



Cancer Program week 3



MON



BREAKFAST
Smoked Salmon Egg Cups



SNACK 1
Pumpkin Energy Balls



LUNCH
Cucumber & Avocado Salad



SNACK 2
Dried Apricots & Almonds



DINNER
Salmon with Herb Sauce

TUE



BREAKFAST
Coconut Yogurt with Strawberries



SNACK 1
Pumpkin Energy Balls



LUNCH
Mexican Spiced Tofu with Cauliflower Rice



SNACK 2
Hummus Dippers



DINNER
Chicken Ranch Spaghetti Squash

WED



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Pumpkin Energy Balls



LUNCH
Shrimp & Avocado Salad



SNACK 2
Hummus Dippers



DINNER
Raw Walnut Tacos

THU



BREAKFAST
Pumpkin Pie Cauliflower Porridge



SNACK 1
Celery with Sunflower Seed Butter & Olives



LUNCH
Spiralized Veggie Noodles with Peanut Sauce



SNACK 2
Mini Banana Muffins



DINNER
Coconut Chicken Curry & Zoodles

FRI



BREAKFAST
Coconut Yogurt with Strawberries



SNACK 1
Celery with Sunflower Seed Butter & Olives



LUNCH
Spiced Lentils & Broccoli with Lemon



SNACK 2
Mini Banana Muffins



DINNER
Lemon Paprika Shrimp with Kale

SAT



BREAKFAST
Scrambled Eggs & Roasted Sweet Potato



SNACK 1
Chocolate Coconut Fat Bombs



LUNCH
Kale Salad with Grilled Tofu



SNACK 2
Cinnamon Toast Crunch Pumpkin Seeds



DINNER
Mushroom Miso Soup

SUN



BREAKFAST
Post Workout Green Smoothie, Plantain Fritters with Coconut Yogurt



SNACK 1
Chocolate Coconut Fat Bombs



LUNCH
Zucchini Noodles with Creamy Avocado Sauce



SNACK 2
Cinnamon Toast Crunch Pumpkin Seeds



DINNER
Lemon Chicken Salad with Cucumber Ribbons



MON**FAT 64%** **CARBS 16%** **PROTEIN 20%**

Calories 1106 Cholesterol 461mg
 Fat 82g Sodium 1216mg
 Carbs 46g Vitamin A 7182IU
 Fiber 16g Vitamin C 126mg
 Sugar 19g Calcium 278mg
 Protein 59g Iron 8mg

TUE**FAT 68%** **CARBS 19%** **PROTEIN 13%**

Calories 1222 Cholesterol 64mg
 Fat 98g Sodium 1407mg
 Carbs 62g Vitamin A 6436IU
 Fiber 25g Vitamin C 173mg
 Sugar 11g Calcium 840mg
 Protein 40g Iron 8mg

WED**FAT 55%** **CARBS 25%** **PROTEIN 20%**

Calories 1469 Cholesterol 208mg
 Fat 96g Sodium 926mg
 Carbs 98g Vitamin A 12228IU
 Fiber 39g Vitamin C 191mg
 Sugar 31g Calcium 996mg
 Protein 76g Iron 12mg

THU**FAT 60%** **CARBS 22%** **PROTEIN 18%**

Calories 1187 Cholesterol 119mg
 Fat 82g Sodium 971mg
 Carbs 69g Vitamin A 15729IU
 Fiber 20g Vitamin C 118mg
 Sugar 33g Calcium 337mg
 Protein 55g Iron 12mg

FRI**FAT 56%** **CARBS 23%** **PROTEIN 21%**

Calories 872 Cholesterol 253mg
 Fat 58g Sodium 1185mg
 Carbs 53g Vitamin A 9678IU
 Fiber 21g Vitamin C 120mg
 Sugar 14g Calcium 831mg
 Protein 50g Iron 10mg

SAT**FAT 60%** **CARBS 24%** **PROTEIN 16%**

Calories 1167 Cholesterol 372mg
 Fat 83g Sodium 3542mg
 Carbs 74g Vitamin A 15717IU
 Fiber 20g Vitamin C 72mg
 Sugar 26g Calcium 875mg
 Protein 52g Iron 15mg

SUN**FAT 63%** **CARBS 22%** **PROTEIN 15%**

Calories 1309 Cholesterol 84mg
 Fat 97g Sodium 1046mg
 Carbs 75g Vitamin A 5062IU
 Fiber 20g Vitamin C 86mg
 Sugar 32g Calcium 281mg
 Protein 54g Iron 11mg



FRUITS

- 2 1/2 Avocado
- 2 1/16 Banana
- 1/3 Lemon
- 3 1/2 tbsps Lemon Juice
- 1/4 Lime
- 1 1/8 tbsps Lime Juice
- 1/4 Plantain
- 1/2 cup Strawberries

BREAKFAST

- 1 1/3 tbsps All Natural Peanut Butter
- 1 tbsp Almond Butter
- 2 1/8 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 2 tbsps Almonds
- 1/16 tsp Black Pepper
- 1/8 tsp Chili Powder
- 2 1/4 tpsps Cinnamon
- 1/2 tsp Coriander
- 1 tsp Cumin
- 3/4 tsp Curry Powder
- 3/4 tsp Dried Chives
- 1/2 tsp Fennel Seed
- 1/8 tsp Garlic Powder
- 1 tbsp Hemp Seeds
- 2/3 tsp Italian Seasoning
- 1/2 tsp Paprika
- 2/3 cup Pumpkin Seeds
- 1/16 tsp Red Pepper Flakes
- 1 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 1 1/2 tpsps Turmeric
- 1/3 cup Walnuts

FROZEN

- 1 cup Frozen Cauliflower

VEGETABLES

- 2 cups Arugula
- 1 1/3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2/3 bunch Broccolini
- 1 1/2 Carrot
- 2 cups Cauliflower Rice
- 15 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1 tsp Chives
- 1 tbsp Cilantro
- 1 Cucumber
- 1 1/2 tpsps Fresh Dill
- 1 1/2 Garlic
- 3/4 tsp Ginger
- 1 stalk Green Onion
- 1/4 Jalapeno Pepper
- 4 1/8 cups Kale Leaves
- 2 2/3 tpsps Mint Leaves
- 1/3 cup Parsley
- 2 cups Purple Cabbage
- 2 tpsps Radishes
- 1/2 Red Bell Pepper
- 2 1/4 tpsps Red Onion
- 1/4 head Romaine Hearts
- 3/4 cup Shiitake Mushrooms
- 1/4 Spaghetti Squash
- 1/2 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1 3/4 Zucchini

BOXED & CANNED

- 1/2 Anchovy
- 2/3 cup Green Lentils
- 3/4 cup Organic Coconut Milk
- 1/2 cup Organic Vegetable Broth

BAKING

BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Breast
- 1/2 cup Hummus
- 5 ozs Salmon Fillet
- 9 1/8 ozs Shrimp
- 1 1/3 ozs Smoked Salmon
- 11 1/8 ozs Tofu

CONDIMENTS & OILS

- 1/2 tsp Apple Cider Vinegar
- 2 tpsps Avocado Oil
- 3/4 tsp Balsamic Vinegar
- 1/4 tsp Coconut Aminos
- 1 1/8 cups Coconut Oil
- 1/4 tsp Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1 1/2 tpsps Miso Paste
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Sunflower Seed Butter
- 1 1/2 tpsps Tamari

COLD

- 1/4 cup Coconut Butter
- 4 3/4 Egg
- 2 1/4 tpsps Orange Juice
- 1 1/8 cups Unsweetened Almond Milk
- 1 1/8 cups Unsweetened Coconut Yogurt

OTHER

- 1/4 cup Chocolate Protein Powder
- 2 tpsps Dried Apricots
- 1 1/2 tpsps Maca Powder
- 2 tpsps Protein Powder
- 2 2/3 cups Water



- 1/2 cup Almond Flour
- 1/2 tsp Baking Powder
- 2/3 cup Cacao Powder
- 2 1/4 tps Coconut Flour
- 1/8 tsp Honey
- 3 1/4 tbsps Monk Fruit Sweetener
- 3/4 tsp Nutritional Yeast
- 1 tsp Pumpkin Pie Spice
- 1/2 cup Pureed Pumpkin
- 3/4 tsp Raw Honey



Smoked Salmon Egg Cups

1 SERVING 25 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
2 Egg
1 tsp Chives (chopped)
Sea Salt & Black Pepper (to taste)
1/3 cup Baby Spinach (chopped)
1 1/3 ozs Smoked Salmon (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	210	Cholesterol	381mg
Fat	14g	Sodium	403mg
Carbs	1g	Vitamin A	1554IU
Fiber	0g	Vitamin C	3mg
Sugar	0g	Calcium	71mg
Protein	20g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 02 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 03 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two egg cups.

MORE FLAVOR

Add fresh dill or capers to the muffin tins.



Coconut Yogurt with Strawberries

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
1 tsp Cinnamon
1/4 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	73	Cholesterol	0mg
Fat	4g	Sodium	25mg
Carbs	11g	Vitamin A	12IU
Fiber	4g	Vitamin C	21mg
Sugar	2g	Calcium	282mg
Protein	1g	Iron	1mg

DIRECTIONS

01 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Add nuts and seeds.



Chocolate Cauliflower Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 Banana (frozen)
1 tbsp Almond Butter
2 tbsps Cacao Powder
1/4 cup Chocolate Protein Powder
1 cup Unsweetened Almond Milk
1 1/2 tsps Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.



Pumpkin Pie Cauliflower Porridge

1 SERVING 10 MINUTES



INGREDIENTS

1/3 cup Organic Coconut Milk (canned, full-fat, divided)
1/4 cup Pureed Pumpkin
1/2 tsp Pumpkin Pie Spice
1 cup Cauliflower Rice
1 1/2 tsps Maple Syrup
1 tbsp Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	267	Cholesterol	0mg
Fat	19g	Sodium	49mg
Carbs	20g	Vitamin A	9535IU
Fiber	5g	Vitamin C	3mg
Sugar	11g	Calcium	59mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 In a large pan over medium heat, combine 2/3 of the coconut milk, pureed pumpkin, pumpkin pie spice and cauliflower rice. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 02 Divide into bowls or plates, top with the remaining coconut milk, maple syrup and pumpkin seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

Each serving equals approximately one cup of cauliflower porridge.

ADDITIONAL TOPPINGS

Top with your choice of crushed nuts or seeds.

NO MAPLE SYRUP

Use honey, coconut sugar or stevia.



Scrambled Eggs & Roasted Sweet Potato

1 SERVING 35 MINUTES



INGREDIENTS

1/2 Sweet Potato (large, cubed)
1/8 tsp Sea Salt (divided)
1/4 tsp Avocado Oil
2 Egg
1/16 tsp Turmeric

NUTRITION

AMOUNT PER SERVING

Calories	210	Cholesterol	372mg
Fat	11g	Sodium	473mg
Carbs	14g	Vitamin A	9762IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	76mg
Protein	14g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the cubed sweet potato, half the sea salt and the avocado oil. Bake for 30 minutes, flipping halfway through.
- 02 In a pan over medium-low heat, add the eggs and scramble until cooked through. Season with the remaining sea salt and turmeric. Serve with the sweet potatoes. Enjoy!

NOTES

LEFTOVERS

Eggs are best enjoyed the same day. Refrigerate leftover sweet potato in an airtight container for up to three days.

NO AVOCADO OIL

Use coconut oil or extra virgin olive oil.

MORE FLAVOR

Season the sweet potatoes with your favorite herbs or chili flakes for a spicy kick.

ADDITIONAL TOPPINGS

Serve with your favorite greens or more roasted veggies.

MAKE IT VEGAN

Use tofu for the scramble instead of eggs.



Post Workout Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Protein Powder (vanilla)
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	182	Cholesterol	2mg
Fat	8g	Sodium	51mg
Carbs	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	119mg
Protein	12g	Iron	1mg

DIRECTIONS

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

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.



Plantain Fritters with Coconut Yogurt

1 SERVING 20 MINUTES



INGREDIENTS

- 1/4 Plantain (unripe, peeled and sliced)
- 1 1/4 tps Coconut Oil (melted)
- 1/16 tsp Sea Salt
- 2 1/3 tps Unsweetened Coconut Yogurt
- 1/3 tsp Dried Chives

NUTRITION

AMOUNT PER SERVING

Calories	120	Cholesterol	0mg
Fat	6g	Sodium	123mg
Carbs	18g	Vitamin A	622IU
Fiber	1g	Vitamin C	10mg
Sugar	10g	Calcium	27mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 Add the plantain, coconut oil and sea salt to a food processor or blender. Blend into a thick puree.
- 03 Use a spoon to scoop the batter onto the baking sheet and spread out to approximately two inches wide and half-inch thick.
- 04 Bake until the fritters begin to brown around edges, about 15 to 20 minutes. Serve with coconut yogurt and chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving equals one fritter.

MORE FLAVOR

Add your choice of herbs or spices to the mixture before baking.



Pumpkin Energy Balls

6 SERVINGS 25 MINUTES



INGREDIENTS

1/4 cup Coconut Butter (melted)
1/4 cup Pureed Pumpkin
1/2 tsp Pumpkin Pie Spice
3/4 tsp Monk Fruit Sweetener
1/16 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	74	Cholesterol	0mg
Fat	7g	Sodium	28mg
Carbs	4g	Vitamin A	1589IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	4mg
Protein	1g	Iron	1mg

DIRECTIONS

- 01 In a blender or food processor add all ingredients and process until the mixture comes together.
- 02 Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately one ball.

COCONUT BUTTER

Ensure the coconut butter is melted, otherwise the mixture will not hold together.

NO MONK FRUIT SWEETENER

Use maple syrup and increase the amount to taste.



Celery with Sunflower Seed Butter & Olives

4 SERVINGS 5 MINUTES



INGREDIENTS

12 stalks Celery (cut into sticks)
1/4 cup Sunflower Seed Butter
1/2 cup Pitted Kalamata Olives

NUTRITION

AMOUNT PER SERVING

Calories	135	Cholesterol	0mg
Fat	11g	Sodium	220mg
Carbs	8g	Vitamin A	603IU
Fiber	3g	Vitamin C	4mg
Sugar	3g	Calcium	73mg
Protein	4g	Iron	2mg

DIRECTIONS

01 Arrange all ingredients on a plate. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

NO SUNFLOWER SEED BUTTER

Use hummus, baba ganoush, tzatziki or any nut butter instead.



Chocolate Coconut Fat Bombs

4 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Coconut Oil
2 2/3 tbsps Cacao Powder
1 tbsps Monk Fruit Sweetener
1/16 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	205	Cholesterol	0mg
Fat	22g	Sodium	38mg
Carbs	5g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	7mg
Protein	1g	Iron	1mg

DIRECTIONS

- 01 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 02 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

NOTES

NO MONK FRUIT SWEETENER

Sweeten with stevia, honey or coconut sugar instead.

NO COCONUT OIL

Use coconut butter instead.

LIKES IT SWEET

Add more sweetener as desired.

NO SILICONE MOLD

Use parchment-lined mini muffin molds.

SERVING SIZE

One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

STORAGE

Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Cucumber & Avocado Salad

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Cucumber (sliced)
1/2 Avocado
1 1/2 tsps Lemon Juice
1 tbsp Parsley (chopped)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	186	Cholesterol	0mg
Fat	15g	Sodium	307mg
Carbs	15g	Vitamin A	625IU
Fiber	8g	Vitamin C	22mg
Sugar	3g	Calcium	42mg
Protein	3g	Iron	1mg

DIRECTIONS

01 In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

MORE FLAVOR

Add chili flakes or cayenne.

ADDITIONAL TOPPING

Nuts, seeds or additional vegetables.



Mexican Spiced Tofu with Cauliflower Rice

1 SERVING 40 MINUTES



INGREDIENTS

4 1/4 ozs Tofu (extra firm, drained and cubed)
1/3 tsp Avocado Oil
1/8 tsp Cumin
1/8 tsp Chili Powder
1/8 tsp Smoked Paprika
1/8 tsp Garlic Powder
1/8 tsp Sea Salt (divided)
1 cup Cauliflower Rice
1/2 Avocado
3/4 tsp Red Onion (diced very small)
1/4 Garlic (clove, minced)
1/4 Lime (juiced, divided, plus additional slices for garnish)
3/4 stalk Celery (roughly chopped)
1 tbsp Cilantro (for garnish, roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	310	Cholesterol	0mg
Fat	23g	Sodium	363mg
Carbs	17g	Vitamin A	598IU
Fiber	11g	Vitamin C	15mg
Sugar	4g	Calcium	391mg
Protein	17g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Toss the tofu with oil, cumin, chili powder, smoked paprika, garlic powder and half the salt. Bake in the oven for 15 minutes, remove, flip the tofu and bake for 10 to 12 minutes more. Remove and set aside.
- 03 Meanwhile, in a non-stick skillet over medium-low heat, add the cauliflower rice and stir often. Cook for 5 minutes or until the cauliflower is cooked through.
- 04 In a small bowl, add the avocado and mash with a fork. Then add the red onion, garlic, 1/4 of the lime juice and the remaining salt.
- 05 Divide the cauliflower rice into bowls and top with tofu, guacamole, celery and cilantro. Squeeze the remaining lime juice on top of each bowl and serve with lime slices, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Serve with salsa on the side and/or add cayenne to the tofu.

ADDITIONAL TOPPINGS

Extra veggies such as cucumber or mixed greens.



Shrimp & Avocado Salad

1 SERVING 20 MINUTES



INGREDIENTS

- 1/2 tsp Avocado Oil
- 4 1/2 ozs Shrimp (large, peeled, deveined)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Lime Juice
- 1/8 tsp Honey
- 1/4 tsp Coconut Aminos
- 2 cups Arugula
- 1/2 Carrot (shredded)
- 2 tbsps Radishes (thinly sliced)
- 1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	380	Cholesterol	204mg
Fat	25g	Sodium	218mg
Carbs	15g	Vitamin A	6196IU
Fiber	8g	Vitamin C	22mg
Sugar	4g	Calcium	172mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
- 02 While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
- 03 Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add chopped cilantro or chopped peanuts to the dish.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MORE FLAVOR

Marinate the shrimp in a combination of lime, honey & coconut aminos 15 minutes before cooking.



Spiralized Veggie Noodles with Peanut Sauce

1 SERVING 15 MINUTES



INGREDIENTS

1/3 Zucchini (medium)
1/3 Carrot (large, peeled)
1/3 Red Bell Pepper (thinly sliced)
1/2 cup Purple Cabbage (thinly sliced)
1 1/3 tbsps All Natural Peanut Butter
2 tps Water
2 tps Lime Juice
1 tsp Tamari
1 tsp Maple Syrup
1/3 Garlic (clove, minced)
1/3 tsp Ginger (minced)
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	253	Cholesterol	0mg
Fat	16g	Sodium	374mg
Carbs	21g	Vitamin A	5272IU
Fiber	5g	Vitamin C	92mg
Sugar	13g	Calcium	70mg
Protein	11g	Iron	2mg

DIRECTIONS

- 01 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 02 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 03 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

NOTES

LEFTOVERS

For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

SERVING SIZE

One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

SOY-FREE

Use coconut aminos instead of tamari.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

ADDITIONAL TOPPINGS

For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

MORE PROTEIN

Add cooked chicken, shrimp or tofu.



Spiced Lentils & Broccoli with Lemon

2 SERVINGS 30 MINUTES



INGREDIENTS

2/3 bunch Broccoli (trimmed)
1/3 Lemon (sliced thin)
2 tsps Avocado Oil
1/3 tsp Sea Salt (divided)
2 tbsps Extra Virgin Olive Oil
2/3 Garlic (clove, thinly sliced)
1/2 tsp Coriander
1/2 tsp Fennel Seed (ground)
2/3 cup Green Lentils (cooked, drained and rinsed)
2 2/3 tbsps Mint Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	281	Cholesterol	0mg
Fat	19g	Sodium	478mg
Carbs	20g	Vitamin A	6700IU
Fiber	10g	Vitamin C	59mg
Sugar	2g	Calcium	201mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccoli is slightly browned in spots. Remove and set aside.
- 02 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 03 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccoli and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with chili flakes and fresh herbs.

MORE FLAVOR

Use whole coriander and fennel seeds and grind to release the spices.

WARMED LENTILS

If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.



Kale Salad with Grilled Tofu

1 SERVING 30 MINUTES



INGREDIENTS

4 ozs Tofu (sliced into triangles)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tsps Tamari
1 tbsp Lemon Juice (divided)
3/4 tsp Raw Honey
2 1/4 tsps Orange Juice (fresh)
1/4 tsp Dijon Mustard
1/16 tsp Sea Salt
1 1/2 cups Kale Leaves (thinly sliced)
1/4 Carrot (large, shredded)
1/8 Cucumber (sliced in half)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	27g	Sodium	627mg
Carbs	17g	Vitamin A	4200IU
Fiber	7g	Vitamin C	48mg
Sugar	8g	Calcium	416mg
Protein	15g	Iron	4mg

DIRECTIONS

- 01 Add the tofu slices to a large dish along with half the extra virgin olive oil, tamari, half the lemon juice and raw honey. Marinate for 15 minutes.
- 02 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 03 Add the remaining extra virgin olive oil, remaining lemon juice, orange juice, dijon mustard and sea salt to a small bowl and whisk to combine.
- 04 Add the kale leaves, carrot, cucumber and avocado to a large bowl. Add the dressing and toss to combine. Top with the tofu. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MAKE IT VEGAN

Use maple syrup instead of honey.



Zucchini Noodles with Creamy Avocado Sauce

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Basil Leaves (plus additional for garnish)
1/4 Avocado
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice
1 tbsp Pumpkin Seeds (plus additional for garnish)
3/4 tsp Nutritional Yeast
1/16 tsp Sea Salt
2 1/4 tsps Water
1 Zucchini (large)
1/4 cup Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	290	Cholesterol	0mg
Fat	25g	Sodium	177mg
Carbs	15g	Vitamin A	1335IU
Fiber	7g	Vitamin C	50mg
Sugar	6g	Calcium	68mg
Protein	7g	Iron	3mg

DIRECTIONS

- 01 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 02 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate sauce separate from the ingredients in an airtight container for up to three days. The sauce will turn brown over time, so this dish is best enjoyed within the same day.

MORE FLAVOR

Add garlic and/or chili flakes to the sauce.

ADDITIONAL TOPPINGS

Serve with a protein of your choice such as fish, chicken or roasted chickpeas.



Dried Apricots & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Dried Apricots

2 tbsps Almonds

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	0mg
Fat	9g	Sodium	2mg
Carbs	14g	Vitamin A	586IU
Fiber	3g	Vitamin C	0mg
Sugar	9g	Calcium	57mg
Protein	4g	Iron	1mg

DIRECTIONS

01 Combine apricots and almonds in a bowl or container if on-the-go. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to one month at room temperature, or 6 months in the refrigerator.

NUT-FREE

Use sunflower seeds instead of almonds.



Hummus Dippers

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 Yellow Bell Pepper
1/2 Carrot
2 stalks Celery
1/2 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

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 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

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.



Mini Banana Muffins

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 Banana
2 1/8 tbsps Unsweetened Almond Milk
1/2 cup Almond Flour
3/4 Egg
1/2 tsp Baking Powder

NUTRITION

AMOUNT PER SERVING

Calories	115	Cholesterol	37mg
Fat	9g	Sodium	85mg
Carbs	7g	Vitamin A	8IU
Fiber	2g	Vitamin C	1mg
Sugar	2g	Calcium	89mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 02 In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
- 03 Remove from oven and let cool. Enjoy!

NOTES

ALMOND FLOUR

This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

EXTRA TOPPINGS

Top with chia seeds, walnuts, dried banana slices or hemp seeds.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

SERVING SIZE

One serving is equal to one mini muffin.



Cinnamon Toast Crunch Pumpkin Seeds

1 SERVING 50 MINUTES



INGREDIENTS

1/4 cup Pumpkin Seeds (rinsed and dried)
3/4 tsp Extra Virgin Olive Oil
1 1/2 tps Maple Syrup
1/8 tsp Sea Salt
1/8 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	16g	Sodium	301mg
Carbs	12g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	6g	Calcium	33mg
Protein	7g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 02 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 03 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

NOTES

BEST RESULTS

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

NO FRESH SEEDS

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

STORAGE

Once completely cooled, store in an air-tight container at room temperature.



Salmon with Herb Sauce

1 SERVING 20 MINUTES



INGREDIENTS

1/2 Anchovy
1/4 cup Parsley (finely chopped)
2 1/4 tsps Lemon Juice
1/8 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil (divided)
5 ozs Salmon Fillet
1 1/2 cups Purple Cabbage (sliced into thin wedges)

NUTRITION

AMOUNT PER SERVING

Calories	493	Cholesterol	80mg
Fat	37g	Sodium	476mg
Carbs	12g	Vitamin A	2828IU
Fiber	3g	Vitamin C	101mg
Sugar	6g	Calcium	104mg
Protein	31g	Iron	3mg

DIRECTIONS

- 01 In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
- 02 Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
- 03 Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
- 04 Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

NOTES

LEFTOVERS

For best results, store the salmon and sauce separately in sealed containers. Refrigerate the fish for up to three days. Refrigerate the sauce for up to five days.

MORE FLAVOR

Add minced garlic to the herb sauce.

NO ANCHOVY

Leave it out and add more sea salt if needed.



Chicken Ranch Spaghetti Squash

1 SERVING 30 MINUTES



INGREDIENTS

2 ozs Chicken Breast (boneless, skinless)
1/4 Red Bell Pepper (halved and seeds removed)
1/4 Spaghetti Squash (cut in half lengthwise, seeds removed)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Mayonnaise
2 tsps Unsweetened Coconut Yogurt
1/2 tsp Apple Cider Vinegar
1/2 tsp Dried Chives
1/8 tsp Sea Salt
1 tbsp Organic Coconut Milk (full fat, from the can)

NUTRITION

AMOUNT PER SERVING

Calories	595	Cholesterol	64mg
Fat	53g	Sodium	686mg
Carbs	15g	Vitamin A	1403IU
Fiber	3g	Vitamin C	50mg
Sugar	2g	Calcium	108mg
Protein	15g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 02 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 03 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 04 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 05 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1/4 of stuffed spaghetti squash.

NO BELL PEPPERS

Use mushrooms, peas or broccoli instead.

NO COCONUT YOGURT

Use any alternative plain yogurt or sour cream.

EGG-FREE

Use sour cream or yogurt instead of mayonnaise.



Raw Walnut Tacos

1 SERVING 15 MINUTES



INGREDIENTS

1/3 cup Walnuts (raw)
1/2 tsp Cumin
3/4 tsp Balsamic Vinegar
1/16 tsp Chili Powder
1/3 tsp Tamari
1/16 tsp Garlic Powder
1/4 head Romaine Hearts (leaves separated, washed and dried)
3 tbsps Cherry Tomatoes (halved)
1/4 Jalapeno Pepper (thinly sliced)
1 tbsps Red Onion (thinly sliced)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	37g	Sodium	140mg
Carbs	14g	Vitamin A	1016IU
Fiber	7g	Vitamin C	15mg
Sugar	4g	Calcium	70mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 In a food processor, add the walnuts, cumin, balsamic vinegar, chili powder, tamari and garlic. Pulse to combine until the walnuts are crumbly like ground meat.
- 02 Add the ground mixture to romaine leaves and top with tomatoes, jalapeno, red onion, and avocado. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate the walnut taco mixture in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two romaine lettuce tacos.

LESS SPICY

Omit the jalapeno or replace with sweet bell pepper instead.



Coconut Chicken Curry & Zoodles

1 SERVING 30 MINUTES



INGREDIENTS

- 1 1/2 tsps Avocado Oil (divided)
- 4 ozs Chicken Breast (boneless, skinless, cubed)
- 1/3 cup Organic Coconut Milk
- 2 1/4 tsps Coconut Flour
- 1 1/2 tsps Turmeric
- 3/4 tsp Curry Powder
- 1/4 tsp Cumin
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper
- 1/2 Zucchini (spiralized)

NUTRITION

AMOUNT PER SERVING

Calories	417	Cholesterol	82mg
Fat	27g	Sodium	243mg
Carbs	13g	Vitamin A	238IU
Fiber	5g	Vitamin C	18mg
Sugar	4g	Calcium	46mg
Protein	29g	Iron	5mg

DIRECTIONS

- 01 In a large skillet, heat half of the avocado oil over medium heat. Add in the cubed chicken breast and cook for 10 to 12 minutes or until the chicken is cooked through.
- 02 In a small saucepan, whisk together the coconut milk, coconut flour, turmeric, curry powder, cumin, salt and pepper. Bring to a gentle boil, reduce heat and allow the sauce to thicken slightly.
- 03 Once the sauce is your desired thickness, add it to the skillet with the chicken and cook for 5 minutes.
- 04 In a separate skillet, add the other half of the avocado oil over low heat and add the spiralized zucchini. Add a lid to steam the zucchini and cook for 5 to 10 minutes on low heat.
- 05 Divide the zucchini noodles between plates. Top with the coconut chicken curry. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE VEGETABLES

Add broccoli, cauliflower or your favorite leafy greens to the dish.

MAKE IT VEGAN

Use lentils, cauliflower or tofu instead of chicken.

NO SPIRALIZER

Grate zucchini or slice it into rounds.

NO AVOCADO OIL

Use olive oil or coconut oil instead.



Lemon Paprika Shrimp with Kale

1 SERVING 20 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Maple Syrup
- 1/2 tsp Paprika
- 1/2 tsp Italian Seasoning
- 1/16 tsp Sea Salt
- 1/16 tsp Red Pepper Flakes (optional)
- 4 2/3 ozs Shrimp (large, peeled, deveined and tails removed)
- 1 1/2 tsps Water
- 1 tsp Lemon Juice (divided)
- 1 2/3 cups Kale Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	268	Cholesterol	216mg
Fat	15g	Sodium	377mg
Carbs	7g	Vitamin A	2282IU
Fiber	2g	Vitamin C	35mg
Sugar	5g	Calcium	186mg
Protein	28g	Iron	2mg

DIRECTIONS

- 01 In a mixing bowl whisk half of the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss until the shrimp are well coated.
- 02 Heat a large non-stick pan or skillet over medium-high heat.
- 03 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side, or until cooked through. Add the water and half of the lemon juice and stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from heat. Transfer shrimp to a bowl and season with additional salt and lemon juice if needed. Set aside.
- 04 To the same pan, add the remaining olive oil. Add the kale to the pan and cook until wilted and tender, stirring frequently, for about 5 minutes. Remove from heat and stir in the remaining lemon juice.
- 05 Divide the shrimp and kale between plates and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Serve with extra lemon wedges or fresh ground pepper on top.



Mushroom Miso Soup

1 SERVING 25 MINUTES



INGREDIENTS

- 1 1/2 cups Water
- 1/2 cup Organic Vegetable Broth
- 3/4 cup Shiitake Mushrooms (sliced)
- 3 ozs Tofu (drained, rinsed and cut into cubes)
- 1/2 tsp Ginger
- 1 1/2 tsps Tamari
- 1 1/2 tbsps Miso Paste
- 1 cup Kale Leaves (roughly chopped)
- 1 stalk Green Onion (optional, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	199	Cholesterol	0mg
Fat	7g	Sodium	2103mg
Carbs	26g	Vitamin A	1754IU
Fiber	6g	Vitamin C	22mg
Sugar	9g	Calcium	343mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 02 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 03 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 04 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add sesame oil once finished cooking.

ADDITIONAL TOPPINGS

Add noodles, or some nori to the soup when finished cooking.

NO VEGETABLE BROTH

Use water instead and increase the amount of miso slightly for more flavor.

MISO PASTE

This recipe was developed and tested using white miso.



Lemon Chicken Salad with Cucumber Ribbons

1 SERVING 1 HOUR



INGREDIENTS

4 ozs Chicken Breast
3/4 tsp Avocado Oil
1/8 tsp Italian Seasoning
1/8 tsp Sea Salt (divided)
1/4 Cucumber (large)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice
1 1/2 tsps Fresh Dill
1/4 Garlic (clove, minced)
1/4 stalk Celery (finely chopped)
1 tbsp Red Onion (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	82mg
Fat	20g	Sodium	356mg
Carbs	5g	Vitamin A	180IU
Fiber	1g	Vitamin C	7mg
Sugar	2g	Calcium	27mg
Protein	26g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 02 Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 03 In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 04 To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

MORE FLAVOR

Add other chopped veggies to the salad like radish, peppers or tomatoes.

MAKE IT VEGAN

Use white beans or chickpeas instead of chicken.

MEAL PREP OPTION

Cook the chicken ahead of time or use leftover cooked chicken instead.

NO FRESH DILL

Use other fresh herbs like parsley or chives instead.



NO AVOCADO OIL

Use extra virgin olive oil instead.

