 Preheat oven to 350 and line a baking sheet with parchment paper.
- 2 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 3 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 4 Toss spinach with olive oil and lemon juice.
- 5 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!



Ginger Chicken Stir Fry

6 servings

30 minutes

Ingredients

- 1/2 cup Tamari
- 3 Garlic (cloves, minced)
- 1 1/2 tbsps Ginger (peeled and grated)
- 1 1/2 tbsps Coconut Oil
- 30 ozs Chicken Breast (sliced into cubes)
- 3/4 Yellow Onion (diced)
- 4 1/2 stalks Celery (sliced)
- 1 1/2 Red Bell Pepper (diced)
- 3 cups Broccoli (chopped into florets)
- 6 cups Kale Leaves (chopped)

Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies, Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With, Brown rice, pasta or quinoa.

Leftovers, Keeps well in the fridge up to 3 days.

Vegan and Vegetarian, Use chickpeas or tofu instead of chicken.

Make It Faster, Use pre-sliced veggies from the bag.



Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

4 servings

15 minutes

Ingredients

- 6 cups Asparagus (trimmed and sliced in half lengthwise)
- 3 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 Cucumber (large, diced)
- 2 cups Lentils (cooked, drained and rinsed)
- 1/2 cup Slivered Almonds (toasted)
- 1/2 cup Feta Cheese (crumbled)

Directions

- 1 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 2 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 3 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

Notes

Dairy-Free, Skip the feta.

Nut-Free, Use sunflower seeds instead of slivered almonds.

No Lentils, Use chickpeas or beans instead.

Storage, Stores well in the fridge up to 3 days.



Spring Vegetable Pasta Salad

6 servings

30 minutes

Ingredients

- 1 1/2 cups Basil Leaves (chopped)
- 3 cups Kale Leaves
- 1 1/2 Lemon (juiced)
- 1 1/2 Garlic (clove, chopped)
- 3/4 cup Extra Virgin Olive Oil
- 3/4 tsp Sea Salt
- 3/4 cup Sunflower Seeds
- 3 cups Asparagus
- 1 1/2 cups Frozen Peas (thawed)
- 1 1/2 cups Radishes (sliced into rounds)
- 6 cups Brown Rice Fusilli (cooked)

Nutrition

Calories	825
Fat	39g
Saturated	5g
Trans	0g
Polyunsaturated	9g
Monounsaturated	22g
Carbs	103g
Fiber	13g
Sugar	4g
Protein	16g
Cholesterol	0mg
Sodium	365mg
Vitamin A	4917IU
Vitamin C	23mg
Calcium	97mg
Iron	5mg

Directions

- 1 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein, Add grilled chicken or roasted chickpeas.





Cheesy Edamame & Parsley Pasta

4 servings

15 minutes

Ingredients

2 cups Brown Rice Spaghetti (cooked)
1/2 cup Cashews
2 tbsps Nutritional Yeast
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 1/2 cups Frozen Edamame (thawed)
2 cups Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 2 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 3 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame, Use frozen peas or any leftover veggies.

Meat Lover, Replace edamame with cooked chicken breast or shrimp.

Make it Spicy, Garnish with red pepper flakes.



Honey Garlic Chickpeas with Asparagus & Rice

6 servings

25 minutes

Ingredients

- 3 cups Asparagus (woody ends snapped off)
- 2 1/4 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Jasmine Rice (uncooked)
- 2 1/4 tsps Coconut Oil
- 3 3/4 cups Chickpeas (cooked)
- 3 tsps Raw Honey
- 1 1/2 tsps Chili Powder
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper
- 3 Garlic (cloves, minced)

Directions

- 1 Preheat oven to 425 degrees F. Toss asparagus in olive oil and season with sea salt and black pepper. Spread them across a baking sheet and bake in the oven for 12 to 15 minutes.
- 2 Meanwhile, cook the jasmine rice according to the directions on the package. Set aside.
- 3 Heat coconut oil in a large skillet over medium heat and add the cooked chickpeas. Saute for about 5 minutes, or until they start to brown. Add in the raw honey, chili powder, sea salt, black pepper and minced garlic. Continue to saute for another 1 - 2 minutes. Transfer the chickpeas to a bowl.
- 4 Divide asparagus, rice and honey garlic chickpeas between plates. Enjoy!

Notes

No Rice, Use quinoa instead.

Leftovers, Keeps well in the fridge up to 3 days. Freezes well.

No Chickpeas, Use tofu or diced chicken breast instead.



Honey Sesame Chicken with Peas & Quinoa

4 servings
20 minutes

Ingredients

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

Nutrition

Calories	471
Fat	11g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	42g
Fiber	6g
Sugar	12g
Protein	54g
Cholesterol	147mg
Sodium	918mg
Vitamin A	1917IU
Vitamin C	8mg
Calcium	74mg
Iron	4mg

Directions

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

Notes

- No Chicken Breast**, Use turkey breast instead.
- Vegan & Vegetarian**, Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.