

MON



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Pistachios



DINNER
One Pan Salmon with Green Beans & Roasted Tomato

TUE



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Prosciutto Wrapped Avocado



LUNCH
One Pan Salmon with Green Beans & Roasted Tomato



SNACK 2
Toasted Walnuts



DINNER
Marinated Mixed Bean Salad

WED



BREAKFAST
Bok Choy & Mushroom Omelette



SNACK 1
Pistachios



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Apple with Almond Butter



DINNER
Spaghetti Squash Chow Mein

THU



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Toasted Walnuts



DINNER
Egg Roll in a Bowl

FRI



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Egg Roll in a Bowl



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
Slow Cooker Spaghetti Squash & Meatballs

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Slow Cooker Spaghetti Squash & Meatballs



SNACK 2
Toasted Walnuts



DINNER
Roasted Winter Vegetables with Tahini Drizzle

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Cinnamon Flax Muffins



LUNCH
Roasted Winter Vegetables with Tahini Drizzle



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
15 Minute Halibut with Dill Pesto, Beet & Broccoli Salad



FRUITS

- 8 Apple
- 4 Avocado
- 8 1/2 Lemon

BREAKFAST

- 1 cup Almond Butter
- 2 cups Steel Cut Oats

SEEDS, NUTS & SPICES

- 2 1/2 tsps Black Pepper
- 2 cups Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Ground Ginger
- 1 cup Hemp Seeds
- 3 tsps Italian Seasoning
- 2 tsps Oregano
- 4 cups Pistachios, In Shell
- 1/2 cup Pumpkin Seeds
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 4 2/3 cups Walnuts

FROZEN

- 4 cups Frozen Cherries

VEGETABLES

- 4 cups Bean Sprouts
- 2 Beet
- 4 cups Bok Choy
- 3 cups Broccoli
- 6 cups Brussels Sprouts
- 4 Carrot
- 40 stalks Celery
- 4 cups Cherry Tomatoes
- 20 cups Coleslaw Mix
- 2 Delicata Squash
- 2 bulbs Fennel
- 1/4 cup Fresh Dill
- 20 Garlic
- 1/4 cup Ginger
- 14 cups Green Beans
- 18 stalks Green Onion
- 8 cups Mixed Greens
- 1 cup Parsley
- 1 cup Red Onion
- 2 cups Shiitake Mushrooms
- 4 Spaghetti Squash
- 4 Sweet Potato
- 4 Yellow Onion

BOXED & CANNED

- 6 cups Crushed Tomatoes
- 12 cups Mixed Beans

BAKING

- 1/2 cup Brown Rice Flour
- 1/2 tsp Ground Cloves
- 1 1/3 tsps Stevia Powder
- 1/2 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 2 lbs Extra Lean Ground Chicken
- 2 lbs Extra Lean Ground Turkey
- 1 1/4 lbs Halibut Fillet
- 2 lbs Lean Ground Pork
- 2 1/2 lbs Salmon Fillet

CONDIMENTS & OILS

- 1 1/8 cups Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 cup Coconut Aminos
- 3 1/2 tsps Coconut Oil
- 2 cups Extra Virgin Olive Oil
- 1/4 cup Sesame Oil
- 2 cups Sunflower Seed Butter
- 1/2 cup Tahini
- 3 tsps Tamari

COLD

- 54 Egg
- 8 cups Unsweetened Almond Milk

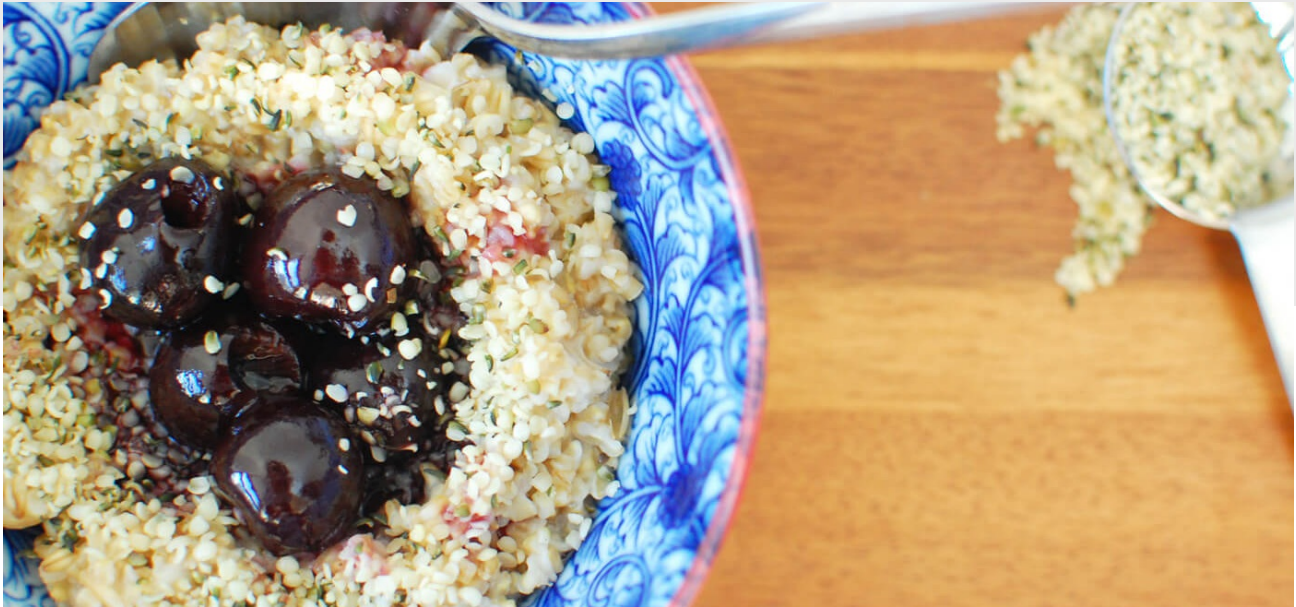
OTHER

- 6 1/2 cups Water



Sweet Cherry Steel Cut Oats

8 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Steel Cut Oats
6 cups Water
4 cups Frozen Cherries
1 cup Hemp Seeds

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.



Bok Choy & Mushroom Omelette

4 SERVINGS 20 MINUTES



INGREDIENTS

- 2 tbsps Coconut Oil
- 2 cups Shiitake Mushrooms (sliced)
- 4 cups Bok Choy (sliced into quarters)
- 12 Egg
- 3 tbsps Tamari
- 8 stalks Green Onion (sliced)

DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 02 In a bowl, whisk together eggs, tamari and green onion.
- 03 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

NOTES

MAKE IT FLUFFY

Whisk unsweetened almond milk into your egg mixture.

MORE FLAVOUR

Whisk sesame oil into your egg mixture.

MIX IT UP

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

LIKES IT SPICY

Serve with hot sauce.



Carrot Cake Chia Pudding

8 SERVINGS 3 HOURS



INGREDIENTS

4 Carrot (medium, grated)
2 tsp Cinnamon
1/2 tsp Ground Cloves
1 tsp Ground Ginger
1 1/3 tbsps Stevia Powder (to taste)
8 cups Unsweetened Almond Milk
2 cups Chia Seeds
1 cup Walnuts (chopped)
1/2 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.



Avocado Sweet Potato Toast with Poached Egg

8 SERVINGS 15 MINUTES



INGREDIENTS

4 Sweet Potato (large)
16 Egg
4 Avocado
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.



Celery with Sunflower Seed Butter

16 SERVINGS 5 MINUTES



INGREDIENTS

32 stalks Celery (sliced into sticks)
2 cups Sunflower Seed Butter

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

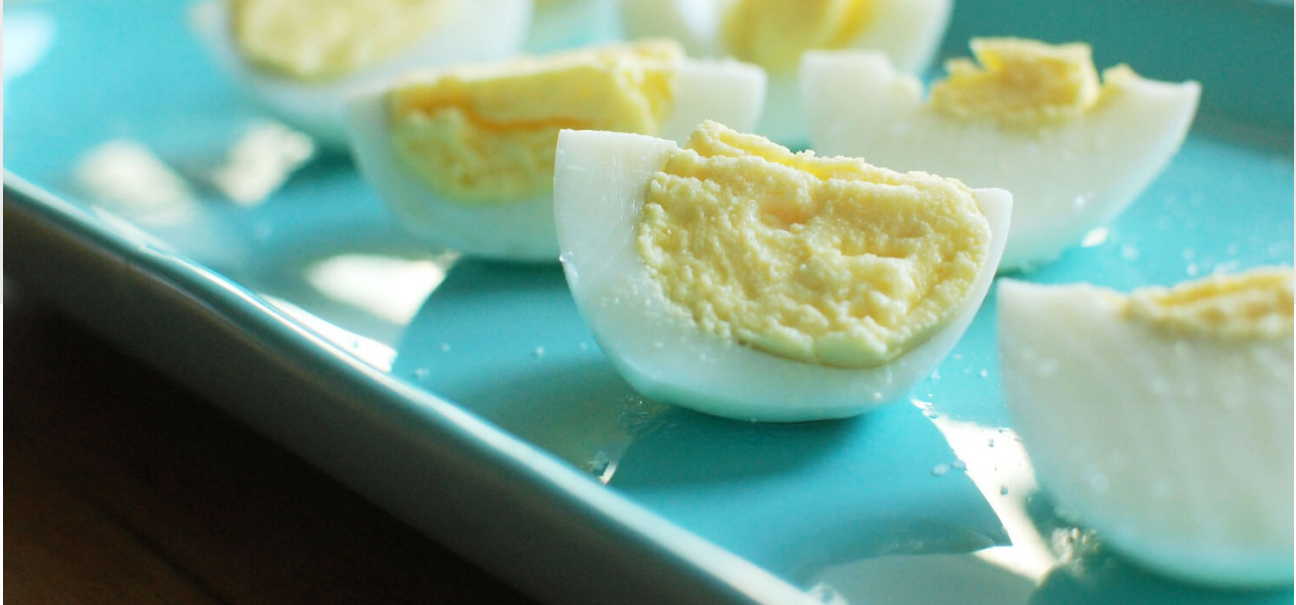
NO CELERY
Use cucumber instead



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Salt n' Vinegar Hard Boiled Eggs

12 SERVINGS 35 MINUTES



INGREDIENTS

24 Egg
1 tbsp Sea Salt (divided)
3/4 cup Apple Cider Vinegar (divided)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Marinated Mixed Bean Salad

12 SERVINGS 15 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 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.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate 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.



Pistachios

8 SERVINGS 1 MINUTE



INGREDIENTS

4 cups Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!



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Toasted Walnuts

12 SERVINGS 15 MINUTES



INGREDIENTS

3 2/3 cups Walnuts (shelled)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.



Apple with Almond Butter

8 SERVINGS 5 MINUTES



INGREDIENTS

8 Apple
1 cup Almond Butter

DIRECTIONS

01 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.



One Pan Salmon with Green Beans & Roasted Tomato

8 SERVINGS 25 MINUTES



INGREDIENTS

- 8 cups Green Beans (washed and trimmed)
- 4 cups Cherry Tomatoes
- 2 tbsps Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 lbs Salmon Fillet

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 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.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

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.



Spaghetti Squash Chow Mein

8 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) 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.
- 02 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.
- 03 In a separate pan, melt the coconut oil and brown the ground chicken.
- 04 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.



Egg Roll in a Bowl

8 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Avocado Oil
- 2 Yellow Onion (medium, diced)
- 10 stalks Green Onion (diced)
- 8 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 2 lbs Lean Ground Pork
- 12 cups Coleslaw Mix
- 4 cups Bean Sprouts
- 1/2 cup Coconut Aminos

DIRECTIONS

- 01 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 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.



Slow Cooker Spaghetti Squash & Meatballs

8 SERVINGS 4 HOURS



INGREDIENTS

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

DIRECTIONS

- 01 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.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. 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.
- 04 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.
- 05 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.



Roasted Winter Vegetables with Tahini Drizzle

8 SERVINGS 45 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 02 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 03 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.
- 04 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.
- 05 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 tofu.

LEFTOVERS

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



15 Minute Halibut with Dill Pesto

4 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Parsley (packed)
1/4 cup Fresh Dill (packed)
1/3 cup Slivered Almonds
3 tbsps Extra Virgin Olive Oil
1 Lemon (juiced)
1 Garlic (clove)
Sea Salt & Black Pepper
1 1/4 lbs Halibut Fillet
1 1/2 tsps Coconut Oil
8 cups Mixed Greens (or Arugula)

DIRECTIONS

- 01 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.
- 02 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 03 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.



Beet & Broccoli Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Broccoli (including the stalk)
2 Beet (small, peeled)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (medium, juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cut the florets off of the broccoli and use a vegetable peeler to peel the stalks into ribbons. Add both the florets and ribboned stalks to the bowl.
- 02 Peel the beets into ribbons and add them to the bowl.
- 03 Add the oil, lemon juice, salt, and pepper. Toss to combine. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate into an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Feta cheese or goat cheese.

SAVE TIME

Buy pre-chopped broccoli slaw.



MON



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Apple with Almond Butter



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Smoked Salmon Wrapped Avocado



DINNER
Shrimp Asparagus Pesto Pasta

TUE



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Apples & Almonds



LUNCH
Shrimp Asparagus Pesto Pasta



SNACK 2
Smoked Salmon Wrapped Avocado



DINNER
Cajun Chicken, Sweet Potatoes & Kale

WED



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Hummus Dippers



LUNCH
Cajun Chicken, Sweet Potatoes & Kale



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

THU



BREAKFAST
Blueberry Energy Smoothie



SNACK 1
Hummus Dippers



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
15 Minute Shrimp & Cabbage Stir Fry

FRI



BREAKFAST
Blueberry Energy Smoothie



SNACK 1
Pear & Walnuts



LUNCH
15 Minute Shrimp & Cabbage Stir Fry



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
Sausage, Broccoli & Cabbage Stir Fry

SAT



BREAKFAST
Butternut Squash & Apple Hash with an Egg



SNACK 1
Apple with Almond Butter



LUNCH
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Hummus Dippers



DINNER
Cheesy Cauliflower & Broccoli Casserole

SUN



BREAKFAST
Butternut Squash & Apple Hash with an Egg



SNACK 1
Honeydew Melon & Cashews



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Hummus Dippers



DINNER
Cheesy Cauliflower & Broccoli Casserole



FRUITS

- 22 2/3 Apple
- 4 Avocado
- 8 Lemon

BREAKFAST

- 2 1/2 cups Almond Butter

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/4 cup Cajun Spice
- 3 cups Cashews
- 2/3 tsp Cinnamon
- 1 1/3 tbsps Dried Thyme
- 1 1/3 tbsps Garlic Powder
- 2 cups Hemp Seeds
- 1 1/3 tbsps Italian Seasoning
- 1/2 tsp Paprika
- 2 tps Red Pepper Flakes
- 1/4 cup Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sesame Seeds
- 1 1/3 tbsps Turmeric

FROZEN

- 6 cups Frozen Blueberries

VEGETABLES

- 18 cups Asparagus
- 20 cups Baby Spinach
- 16 cups Broccoli
- 9 1/3 cups Butternut Squash
- 12 Carrot
- 6 heads Cauliflower
- 28 stalks Celery
- 24 Garlic
- 32 cups Green Cabbage
- 21 1/3 cups Kale Leaves
- 8 cups Purple Cabbage
- 1 1/3 cups Red Onion
- 4 Sweet Potato
- 4 Yellow Bell Pepper
- 6 Yellow Onion

BOXED & CANNED

- 1 lb Chickpea Pasta

BAKING

- 1 1/4 cups Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 2 lbs Chicken Breast
- 1 1/4 lbs Chicken Sausage
- 2 lbs Extra Lean Ground Chicken
- 7 lbs Shrimp
- 14 1/8 ozs Smoked Salmon

CONDIMENTS & OILS

- 3/4 cup Apple Cider Vinegar
- 1 cup Coconut Oil
- 2 cups Extra Virgin Olive Oil
- 1/2 cup Pesto

COLD

- 68 1/16 Egg
- 4 cups Hummus
- 2 cups Unsweetened Almond Milk

OTHER

- 17 cups Water



Breakfast Cauliflower Casserole

12 SERVINGS 1 HOUR



INGREDIENTS

2 heads Cauliflower (chopped into florets)
2 Egg
2 cups Unsweetened Almond Milk
1 1/3 tbsps Garlic Powder
1/4 cup Nutritional Yeast
1 1/3 tbsps Sea Salt
4 cups Baby Spinach

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 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.
- 03 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 04 Pour mixture into a baking dish and bake for 45 minutes.
- 05 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.



Blueberry Energy Smoothie

8 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Cashews
1 cup Hemp Seeds
8 cups Water
8 cups Baby Spinach
6 cups Frozen Blueberries

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.



Butternut Squash & Apple Hash with an Egg

8 SERVINGS 25 MINUTES



INGREDIENTS

- 1/2 cup Extra Virgin Olive Oil (divided)
- 5 1/3 cups Butternut Squash (peeled and chopped into 1 cm cubes)
- 1 1/3 cups Red Onion (chopped)
- 2/3 tsp Sea Salt
- 2 2/3 Apple (small, finely chopped)
- 5 1/3 cups Kale Leaves (chopped)
- 2/3 tsp Cinnamon
- 16 Egg

DIRECTIONS

- 01 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 02 Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 03 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 04 Divide the breakfast hash between plates and top with an egg. Enjoy!

NOTES

LEFTOVERS

Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

SERVING SIZE

One serving is approximately 1 cup of breakfast hash and 2 eggs.

MORE PROTEIN

Add in cooked sausage, chicken or bacon.

APPLE

This recipe was created and tested using Spartan apples.

CONSISTENCY

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

NO RED ONION

Use a yellow or sweet onion instead.



Apple with Almond Butter

20 SERVINGS 5 MINUTES



INGREDIENTS

20 Apple
2 1/2 cups Almond Butter

DIRECTIONS

01 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.



Hummus Dippers

16 SERVINGS 15 MINUTES



INGREDIENTS

4 Yellow Bell Pepper
4 Carrot
16 stalks Celery
4 cups Hummus

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

MIX IT UP

Substitute in different veggies like cucumber or zucchini.



Cream of Celery & Asparagus Soup

8 SERVINGS 25 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 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.
- 02 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.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

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

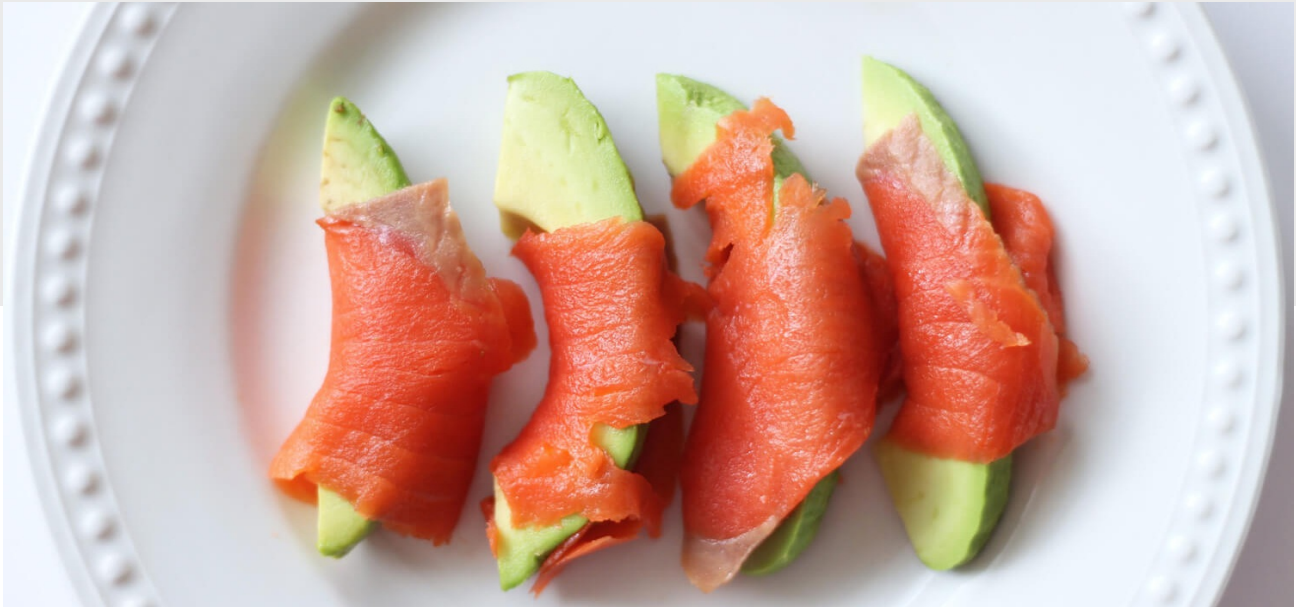
NO SPINACH

Use kale, swiss chard or any leafy green.



Smoked Salmon Wrapped Avocado

8 SERVINGS 5 MINUTES



INGREDIENTS

4 Avocado
14 1/8 ozs Smoked Salmon (sliced)

DIRECTIONS

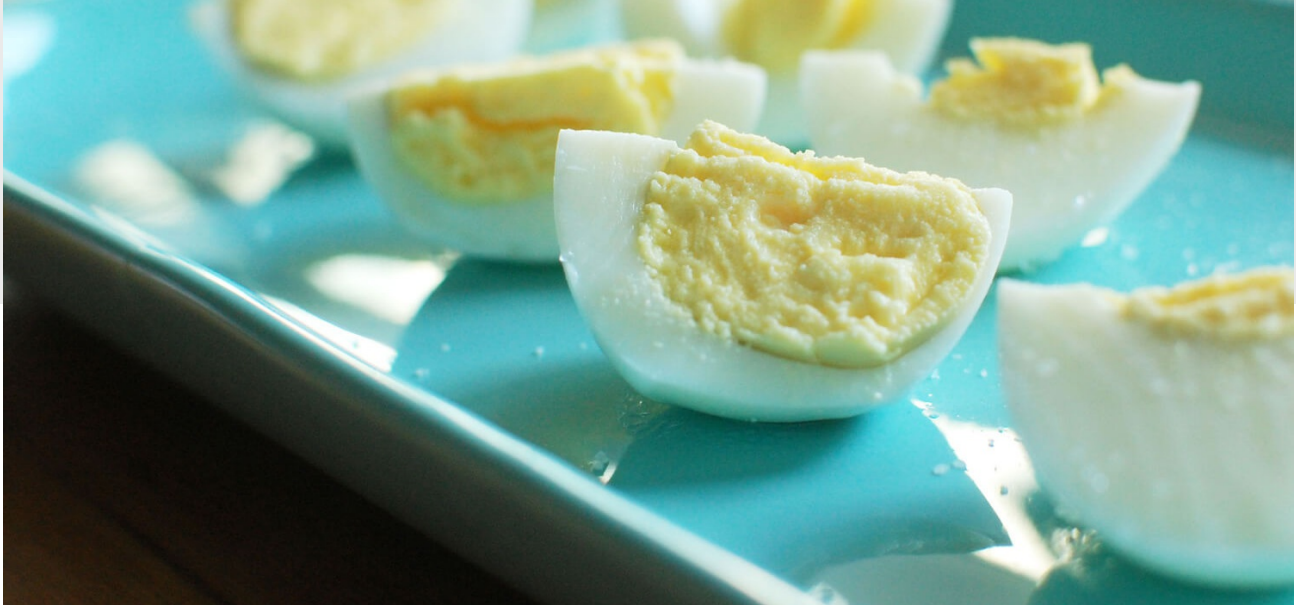
01 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!



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Salt n' Vinegar Hard Boiled Eggs

12 SERVINGS 35 MINUTES



INGREDIENTS

- 24 Egg
- 1 tbsp Sea Salt (divided)
- 3/4 cup Apple Cider Vinegar (divided)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Shrimp Asparagus Pesto Pasta

8 SERVINGS 30 MINUTES



INGREDIENTS

12 cups Asparagus (chopped into 1 inch pieces)
3 lbs Shrimp (uncooked, shells on)
1/2 cup Extra Virgin Olive Oil
1/2 tsp Sea Salt (or more to taste)
4 Lemon (sliced into rounds)
1 lb Chickpea Pasta
1/2 cup Pesto

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 03 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 04 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

NO ASPARAGUS

Use green beans or zucchini instead.

VEGAN

Swap out the shrimp for tofu.

MORE GREENS

Top with microgreens.



Cajun Chicken, Sweet Potatoes & Kale

8 SERVINGS 35 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 02 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.
- 03 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.
- 04 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.
- 05 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.



One Pan Chicken, Golden Cauliflower & Carrot Fries

8 SERVINGS 40 MINUTES



INGREDIENTS

8 Carrot (medium)
2 heads Cauliflower
3/4 cup Extra Virgin Olive Oil (divided three ways)
2 lbs Chicken Breast
1 1/3 tbsps Dried Thyme
1 1/3 tbsps Turmeric (powder)
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.



15 Minute Shrimp & Cabbage Stir Fry

8 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Coconut Oil (divided)
4 lbs Shrimp (raw, peeled and deveined)
12 Garlic (cloves, minced)
4 Lemon (juiced)
2 tsps Red Pepper Flakes
32 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
1/2 cup Sesame Seeds

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.



Sausage, Broccoli & Cabbage Stir Fry

8 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/4 lbs Chicken Sausage
- 2 Yellow Onion (small, diced)
- 2 Garlic (clove, minced)
- 8 cups Broccoli (chopped into small florets)
- 8 cups Purple Cabbage (finely sliced)
- 1 1/3 tbsps Italian Seasoning

DIRECTIONS

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

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.



Cheesy Cauliflower & Broccoli Casserole

8 SERVINGS 1 HOUR



INGREDIENTS

- 4 cups Butternut Squash (peeled, seeded and cubed)
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 1 cup Water
- 2 heads Cauliflower (medium, chopped into florets)
- 8 cups Broccoli (chopped into florets)
- 1 cup Cashews
- 1 cup Nutritional Yeast
- 1 tsp Sea Salt
- 1/2 tsp Paprika

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 03 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 04 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbs at a time.)
- 05 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 06 Bake for 40 minutes. Serve immediately. Enjoy!

NOTES

SAVE TIME

Buy frozen, pre-sliced butternut squash cubes.

MORE CARBS

Serve with brown rice macaroni or quinoa.

