

# SEVEN DAY HEALTHY EATING MEAL PLAN

THE EVERY DAY PERSON'S  
GUIDE TO EATING WELL

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## Medical Disclaimer

The information contained within this meal plan reflects the views and opinions of Dr. Natasha Gasparin, ND and is not intended as medical advice. Before beginning any nutritional or exercise program, consult your medical or naturopathic doctor to ensure it's appropriate for you, especially if you are an adolescent, pregnant, breastfeeding or have/develop a medical condition. Although this meal plan can help most individuals develop a healthy eating plan, it has not been specifically designed for you and individual results will vary. Calorie and macronutrient information is provided, however, it is calculated using common databases and exact values may vary from your finished product.

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# HELLO!

This meal plan is designed to be healthy, easy to prepare, and use common ingredients that you would normally find at your local grocery store. Before you go off shopping, let me give you a little background information and insight on how to use this meal plan.

One question I am asked frequently by patients is how to maintain a diet long term and my answer is simple:

**You don't.** Diets don't work, that's why there are so many of them.

Now, when I say 'diet', I mean the typical 'low calorie, low sugar, low fat, low everything' kind of diet that most of us stick to when trying to lose or maintain our weight. The problem with this approach is that it isn't sustainable for most of us. This isn't necessarily because the calories or nutrients aren't there but because the food itself isn't enjoyable.

Eating food that tastes good and having sweet treats is a part of life that most of us are unwilling to give up or find difficult to escape from. This is why a middle ground needs to be established.

## Why not try to eat healthy meals and incorporate those sweet treats on a regular basis so that we don't feel like we are depriving ourselves of something we truly enjoy?

You will find sweet foods are included through fruit-based snacks, smoothies or chocolate-based desserts. Feel free to change things up – just be mindful of how many calories are from sugar, especially if it's consumed as an evening snack.

Speaking of sugar, you may notice that some days seem to have a high sugar content, usually Sunday. Rest assured, I've done the math for you and here's why...

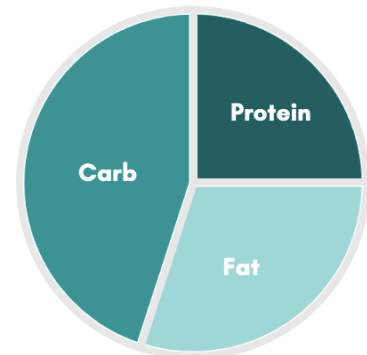
The World Health Organization (WHO for short) does not include the sugars found in fruits and vegetables as added sugars since most fruits and vegetables contain fibre that help to reduce blood sugar spikes. What they are



counting is the **added sugars** – honey, maple syrup, table sugar, boxed snacks like cookies and cakes, etc. When adding up the individual days and how much added sugar they provide, this meal plan follows the WHO guidelines. I've kept in mind that most of us tend to eat more or snack on the weekend which is why there is a higher sugar content on the weekend. There you have it – you get to have your sugar, and eat it too.

For all of my number crunchers and macro trackers, this meal plan has the following macronutrient profile:

- 💡 20–25% protein
- 💡 35–40% fat
- 💡 40–45% carbohydrates



By keeping an adequate amount of fat and protein in the diet and reducing carbohydrates, it will help with better blood sugar management and keep you feeling fuller, longer. Full disclosure, this meal plan contains more protein and/or fibre than most are used to consuming on a daily basis. When first consuming large amounts of protein or fibre, you may notice you feel very full after eating, or develop gas and bloating after meals. This is normal but should not last longer than a couple weeks.

Now, foods you may not have heard of that are included in this meal plan are:

- 💡 Coconut Aminos:
    - 💡 This is a coconut-based product that tastes like soy sauce and tends to be free from MSG. However, both products are high in sodium so please be mindful of how much you use. Feel free to opt for the low sodium version.
  - 💡 Almond, cashew, rice milk, etc.:
    - 💡 You will notice there are multiple types of non-dairy milk used throughout this meal plan. Feel free to use one type of milk and stick to it for the week. I have kept them all in so you know which kinds are out there and which go best with each recipe.
  - 💡 Rice – basmati, brown, long grain, etc.:
    - 💡 Same goes with rice; feel free to use one type and stick to it for the week.
  - 💡 Protein powders:
    - 💡 Protein powders provide an easy and convenient way of adding protein to meals that would not normally have a lot of protein in them. This would include meals such as oatmeal, pancakes, muffins or fruit-based smoothies. Feel free to try different ones – whether milk (ie, whey), vegetable or algal (ie, spirulina or chlorella) based.
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If you are new to cooking and preparing your own meals, this may feel like a daunting task. Don't worry, in time this will become easier. Most of the meals included are easy to prepare so that eating well is sustainable long term. My suggestion to you is to slowly change your eating habits one meal at a time. For example, start eating a healthy breakfast every morning and only worry about breakfast for a couple weeks before tackling lunch, or dinner.

Feel free to reach out if you have questions.

In health,

Dr. Natasha Gasparin, ND

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# Healthy Eating Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Strawberry Almond Protein Smoothie	Yogurt & Granola	One Pan Bacon, Eggs & Brussels Sprouts	Strawberry Almond Protein Smoothie	Yogurt & Granola	One Pan Bacon, Eggs & Brussels Sprouts	2 Soft Scrambled Eggs on Toast
		Blueberries			Blueberries		Blueberries
Snack 1	Tofu Veggie Summer Rolls	Everything Bagel Hummus & Veggies	Creamy Pesto Dip & Crackers	Tofu Veggie Summer Rolls	Everything Bagel Hummus & Veggies	Creamy Pesto Dip & Crackers	Banana Orange Green Smoothie
Lunch	Chicken & Broccoli Casserole	Thai Basil Turkey with Bok Choy & Rice	Baked Salmon with Broccoli & Quinoa	Tempeh Taco Bowl	Pressure Cooker Thai Chicken & Vegetables with Rice	Chili Lime Tempeh Bowls	Spicy Shrimp with Pesto Noodles
	Balsamic Roasted Vegetables						
Snack 2	Rice Cake with Almond Butter & Chia Jam	Chocolate Strawberry Peanut Butter Rice Cake	Cottage Cheese & Raspberries	Rice Cake with Almond Butter & Chia Jam	Chocolate Strawberry Peanut Butter Rice Cake	Cottage Cheese & Raspberries	Yogurt with Pear
Dinner	Thai Basil Turkey with Bok Choy & Rice	Baked Salmon with Broccoli & Quinoa	Tempeh Taco Bowl	Pressure Cooker Thai Chicken & Vegetables with Rice	Chili Lime Tempeh Bowls	Tahini Chopped Salad	Chicken & Broccoli Casserole
						Lebanese Rice	Balsamic Roasted Vegetables
Snack 3	Peanut Butter Breakfast Bars	Peanut Butter Breakfast Bars	Chocolate Strawberry Chia Pudding	Chocolate Strawberry Chia Pudding	2 Peanut Butter Fruit Dip	Peanut Butter Fruit Dip	Pina Colada Ice Cream
					Fresh Strawberries	Fresh Strawberries	



# Healthy Eating Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 2015	<b>Calories</b> 1994	<b>Calories</b> 2014	<b>Calories</b> 2053	<b>Calories</b> 1979	<b>Calories</b> 2003	<b>Calories</b> 2056
<b>Fat</b> 88g	<b>Fat</b> 86g	<b>Fat</b> 93g	<b>Fat</b> 86g	<b>Fat</b> 89g	<b>Fat</b> 84g	<b>Fat</b> 80g
Saturated 33g	Saturated 29g	Saturated 21g	Saturated 21g	Saturated 29g	Saturated 19g	Saturated 34g
Polyunsaturated 20g	Polyunsaturated 23g	Polyunsaturated 18g	Polyunsaturated 21g	Polyunsaturated 21g	Polyunsaturated 17g	Polyunsaturated 9g
Monounsaturated 28g	Monounsaturated 28g	Monounsaturated 34g	Monounsaturated 27g	Monounsaturated 28g	Monounsaturated 34g	Monounsaturated 30g
<b>Carbs</b> 211g	<b>Carbs</b> 203g	<b>Carbs</b> 174g	<b>Carbs</b> 218g	<b>Carbs</b> 210g	<b>Carbs</b> 204g	<b>Carbs</b> 221g
Fiber 34g	Fiber 29g	Fiber 37g	Fiber 38g	Fiber 33g	Fiber 34g	Fiber 34g
Sugar 77g	Sugar 59g	Sugar 24g	Sugar 65g	Sugar 66g	Sugar 34g	Sugar 99g
<b>Protein</b> 114g	<b>Protein</b> 111g	<b>Protein</b> 132g	<b>Protein</b> 125g	<b>Protein</b> 102g	<b>Protein</b> 120g	<b>Protein</b> 123g
Cholesterol 243mg	Cholesterol 243mg	Cholesterol 506mg	Cholesterol 90mg	Cholesterol 118mg	Cholesterol 544mg	Cholesterol 1075mg
Sodium 1416mg	Sodium 1217mg	Sodium 1774mg	Sodium 1493mg	Sodium 1425mg	Sodium 1526mg	Sodium 1725mg
Potassium 3697mg	Potassium 3195mg	Potassium 4791mg	Potassium 3873mg	Potassium 3187mg	Potassium 4249mg	Potassium 4293mg
Vitamin A 19131IU	Vitamin A 17605IU	Vitamin A 9443IU	Vitamin A 11655IU	Vitamin A 16346IU	Vitamin A 12362IU	Vitamin A 20949IU
Vitamin C 461mg	Vitamin C 290mg	Vitamin C 366mg	Vitamin C 323mg	Vitamin C 267mg	Vitamin C 420mg	Vitamin C 429mg
Calcium 1684mg	Calcium 919mg	Calcium 1157mg	Calcium 2038mg	Calcium 966mg	Calcium 788mg	Calcium 1046mg
Iron 16mg	Iron 13mg	Iron 21mg	Iron 20mg	Iron 14mg	Iron 17mg	Iron 16mg



# Healthy Eating Meal Plan

111 items

## Fruits

- ☐ 1/2 Apple
- ☐ 1/2 Avocado
- ☐ 3 1/2 Banana
- ☐ 3 cups Blueberries
- ☐ 1/4 Lemon
- ☐ 3 1/2 tbsps Lemon Juice
- ☐ 2 1/2 Lime
- ☐ 1 tbsp Lime Juice
- ☐ 1 Pear
- ☐ 1/2 cup Pineapple
- ☐ 1 cup Raspberries
- ☐ 12 1/2 cups Strawberries

## Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1/3 cup Almond Butter
- ☐ 2/3 cup Granola
- ☐ 2 2/3 tsps Maple Syrup
- ☐ 4 Plain Rice Cake

## Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1/8 tsp Cayenne Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 1 1/2 tbsps Chili Powder
- ☐ 2 tsps Cumin
- ☐ 1 tsp Dried Thyme
- ☐ 2 tsps Everything Bagel Seasoning
- ☐ 1 3/4 tsps Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1 tsp Italian Seasoning
- ☐ 1/2 tsp Oregano
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 tsp Smoked Paprika

## Frozen

## Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 2 1/2 cups Basil Leaves
- ☐ 2 cups Bok Choy
- ☐ 8 1/2 cups Broccoli
- ☐ 8 cups Brussels Sprouts
- ☐ 5 Carrot
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 3 tbsps Chives
- ☐ 1 1/4 Cucumber
- ☐ 4 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 3/4 cup Green Beans
- ☐ 1/2 Green Bell Pepper
- ☐ 3 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 1/2 cup Kale Leaves
- ☐ 2 1/3 tsps Parsley
- ☐ 1 cup Purple Cabbage
- ☐ 3 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 4 leaves Romaine
- ☐ 1 head Romaine Hearts
- ☐ 1 Thai Chili
- ☐ 1 Tomato
- ☐ 3/4 Yellow Onion
- ☐ 8 Yellow Potato
- ☐ 4 Zucchini

## Boxed & Canned

- ☐ 1/3 cup Basmati Rice
- ☐ 1/2 cup Brown Rice
- ☐ 1 1/4 cups Canned Coconut Milk
- ☐ 1 cup Chicken Broth
- ☐ 1/2 cup Jasmine Rice
- ☐ 1 1/2 cups Quinoa
- ☐ 45 grams Rice Vermicelli Noodles
- ☐ 30 grams Seed Crackers

## Bread, Fish, Meat & Cheese

- ☐ 8 slices Bacon
- ☐ 227 grams Chicken Breast
- ☐ 227 grams Chicken Breast, Cooked
- ☐ 227 grams Chicken Thighs
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 1/2 cup Hummus
- ☐ 283 grams Salmon Fillet
- ☐ 454 grams Shrimp
- ☐ 100 grams Sourdough Bread
- ☐ 328 grams Tempeh
- ☐ 340 grams Tofu

## Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 3 1/2 tbsps Coconut Aminos
- ☐ 1 1/8 tbsps Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Pesto
- ☐ 4 Rice Paper Wraps
- ☐ 1 tsp Sesame Oil
- ☐ 2 tbsps Tahini
- ☐ 1 tbsp Thai Red Curry Paste

## Cold

- ☐ 1/2 tsp Butter
- ☐ 2 cups Cottage Cheese
- ☐ 20 1/2 Egg
- ☐ 1/2 cup Orange Juice
- ☐ 1 cup Plain Coconut Milk
- ☐ 4 cups Plain Greek Yogurt
- ☐ 2 1/2 cups Unsweetened Almond Milk
- ☐ 1/2 cup Unsweetened Coconut Yogurt

## Other

- ☐ 1/4 cup Chocolate Protein Powder



- ☐ **1/4 cup** Frozen Blueberries
- ☐ **1/2 cup** Frozen Cauliflower

- ☐ **2 tbsps** Vegetable Broth

- ☐ **1/2 cup** Vanilla Protein Powder
- ☐ **2 1/2 cups** Water

## Baking

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- ☐ **1 1/3 tbsps** All Purpose Gluten-Free Flour
- ☐ **1/16 tsp** Baking Powder
- ☐ **1/16 tsp** Baking Soda
- ☐ **2 1/3 tbsps** Dark Chocolate Chips
- ☐ **1 1/2 tbsps** Honey
- ☐ **1 1/2 tsps** Nutritional Yeast
- ☐ **1/4 cup** Oats
- ☐ **1 1/2 tsps** Raw Honey
- ☐ **1 tsp** Stevia Powder
- ☐ **1 1/2 tsps** Tapioca Flour



# Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

### No Almond Milk

Use coconut milk or cashew milk instead.

### Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

### More Fiber

Add in some chopped leafy greens like spinach or kale.

### Protein Powder

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

## Ingredients

**1 1/2 cups** Strawberries (frozen)

**1** Banana (small, frozen)

**1/4 cup** Vanilla Protein Powder

**1 1/2 tbsps** Almond Butter

**1 tbsp** Ground Flax Seed

**1 1/4 cups** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	474	<b>Protein</b>	29g
<b>Fat</b>	20g	Cholesterol	4mg
Saturated	1g	Sodium	244mg
Polyunsaturated	6g	Potassium	1094mg
Monounsaturated	10g	Vitamin A	726IU
<b>Carbs</b>	53g	Vitamin C	137mg
Fiber	13g	Calcium	809mg
Sugar	26g	Iron	3mg



# Yogurt & Granola

2 ingredients · 5 minutes · 2 servings



## Directions

1. Divide the yogurt into bowls and top with granola. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

### No Granola

Use any type of fresh fruit or nuts instead.

## Ingredients

**2 cups** Plain Greek Yogurt

**2/3 cup** Granola

## Nutrition

Amount per serving

<b>Calories</b>	380	<b>Protein</b>	28g
<b>Fat</b>	15g	Cholesterol	34mg
Saturated	5g	Sodium	151mg
Polyunsaturated	3g	Potassium	219mg
Monounsaturated	4g	Vitamin A	1258IU
<b>Carbs</b>	34g	Vitamin C	15mg
Fiber	4g	Calcium	530mg
Sugar	14g	Iron	2mg





# Blueberries

1 ingredient · 2 minutes · 1 serving



## Directions

1. Wash the berries and enjoy!

## Ingredients

1 cup Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	84	<b>Protein</b>	1g
<b>Fat</b>	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Polyunsaturated	0g	Potassium	114mg
Monounsaturated	0g	Vitamin A	80IU
<b>Carbs</b>	21g	Vitamin C	14mg
Fiber	4g	Calcium	9mg
Sugar	15g	Iron	0mg





# One Pan Bacon, Eggs & Brussels Sprouts

6 ingredients · 1 hour · 4 servings



## Directions

1. Preheat oven to 390°F (200°C) 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.

## Ingredients

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

## Nutrition

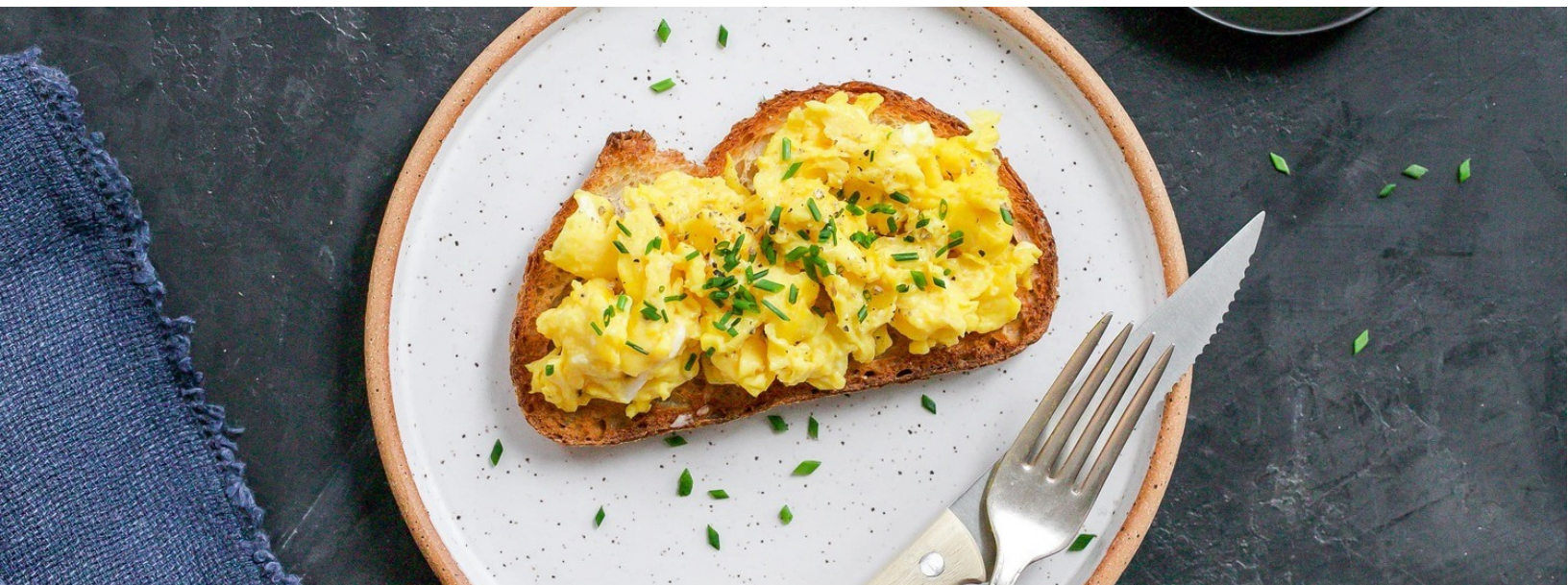
Amount per serving

<b>Calories</b>	486	<b>Protein</b>	24g
<b>Fat</b>	24g	<b>Cholesterol</b>	390mg
Saturated	7g	<b>Sodium</b>	387mg
Polyunsaturated	4g	<b>Potassium</b>	1442mg
Monounsaturated	11g	<b>Vitamin A</b>	1218IU
<b>Carbs</b>	46g	<b>Vitamin C</b>	117mg
Fiber	8g	<b>Calcium</b>	120mg
Sugar	4g	<b>Iron</b>	5mg



# Soft Scrambled Eggs on Toast

5 ingredients · 5 minutes · 2 servings



## Directions

1. Crack the eggs into a bowl and whisk well.
2. Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
3. Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

## Notes

### Leftovers

For best results, enjoy freshly made.

### Gluten-Free

Use gluten-free bread instead.

### Additional Toppings

Chili flakes and/or fresh herbs like parsley and dill.

### No Butter

Use ghee or another cooking oil.

## Ingredients

4 Egg

1/2 tsp Butter

100 grams Sourdough Bread (toasted)

1 tbsp Chives (chopped)

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	277	<b>Protein</b>	17g
<b>Fat</b>	10g	Cholesterol	375mg
Saturated	4g	Sodium	383mg
Polyunsaturated	2g	Potassium	143mg
Monounsaturated	4g	Vitamin A	635IU
<b>Carbs</b>	25g	Vitamin C	2mg
Fiber	1g	Calcium	58mg
Sugar	0g	Iron	3mg





# Tofu Veggie Summer Rolls

9 ingredients · 15 minutes · 2 servings



## Directions

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

## Notes

### Leftovers

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

### Serving Size

One serving equals approximately two rolls.

### Additional Toppings

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

### No Honey

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

### Hoisin Lover

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

## Ingredients

- 1 1/2 tbsps Honey
- 1 tbspc Coconut Aminos
- 1 tbspc Water (hot)
- 1 tbspc Lime Juice
- 4 Rice Paper Wraps
- 1 cup Purple Cabbage (thinly sliced)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/4 Cucumber (sliced)
- 340 grams Tofu (extra firm, pressed, sliced)

## Nutrition

Amount per serving

<b>Calories</b>	291	<b>Protein</b>	18g
<b>Fat</b>	9g	<b>Cholesterol</b>	0mg
Saturated	2g	<b>Sodium</b>	186mg
Polyunsaturated	5g	<b>Potassium</b>	456mg
Monounsaturated	2g	<b>Vitamin A</b>	1471IU
<b>Carbs</b>	40g	<b>Vitamin C</b>	67mg
Fiber	4g	<b>Calcium</b>	509mg
Sugar	19g	<b>Iron</b>	4mg



# Everything Bagel Hummus & Veggies

4 ingredients · 5 minutes · 2 servings



## Directions

1. Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Veggies

Use any raw vegetable instead or serve with crackers or pita bread.

### Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

## Ingredients

**1/2 cup** Hummus

**2 tsps** Everything Bagel Seasoning

**2** Carrot (medium, peeled and cut into sticks)

**1/2** Cucumber (medium, sliced)

## Nutrition

Amount per serving

<b>Calories</b>	182	<b>Protein</b>	6g
<b>Fat</b>	11g	Cholesterol	0mg
Saturated	2g	Sodium	506mg
Polyunsaturated	6g	Potassium	498mg
Monounsaturated	3g	Vitamin A	10284IU
<b>Carbs</b>	18g	Vitamin C	6mg
Fiber	5g	Calcium	61mg
Sugar	5g	Iron	2mg



# Creamy Pesto Dip & Crackers

3 ingredients · 5 minutes · 1 serving



## Directions

1. In a small bowl combine the yogurt and pesto. Serve with the crackers and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Pesto

Use store-bought or homemade pesto.

### No Seed Crackers

Use any cracker, pita bread, tortilla, or veggie sticks instead.

### No Coconut Yogurt

Use plain Greek yogurt instead.

## Ingredients

**2 tbsps** Unsweetened Coconut Yogurt

**2 tbsps** Pesto

**30 grams** Seed Crackers

## Nutrition

Amount per serving

<b>Calories</b>	140	<b>Protein</b>	3g
<b>Fat</b>	9g	Cholesterol	0mg
Saturated	1g	Sodium	186mg
Polyunsaturated	1g	Potassium	160mg
Monounsaturated	3g	Vitamin A	243IU
<b>Carbs</b>	12g	Vitamin C	0mg
Fiber	3g	Calcium	113mg
Sugar	1g	Iron	1mg





# Banana Orange Green Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### No Spinach

Use kale instead.

### No Frozen Cauliflower

Omit or use zucchini or more apple instead.

### Orange Juice

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

## Ingredients

- 1 Banana (medium, frozen)
- 1/2 Apple (medium, peeled and chopped)
- 1 cup Baby Spinach
- 1/2 cup Frozen Cauliflower
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water

## Nutrition

Amount per serving

<b>Calories</b>	232	<b>Protein</b>	5g
<b>Fat</b>	1g	Cholesterol	0mg
Saturated	0g	Sodium	46mg
Polyunsaturated	0g	Potassium	1060mg
Monounsaturated	0g	Vitamin A	3195IU
<b>Carbs</b>	57g	Vitamin C	113mg
Fiber	9g	Calcium	82mg
Sugar	35g	Iron	2mg



# Spicy Shrimp with Pesto Noodles

15 ingredients · 25 minutes · 4 servings



## Directions

1. In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
2. To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, and extra virgin olive oil. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
3. Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
4. In the same pan that the shrimp were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto.
5. Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!

## Notes

### Likes it Spicy

Add more cayenne.

### Leftovers

This recipe is best served immediately. Store leftover ingredients separately in the fridge and assemble before cooking.

### Less Watery

To help prevent watery zucchini noodles, remove any noodles that contain fragments of the zucchini seeds. Using smaller-sized zucchini are best to keep seed fragments and water content low.

### Cold Version

This recipe can also be served cold with raw zucchini noodles instead of warm zucchini noodles. Just skip step 5.

## Ingredients

**454 grams** Shrimp (peeled, deveined)  
**2 1/2 tsps** Chili Powder  
**1 tsp** Garlic Powder  
**1 tsp** Dried Thyme  
**1/8 tsp** Cayenne Pepper  
**1 tbsps** Avocado Oil  
**2 cups** Basil Leaves  
**1 cup** Baby Spinach  
**1/4 cup** Almonds  
**2 tbsps** Water  
**1** Garlic (clove)  
**3 tbsps** Lemon Juice  
**1/3 cup** Extra Virgin Olive Oil (divided)  
**4** Zucchini (small, spiralized into noodles)  
**1/2 cup** Cherry Tomatoes (halved)

## Nutrition

Amount per serving

<b>Calories</b>	393	<b>Protein</b>	29g
<b>Fat</b>	28g	<b>Cholesterol</b>	183mg
Saturated	4g	<b>Sodium</b>	208mg
Polyunsaturated	4g	<b>Potassium</b>	1086mg
Monounsaturated	19g	<b>Vitamin A</b>	2903IU
<b>Carbs</b>	12g	<b>Vitamin C</b>	48mg



Fiber	5g	Calcium	189mg
Sugar	6g	Iron	3mg





# Rice Cake with Almond Butter & Chia Jam

6 ingredients · 30 minutes · 1 serving



## Directions

1. Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
2. Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
3. Remove from the heat and let it cool. The jam will continue to thicken as it cools.
4. Once the jam has cooled, spread the almond butter and chia seed jam evenly on top of the rice cakes. Enjoy!

## Notes

### Leftovers

Refrigerate the chia jam in an airtight container for up to seven days or freeze for up to two months. For best results, put the almond butter and jam on the rice cakes just before enjoying.

### Serving Size

One serving is approximately 1 rice cake, 1 tablespoon of almond butter and 1 tablespoon of chia jam.

### Nut-Free

Use sunflower seed butter instead.

### More Flavor

Add vanilla extract to the chia jam.

### No Blueberries

Use strawberries or raspberries instead.

### No Maple Syrup

Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

## Ingredients

**2 tbsps** Frozen Blueberries

**3/4 tsp** Lemon Juice

**1/2 tsp** Maple Syrup

**1/4 tsp** Chia Seeds

**1** Plain Rice Cake

**1 tbsp** Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	155	<b>Protein</b>	4g
<b>Fat</b>	9g	Cholesterol	0mg
Saturated	1g	Sodium	4mg
Polyunsaturated	2g	Potassium	172mg
Monounsaturated	5g	Vitamin A	9IU
<b>Carbs</b>	16g	Vitamin C	2mg
Fiber	3g	Calcium	66mg
Sugar	5g	Iron	1mg



# Chocolate Strawberry Peanut Butter Rice Cake

4 ingredients · 5 minutes · 1 serving



## Directions

1. Spread peanut butter onto the rice cake and top with strawberries and chocolate chips. Enjoy!

## Notes

### Leftovers

Store all ingredients separately until ready to serve.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### Additional Toppings

Add a pinch of cinnamon or shredded coconut.

### No Strawberries

Use raspberries or blueberries instead.

### More Fiber

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

## Ingredients

**1 tbsp** All Natural Peanut Butter

**1** Plain Rice Cake

**1/4 cup** Strawberries (fresh, chopped)

**1 1/2 tsps** Dark Chocolate Chips

## Nutrition

Amount per serving

<b>Calories</b>	187	<b>Protein</b>	5g
<b>Fat</b>	11g	Cholesterol	0mg
Saturated	4g	Sodium	5mg
Polyunsaturated	2g	Potassium	171mg
Monounsaturated	4g	Vitamin A	4IU
<b>Carbs</b>	18g	Vitamin C	21mg
Fiber	2g	Calcium	15mg
Sugar	7g	Iron	1mg





# Cottage Cheese & Raspberries

2 ingredients · 5 minutes · 1 serving



## Directions

1. Top the cottage cheese with raspberries and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Hemp seeds, chia seeds, shredded coconut, and/or honey.

### Make it Vegan

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

## Ingredients

**1 cup** Cottage Cheese

**1/2 cup** Raspberries

## Nutrition

Amount per serving

<b>Calories</b>	238	<b>Protein</b>	24g
<b>Fat</b>	9g	Cholesterol	36mg
Saturated	4g	Sodium	662mg
Polyunsaturated	0g	Potassium	311mg
Monounsaturated	2g	Vitamin A	314IU
<b>Carbs</b>	14g	Vitamin C	16mg
Fiber	4g	Calcium	190mg
Sugar	8g	Iron	1mg



# Yogurt with Pear

2 ingredients · 5 minutes · 2 servings



## Directions

1. Divide yogurt into bowls. Top with pear and enjoy!

## Notes

### Dairy-Free

Use coconut or almond yogurt instead of Greek yogurt.

### No Pear

Use any type of fresh fruit instead.

### Likes it Sweet

Drizzle with honey or maple syrup.

## Ingredients

1 Pear (halved and cored)

2 cups Plain Greek Yogurt

## Nutrition

Amount per serving

<b>Calories</b>	232	<b>Protein</b>	22g
<b>Fat</b>	5g	Cholesterol	34mg
Saturated	3g	Sodium	141mg
Polyunsaturated	0g	Potassium	103mg
Monounsaturated	0g	Vitamin A	1272IU
<b>Carbs</b>	26g	Vitamin C	19mg
Fiber	3g	Calcium	507mg
Sugar	15g	Iron	1mg





# Thai Basil Turkey with Bok Choy & Rice

11 ingredients · 25 minutes · 2 servings



## Directions

1. Cook the rice according to the instructions on the package and set aside.
2. While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and coconut aminos and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
3. Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
4. Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. 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.

### Make it Faster

Use green peas instead of bok choy.

### No Thai Chili

If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

### Reheating Leftovers

Saute in a skillet until warmed through.

## Ingredients

- 1/2 cup** Jasmine Rice (dry)
- 1 1/2 tsps** Coconut Oil
- 1** Thai Chili (stems removed and finely sliced)
- 3 stalks** Green Onion (finely diced)
- 2** Garlic (cloves, minced)
- 227 grams** Extra Lean Ground Turkey
- 1 1/2 tsps** Raw Honey
- 1 1/2 tbsps** Coconut Aminos
- 1/2 cup** Basil Leaves (fresh, chopped)
- 1 tsp** Sesame Oil
- 2 cups** Bok Choy (sliced in half lengthwise)

## Nutrition

Amount per serving

<b>Calories</b>	436	<b>Protein</b>	26g
<b>Fat</b>	15g	<b>Cholesterol</b>	84mg
Saturated	6g	<b>Sodium</b>	332mg
Polyunsaturated	4g	<b>Potassium</b>	563mg
Monounsaturated	4g	<b>Vitamin A</b>	4704IU
<b>Carbs</b>	50g	<b>Vitamin C</b>	69mg
Fiber	3g	<b>Calcium</b>	134mg
Sugar	9g	<b>Iron</b>	3mg



**Vegan & Vegetarian**

Replace the ground turkey with roasted chickpeas or warm lentils.



# Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the oven to 450°F (232°C) 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.

## Ingredients

**283 grams** 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

Amount per serving

<b>Calories</b>	480	<b>Protein</b>	39g
<b>Fat</b>	19g	Cholesterol	78mg
Saturated	3g	Sodium	126mg
Polyunsaturated	6g	Potassium	1515mg
Monounsaturated	9g	Vitamin A	1197IU
<b>Carbs</b>	40g	Vitamin C	165mg
Fiber	8g	Calcium	132mg
Sugar	3g	Iron	4mg





# Tempeh Taco Bowl

11 ingredients · 20 minutes · 2 servings



## Directions

1. Cook the quinoa according to package directions.
2. Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
3. Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
4. To serve, divide the lettuce, quinoa, and tempeh between bowls and drizzle with the remaining lime juice. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add other dried herbs and spices to the tempeh or use taco seasoning instead.

### Additional Toppings

Add avocado, salsa, sour cream, cilantro, green onion, or extra jalapeno.

### No Quinoa

Use white or brown rice or cauliflower rice instead.

## Ingredients

- 1/2 cup Quinoa
- 1 tbsp Avocado Oil
- 200 grams Tempeh (crumbled)
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt
- 1 Jalapeno Pepper (small, seeds removed and finely chopped)
- 1 Tomato (large, diced)
- 1 Lime (juiced, divided)
- 4 leaves Romaine (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	445	<b>Protein</b>	28g
<b>Fat</b>	21g	<b>Cholesterol</b>	0mg
Saturated	4g	<b>Sodium</b>	375mg
Polyunsaturated	7g	<b>Potassium</b>	998mg
Monounsaturated	9g	<b>Vitamin A</b>	6213IU
<b>Carbs</b>	42g	<b>Vitamin C</b>	26mg
Fiber	6g	<b>Calcium</b>	174mg
Sugar	1g	<b>Iron</b>	7mg





# Pressure Cooker Thai Chicken & Vegetables with Rice

12 ingredients · 40 minutes · 2 servings



## Directions

1. Cook the rice according to the directions on the package.
2. In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
3. Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
4. Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
5. Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
6. Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

### No Brown Rice

Omit or use jasmine rice, quinoa or cauliflower rice instead.

### No Chicken Breast

Use chicken thighs instead.

### No Fresh Green Beans

Use frozen or choose another vegetable like snap peas or broccoli.

## Ingredients

- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Chicken Broth
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 227 grams Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 3/4 cup Green Beans
- 1/2 cup Kale Leaves (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	463	<b>Protein</b>	32g
<b>Fat</b>	16g	<b>Cholesterol</b>	84mg
Saturated	11g	<b>Sodium</b>	646mg
Polyunsaturated	1g	<b>Potassium</b>	788mg
Monounsaturated	1g	<b>Vitamin A</b>	2978IU
<b>Carbs</b>	47g	<b>Vitamin C</b>	49mg
Fiber	4g	<b>Calcium</b>	52mg
Sugar	7g	<b>Iron</b>	2mg



**No Kale**

Use spinach or bok choy instead.



# Chili Lime Tempeh Bowls

14 ingredients · 1 hour 40 minutes · 2 servings



## Directions

1. In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, and half of the garlic powder. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
2. When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
3. Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
4. Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
5. Meanwhile, cook the quinoa according to the package directions.
6. Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add cayenne pepper for a spicy tempeh. Use oil to roast the vegetables.

### Additional Toppings

Cilantro, salsa, yogurt, diced tomatoes or sliced green onions.

## Ingredients

**1/4 tsp** Smoked Paprika  
**1 tsp** Chili Powder (divided)  
**1 tsp** Cumin (divided)  
**1/2 tsp** Garlic Powder (divided)  
**1 1/2** Lime (juiced)  
**2 tbsps** Vegetable Broth  
**1/2 tsp** Maple Syrup  
**128 grams** Tempeh (cut into thin pieces)  
**1/2** Red Bell Pepper (thinly sliced)  
**1/2** Green Bell Pepper (thinly sliced)  
**1/4** Yellow Onion (thinly sliced)  
**1 1/2 tps** Water  
**1/2 cup** Quinoa  
**1/2** Avocado (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	403	<b>Protein</b>	21g
<b>Fat</b>	18g	Cholesterol	0mg
Saturated	3g	Sodium	97mg
Polyunsaturated	5g	Potassium	987mg
Monounsaturated	8g	Vitamin A	1725IU
<b>Carbs</b>	47g	Vitamin C	77mg
Fiber	9g	Calcium	130mg



Sugar

5g

Iron

6mg





# Tahini Chopped Salad

10 ingredients · 10 minutes · 2 servings



## Directions

1. Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
2. Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

### Additional Toppings

Add other chopped veggies or fresh herbs.

### No Cooked Chicken

Use cooked shrimp, salmon, or tofu instead.

### No Chives

Use fresh parsley instead.

## Ingredients

- 2 **tbps** Tahini
- 3 **tbps** Water
- 2 **tbps** Chives
- Sea Salt & Black Pepper
- 1 **head** Romaine Hearts (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Carrot (medium, peeled and chopped)
- 1 Red Bell Pepper (medium, chopped)
- 1 **cup** Broccoli (chopped)
- 227 **grams** Chicken Breast, Cooked (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	318	<b>Protein</b>	40g
<b>Fat</b>	12g	Cholesterol	118mg
Saturated	2g	Sodium	118mg
Polyunsaturated	5g	Potassium	1026mg
Monounsaturated	4g	Vitamin A	8717IU
<b>Carbs</b>	16g	Vitamin C	123mg
Fiber	5g	Calcium	127mg
Sugar	6g	Iron	3mg



# Lebanese Rice

6 ingredients · 25 minutes · 2 servings



## Directions

1. Rinse the rice with cold water until the water runs clear. Drain well and set aside.
2. In a medium-sized pot over medium heat, add the oil. Once hot, add the vermicelli and cook, stirring frequently until toasted and darker in color.
3. Add the rice to the pot and stir to coat. Add the water and salt. Stir and bring to a boil. Reduce the heat to medium-low, cover, and cook for 15 minutes. Remove from the heat, while keeping the lid on, and let it steam for five minutes.
4. Uncover and fluff with a fork. Add the parsley, serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about 1/2 cup.

### More Flavor

Add a pinch of cinnamon. Top with toasted pine nuts or sliced almonds.

## Ingredients

**1/3 cup** Basmati Rice

**1 1/4 tsps** Extra Virgin Olive Oil

**45 grams** Rice Vermicelli Noodles (broken into pieces)

**3/4 cup** Water

**1/16 tsp** Sea Salt

**2 1/3 tsps** Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	255	<b>Protein</b>	3g
<b>Fat</b>	3g	Cholesterol	0mg
Saturated	0g	Sodium	66mg
Polyunsaturated	0g	Potassium	8mg
Monounsaturated	2g	Vitamin A	128IU
<b>Carbs</b>	51g	Vitamin C	2mg
Fiber	1g	Calcium	12mg
Sugar	0g	Iron	0mg





# Chicken & Broccoli Casserole

10 ingredients · 50 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
3. In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
4. Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
5. Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

### Additional Toppings

Serve with rice or cauliflower rice.

### No Tapioca Flour

Use arrowroot flour or corn starch.

## Ingredients

**227 grams** Chicken Thighs (boneless, skinless)

**1/8 tsp** Sea Salt (divided)

**1/2 tsp** Avocado Oil

**2 1/2 cups** Broccoli (cut into florets)

**1/4** Yellow Onion (thinly sliced)

**2/3 cup** Canned Coconut Milk (full fat)

**1 1/2 tsps** Nutritional Yeast

**1 1/2 tsps** Tapioca Flour

**1/4 tsp** Garlic Powder

**1/3 cup** Chicken Broth

## Nutrition

Amount per serving

<b>Calories</b>	343	<b>Protein</b>	28g
<b>Fat</b>	20g	Cholesterol	108mg
Saturated	14g	Sodium	492mg
Polyunsaturated	1g	Potassium	828mg
Monounsaturated	3g	Vitamin A	737IU
<b>Carbs</b>	14g	Vitamin C	101mg
Fiber	4g	Calcium	73mg
Sugar	4g	Iron	3mg



# Balsamic Roasted Vegetables

7 ingredients · 30 minutes · 2 servings



## Directions

1. Place the vegetables in a mixing bowl and drizzle with the balsamic vinegar and Italian seasoning. Season with sea salt and black pepper to taste. Let the vegetables marinate while preheating the oven.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Arrange the vegetables on the baking sheet in an even layer and roast for 25 to 30 minutes until tender, stirring halfway through.
4. Remove the vegetables from the oven and season with additional salt and pepper if needed. Transfer to a plate and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately one cup of roasted vegetables.

### More Flavor

Add other dried herbs and spices like garlic powder, onion powder or paprika.

### Vegetables

Ensure the vegetables are diced to approximately the same size for even cooking.

## Ingredients

- 2 Carrot (medium, peeled and chopped)
- 1/2 Red Bell Pepper (chopped)
- 1 cup Broccoli (cut into florets)
- 1/2 cup Red Onion (chopped)
- 1 tbsp Balsamic Vinegar
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	71	<b>Protein</b>	3g
<b>Fat</b>	0g	Cholesterol	0mg
Saturated	0g	Sodium	62mg
Polyunsaturated	0g	Potassium	469mg
Monounsaturated	0g	Vitamin A	11406IU
<b>Carbs</b>	16g	Vitamin C	85mg
Fiber	4g	Calcium	55mg
Sugar	8g	Iron	1mg





# Peanut Butter Breakfast Bars

10 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
2. In a mixing bowl, stir together the oats, flour, baking powder, baking soda, and stevia until well combined. Add the eggs, almond milk, coconut oil, and peanut butter. Stir well to combine.
3. Transfer the mixture to the baking dish and sprinkle the dark chocolate chips overtop. Bake for 12 to 15 minutes or until lightly golden brown and cooked through. Allow them to completely cool then slice into squares and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week, or freeze if longer.

### Serving Size

A 9- x 12-inch baking dish was used to make 12 servings.

### Nut-Free

Use rice milk or oat milk instead of almond milk.

### More Flavor

Add cinnamon and vanilla extract. Substitute some of the almond milk for butter.

### Additional Toppings

Whole peanuts and/or chocolate drizzle.

### Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.

## Ingredients

- 1/4 cup** Oats (rolled)
- 1 1/3 tbsps** All Purpose Gluten-Free Flour
- 1/16 tsp** Baking Powder
- 1/16 tsp** Baking Soda
- 1 tsp** Stevia Powder
- 1/2** Egg
- 2 tsps** Unsweetened Almond Milk
- 2 tsps** Coconut Oil (melted, then measured)
- 1 1/3 tbsps** All Natural Peanut Butter (runny, chunky)
- 1 1/3 tbsps** Dark Chocolate Chips (or chunks)

## Nutrition

Amount per serving

<b>Calories</b>	245	<b>Protein</b>	6g
<b>Fat</b>	15g	Cholesterol	47mg
Saturated	9g	Sodium	96mg
Polyunsaturated	2g	Potassium	115mg
Monounsaturated	4g	Vitamin A	78IU
<b>Carbs</b>	22g	Vitamin C	0mg
Fiber	3g	Calcium	38mg
Sugar	6g	Iron	1mg



# Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



## Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Likes it Thicker

Use full fat coconut milk instead.

### Additional Toppings

Add granola or cacao nibs on top for crunch.

### Protein Powder

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

## Ingredients

**1/4 cup** Chia Seeds

**1 cup** Plain Coconut Milk (unsweetened, from the carton)

**1/4 cup** Chocolate Protein Powder

**1 cup** Strawberries (halved)

## Nutrition

Amount per serving

<b>Calories</b>	225	<b>Protein</b>	14g
<b>Fat</b>	11g	Cholesterol	2mg
Saturated	2g	Sodium	38mg
Polyunsaturated	0g	Potassium	365mg
Monounsaturated	0g	Vitamin A	258IU
<b>Carbs</b>	20g	Vitamin C	42mg
Fiber	8g	Calcium	428mg
Sugar	7g	Iron	3mg



# Peanut Butter Fruit Dip

3 ingredients · 10 minutes · 3 servings



## Directions

1. Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

## Notes

### Serving Size

One serving is equal to approximately 3 tbsp of dip.

### Leftovers

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

### Serve it With

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

### Nut-Free

Make it with sunflower seed butter instead of peanut butter.

### No Coconut Yogurt

Use Greek yogurt or almond yogurt instead.

## Ingredients

**3 tbsps** All Natural Peanut Butter

**1/3 cup** Unsweetened Coconut Yogurt

**1 1/8 tps** Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	117	<b>Protein</b>	4g
<b>Fat</b>	9g	Cholesterol	0mg
Saturated	2g	Sodium	9mg
Polyunsaturated	2g	Potassium	95mg
Monounsaturated	4g	Vitamin A	0IU
<b>Carbs</b>	7g	Vitamin C	0mg
Fiber	1g	Calcium	73mg
Sugar	3g	Iron	0mg





# Fresh Strawberries

1 ingredient · 5 minutes · 4 servings



## Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## Notes

### Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

## Ingredients

**4 cups** Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	46	<b>Protein</b>	1g
<b>Fat</b>	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Polyunsaturated	0g	Potassium	220mg
Monounsaturated	0g	Vitamin A	17IU
<b>Carbs</b>	11g	Vitamin C	85mg
Fiber	3g	Calcium	23mg
Sugar	7g	Iron	1mg



# Pina Colada Ice Cream

3 ingredients · 5 minutes · 1 serving



## Directions

1. Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## Notes

### It's 5 O'Clock Somewhere

Add rum.

## Ingredients

**1/2** Banana (sliced and frozen)

**1/2 cup** Pineapple (cut into chunks and frozen)

**2 tbsps** Canned Coconut Milk

## Nutrition

Amount per serving

<b>Calories</b>	147	<b>Protein</b>	1g
<b>Fat</b>	6g	Cholesterol	0mg
Saturated	5g	Sodium	9mg
Polyunsaturated	0g	Potassium	347mg
Monounsaturated	0g	Vitamin A	86IU
<b>Carbs</b>	25g	Vitamin C	45mg
Fiber	3g	Calcium	15mg
Sugar	16g	Iron	0mg

