



## Transition Diet Post Detox



## MON



**BREAKFAST**  
Detox Green Smoothie



**LUNCH**  
Tofu, Leek & Watercress Soup



**SNACK 2**  
Coconut Chia Pudding



**DINNER**  
2 Zucchini Noodles with Creamy Avocado Sauce, 2 House Salad

## TUE



**BREAKFAST**  
Detox Green Smoothie



**SNACK 1**  
2 Immunity Boosting Bone Broth



**LUNCH**  
Buffalo Chicken Fingers, Steamed Asparagus



**SNACK 2**  
2 Chopped Bell Peppers



**DINNER**  
2 One Pan Salmon, Kale & Cabbage

## WED



**BREAKFAST**  
Detox Green Smoothie



**LUNCH**  
Tofu, Leek & Watercress Soup



**SNACK 2**  
2 Chopped Bell Peppers



**DINNER**  
2 Chopped Veggie Salad, 2 Avocado

## THU



**BREAKFAST**  
Detox Green Smoothie



**LUNCH**  
2 Mexican Spiced Tofu with Cauliflower Rice



**SNACK 2**  
2 Carrots & Guacamole



**DINNER**  
2 Raw Walnut Tacos

## FRI



**BREAKFAST**  
Detox Green Smoothie



**SNACK 1**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Lemony Kale & Cauliflower Salad, Avocado



**SNACK 2**  
2 Green Goddess Cashew Dip



**DINNER**  
Savory Crêpes with Creamy Mushrooms & Kale, Toasted Walnuts

## SAT



**BREAKFAST**  
Detox Green Smoothie



**LUNCH**  
2 Kale & Red Pepper Frittata, Avocado



**SNACK 2**  
Green Goddess Cashew Dip



**DINNER**  
2 Raw Walnut Tacos

## SUN



**BREAKFAST**  
Detox Green Smoothie



**SNACK 1**  
2 Immunity Boosting Bone Broth



**LUNCH**  
Zucchini, Mushroom & Egg Breakfast



**SNACK 2**  
Celery with Sunflower Seed Butter



**DINNER**  
2 Chopped Veggie Salad, Avocado



**MON****FAT 65%**   **CARBS 26%**   **PROTEIN 9%**

Calories 1401      Cholesterol 0mg  
 Fat 108g          Sodium 1521mg  
 Carbs 97g        Vitamin A 8829IU  
 Fiber 32g        Vitamin C 196mg  
 Sugar 39g        Calcium 751mg  
 Protein 34g      Iron 14mg

**TUE****FAT 48%**   **CARBS 30%**   **PROTEIN 22%**

Calories 1498      Cholesterol 222mg  
 Fat 82g           Sodium 1943mg  
 Carbs 116g        Vitamin A 19033IU  
 Fiber 38g        Vitamin C 687mg  
 Sugar 58g        Calcium 897mg  
 Protein 87g      Iron 18mg

**WED****FAT 51%**   **CARBS 39%**   **PROTEIN 10%**

Calories 864        Cholesterol 0mg  
 Fat 54g           Sodium 1158mg  
 Carbs 92g        Vitamin A 9939IU  
 Fiber 32g        Vitamin C 540mg  
 Sugar 40g        Calcium 570mg  
 Protein 23g      Iron 8mg

**THU****FAT 63%**   **CARBS 26%**   **PROTEIN 11%**

Calories 2008      Cholesterol 0mg  
 Fat 152g          Sodium 1811mg  
 Carbs 144g        Vitamin A 46531IU  
 Fiber 65g        Vitamin C 169mg  
 Sugar 51g        Calcium 1203mg  
 Protein 62g      Iron 16mg

**FRI****FAT 60%**   **CARBS 29%**   **PROTEIN 11%**

Calories 1449      Cholesterol 279mg  
 Fat 104g          Sodium 2986mg  
 Carbs 111g        Vitamin A 17445IU  
 Fiber 36g        Vitamin C 319mg  
 Sugar 44g        Calcium 905mg  
 Protein 42g      Iron 18mg

**SAT****FAT 65%**   **CARBS 22%**   **PROTEIN 13%**

Calories 1578      Cholesterol 744mg  
 Fat 123g          Sodium 1417mg  
 Carbs 92g        Vitamin A 9827IU  
 Fiber 35g        Vitamin C 219mg  
 Sugar 38g        Calcium 688mg  
 Protein 54g      Iron 14mg

**SUN****FAT 53%**   **CARBS 35%**   **PROTEIN 12%**

Calories 1037      Cholesterol 372mg  
 Fat 66g           Sodium 1874mg  
 Carbs 97g        Vitamin A 15035IU  
 Fiber 29g        Vitamin C 292mg  
 Sugar 49g        Calcium 584mg  
 Protein 35g      Iron 13mg



## FRUITS

- 8 Avocado
- 3 1/2 Lemon
- 1/3 cup Lemon Juice
- 1 1/2 Lime
- 7 Pear

## SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/3 cup Cashews
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 1/8 tps Chili Powder
- 1 1/16 tbsps Cumin
- 2/3 tsp Garlic Powder
- 3 1/2 tbsps Ground Flax Seed
- 1/4 tsp Oregano
- 1/4 tsp Paprika
- 2 tbsps Pumpkin Seeds
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 2 1/2 cups Walnuts

## VEGETABLES

- 1/2 cup Arugula
- 1 cup Asparagus
- 3/4 cup Basil Leaves
- 2 cups Broccoli
- 5 1/2 Carrot
- 1/4 head Cauliflower
- 2 cups Cauliflower Rice
- 6 1/2 stalks Celery
- 3 1/8 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 6 Cremini Mushrooms
- 5 Cucumber
- 1/4 cup Fresh Dill
- 6 1/2 Garlic
- 3 1/2 tbsps Ginger
- 1 Green Bell Pepper
- 6 cups Green Cabbage
- 1/4 head Green Lettuce
- 2 stalks Green Onion
- 1 1/2 Jalapeno Pepper
- 22 cups Kale Leaves
- 1/3 Leeks
- 1 cup Mixed Greens
- 2 1/3 cups Parsley
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 heads Romaine Hearts
- 1 Tomato
- 1 1/3 cups Watercress
- 6 White Button Mushrooms
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 2 1/2 Zucchini

## BOXED & CANNED

- 1/2 cup Organic Coconut Milk
- 2 2/3 cups Organic Vegetable Broth

## BREAD, FISH, MEAT & CHEESE

- 2 1/2 ozs Chicken Breast
- 8 ozs Salmon Fillet
- 13 3/4 ozs Tofu
- 1 1/2 Whole Chicken Carcass

## CONDIMENTS & OILS

- 3 1/2 tbsps Apple Cider Vinegar
- 3 1/3 tbsps Avocado Oil
- 4 tbsps Balsamic Vinegar
- 1 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 3/4 tsp Hot Sauce
- 1 tbsp Red Wine Vinegar
- 2 tbsps Sunflower Seed Butter
- 1 1/16 tbsps Tamari

## COLD

- 7 3/4 Egg
- 1/2 cup Unsweetened Almond Milk

## OTHER

- 17 1/2 Ice Cubes
- 15 1/3 cups Water



## BAKING

- 1/4 cup Almond Flour
- 1 3/4 tsp Nutritional Yeast
- 1/2 tsp Vanilla Extract



# Detox Green Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Kale Leaves  
1/2 Cucumber (chopped)  
1/2 Lemon (juiced)  
1 Pear (peeled and chopped)  
1 1/2 tsps Ginger (grated)  
1 1/2 tsps Ground Flax Seed  
3/4 cup Water  
2 1/2 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	2g	Sodium	31mg
Carbs	38g	Vitamin A	2225IU
Fiber	9g	Vitamin C	61mg
Sugar	21g	Calcium	171mg
Protein	4g	Iron	2mg

## DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

## NOTES

### NO KALE

Use spinach.

### NO PEAR

Use apples.

### METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

### MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

### MORE PROTEIN

Add a scoop of protein powder or hemp seeds.



# Immunity Boosting Bone Broth

6 SERVINGS 12 HOURS



## INGREDIENTS

1 1/2 Whole Chicken Carcass (about 2 lbs of bones)  
1 1/2 Carrot (peeled and chopped)  
1 1/2 Yellow Onion (diced)  
3 stalks Celery (chopped)  
4 1/2 Garlic (cloves, halved)  
1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tsps Sea Salt  
1 1/2 cups Parsley (chopped)  
9 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	634mg
Carbs	7g	Vitamin A	3918IU
Fiber	2g	Vitamin C	22mg
Sugar	4g	Calcium	84mg
Protein	1g	Iron	2mg

## DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

### LOW FODMAP

Omit garlic and onions.



# Tofu, Leek & Watercress Soup

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 2/3 cups Organic Vegetable Broth (or any type of broth)  
2/3 cup Water  
5 1/4 ozs Tofu (cubed)  
1/3 Leeks (trimmed and sliced)  
1 1/3 cups Watercress (roughly chopped)  
1 tsp Tamari  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Cholesterol	0mg
Fat	4g	Sodium	1057mg
Carbs	6g	Vitamin A	1672IU
Fiber	1g	Vitamin C	13mg
Sugar	3g	Calcium	265mg
Protein	9g	Iron	2mg

## DIRECTIONS

- 01 Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
- 02 Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
- 03 Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

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

### MORE VEGGIES

Add grated ginger, bamboo shoots, shredded dulse and/or mushrooms.

### NO WATERCRESS

Use spinach, kale or cabbage.

### SERVE IT AS A SIDE

Pair with our Ginger Steamed Cod Fillets, Thai Basil Turkey or Herbed Pork Roast recipes.





# Buffalo Chicken Fingers

1 SERVING 40 MINUTES



## INGREDIENTS

- 2 1/2 ozs Chicken Breast (boneless, skinless, sliced into strips)
- 3 tbsps Cashews
- 1/2 tsp Chili Powder
- 1/4 tsp Paprika
- 1/8 tsp Cayenne Pepper (optional)
- 1/16 tsp Sea Salt
- 1/4 Egg
- 3/4 tsp Hot Sauce (optional)
- 1 cup Mixed Greens (packed)
- 1 1/2 tsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	323	Cholesterol	98mg
Fat	22g	Sodium	339mg
Carbs	11g	Vitamin A	861IU
Fiber	2g	Vitamin C	4mg
Sugar	2g	Calcium	48mg
Protein	22g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Add the cashews along with the chili powder, paprika, cayenne, and sea salt to a food processor or blender and pulse until a fine flour is formed (about 30 seconds). Transfer onto a plate.
- 03 Whisk the egg with the hot sauce in a small bowl.
- 04 Take each chicken strip and dip it in the egg with hot sauce, then in the cashew flour mix, coating all sides very well. Place onto a pan lined with parchment paper. Repeat with all the chicken strips and bake for 22 to 24 minutes, or until chicken is cooked through.
- 05 Remove from the oven and divide onto plates. Add mixed greens and drizzle with olive oil. Serve with your favorite dipping sauce and enjoy!

## NOTES

### DIPPING SAUCE

Serve alone, or with your favorite dipping sauce like barbecue, ketchup or honey mustard.

### LEFTOVERS

Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

### REHEATING

Reheat leftovers in the oven for about 5 to 7 minutes at 350°F (177°C).

### NO SPICE

Omit the cayenne and hot sauce. You can add in other dried herbs instead.

### LOVES IT SPICY

Increase the amount of cayenne and hot sauce.



# Steamed Asparagus

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Asparagus (woody ends trimmed, chopped in half)

## NUTRITION

### AMOUNT PER SERVING

Calories	27	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	5g	Vitamin A	1013IU
Fiber	3g	Vitamin C	8mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	3mg

## DIRECTIONS

01 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 5 days.

### SERVING SIZE

One serving is equal to approximately one cup of cooked asparagus.



# Mexican Spiced Tofu with Cauliflower Rice

2 SERVINGS 40 MINUTES



## INGREDIENTS

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

Extra veggies such as cucumber or mixed greens.



# Lemony Kale & Cauliflower Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1/4 cup Lemon Juice
- 1/4 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1 1/2 cups Kale Leaves (finely chopped)
- 1/4 cup Parsley (chopped)
- 1/4 cup Green Olives (pitted, chopped)
- 1/4 head Cauliflower (small, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	114	Cholesterol	0mg
Fat	9g	Sodium	306mg
Carbs	8g	Vitamin A	1455IU
Fiber	3g	Vitamin C	72mg
Sugar	2g	Calcium	84mg
Protein	2g	Iron	2mg

## DIRECTIONS

- 01 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 02 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 03 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately 1 cup of salad.

### MORE FLAVOR

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

### MEAL PREP

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.



# Avocado

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado

## DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Cholesterol	0mg
Fat	15g	Sodium	7mg
Carbs	9g	Vitamin A	147IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	12mg
Protein	2g	Iron	1mg

## NOTES

### SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

### SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

### SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.



# Kale & Red Pepper Frittata

2 SERVINGS 30 MINUTES



## INGREDIENTS

4 Egg  
1/4 cup Unsweetened Almond Milk  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
1 1/2 tsps Extra Virgin Olive Oil  
1 cup Kale Leaves (chopped)  
1/2 Red Bell Pepper (chopped)  
1/2 cup Cherry Tomatoes (halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Cholesterol	372mg
Fat	14g	Sodium	466mg
Carbs	5g	Vitamin A	2351IU
Fiber	2g	Vitamin C	53mg
Sugar	3g	Calcium	147mg
Protein	14g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

## NOTES

### NO KALE

Use spinach instead.

### NO RED BELL PEPPER

Use a bell pepper of another color instead.

### LEFTOVERS

Keep in the fridge for up to 3 days.



# Zucchini, Mushroom & Egg Breakfast

1 SERVING 20 MINUTES



## INGREDIENTS

1/2 tsp Avocado Oil  
1/2 Zucchini (medium, sliced)  
6 White Button Mushrooms (sliced)  
2 Egg  
1/2 cup Arugula  
1/2 tsp Lemon Juice  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Cholesterol	372mg
Fat	13g	Sodium	453mg
Carbs	8g	Vitamin A	973IU
Fiber	2g	Vitamin C	22mg
Sugar	5g	Calcium	91mg
Protein	17g	Iron	3mg

## DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 02 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 03 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

### MORE FLAVOR

Season the vegetables with chili flakes, cayenne, onion powder or garlic.

### MAKE IT VEGAN

Omit the eggs and make a tofu scramble instead.



# Coconut Chia Pudding

1 SERVING 1 HOUR



## INGREDIENTS

1/3 cup Organic Coconut Milk (from the can or carton)  
1/3 cup Water  
2 tbsps Chia Seeds  
1/2 tsp Vanilla Extract

## NUTRITION

### AMOUNT PER SERVING

Calories	285	Cholesterol	0mg
Fat	24g	Sodium	25mg
Carbs	13g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	1g	Calcium	147mg
Protein	5g	Iron	2mg

## DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and divide into cups or containers if on-the-go. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to five days.

### SERVING SIZE

One serving is equal to approximately 1.5 cups of chia pudding.

### MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

### ADDITIONAL TOPPINGS

Top with shredded coconut, berries, banana slices, nuts or bee pollen.





# Chopped Bell Peppers

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Red Bell Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	26	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	6g	Vitamin A	1135IU
Fiber	2g	Vitamin C	147mg
Sugar	2g	Calcium	10mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container up to 3 to 4 days.



# Carrots & Guacamole

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20539...
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

## NOTES

### LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

### SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.



# Green Goddess Cashew Dip

2 SERVINGS 35 MINUTES



## INGREDIENTS

2 tbsps Cashews (raw, soaked for 30 minutes and drained)  
2 2/3 tbsps Unsweetened Almond Milk  
1/4 cup Basil Leaves (roughly chopped)  
2 tbsps Parsley (roughly chopped)  
1 1/4 tbsps Lemon Juice  
1/2 Garlic (small clove, minced)  
1 tbsp Red Onion (finely chopped)  
1/8 tsp Sea Salt  
1/2 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	71	Cholesterol	0mg
Fat	4g	Sodium	167mg
Carbs	7g	Vitamin A	721IU
Fiber	1g	Vitamin C	12mg
Sugar	2g	Calcium	71mg
Protein	2g	Iron	1mg

## DIRECTIONS

- 01 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 02 Serve with cucumber slices and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

### SERVING SIZE

One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

### MORE FLAVOR

Add other fresh herbs like cilantro, tarragon or chives.

### NO ALMOND MILK

Use cashew milk or boxed coconut milk instead.

### NO CUCUMBER

Serve with your favorite raw veggies or whole grain crackers instead.



# Celery with Sunflower Seed Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 stalks Celery (sliced into sticks)  
2 tbsps Sunflower Seed Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	18g	Sodium	65mg
Carbs	10g	Vitamin A	376IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	52mg
Protein	6g	Iron	1mg

## DIRECTIONS

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

## NOTES

**NO CELERY**  
Use cucumber instead



# Zucchini Noodles with Creamy Avocado Sauce

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Basil Leaves (plus additional for garnish)  
1/2 Avocado  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
2 tbsps Pumpkin Seeds (plus additional for garnish)  
1 1/2 tps Nutritional Yeast  
1/8 tsp Sea Salt  
1 1/2 tbsps Water  
2 Zucchini (large)  
1/2 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.



# House Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
1/4 head Green Lettuce (roughly chopped)  
1 Tomato (medium, sliced)  
1/2 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	141	Cholesterol	0mg
Fat	14g	Sodium	27mg
Carbs	5g	Vitamin A	1131IU
Fiber	1g	Vitamin C	11mg
Sugar	1g	Calcium	16mg
Protein	1g	Iron	1mg

## DIRECTIONS

- 01 In a small bowl, whisk together the olive oil and vinegar.
- 02 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

## NOTES

### NO RED WINE VINEGAR

Use apple cider vinegar or white vinegar instead.

### NO LETTUCE

Use spinach, kale or mixed greens instead.

### MORE TOPPINGS

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

### ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.



# One Pan Salmon, Kale & Cabbage

2 SERVINGS 20 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	436	Cholesterol	62mg
Fat	29g	Sodium	148mg
Carbs	18g	Vitamin A	2414IU
Fiber	8g	Vitamin C	138mg
Sugar	10g	Calcium	229mg
Protein	27g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 02 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 03 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 04 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 05 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

## NOTES

### NO AVOCADO OIL

Use olive oil instead.

### NO APPLE CIDER VINEGAR

Use lemon juice instead.

### LEFTOVERS

Keep covered in the fridge up to two days.



# Chopped Veggie Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Broccoli (chopped)  
1/2 cup Cherry Tomatoes (chopped)  
1/4 Red Bell Pepper (chopped)  
1/4 Cucumber (chopped)  
1 1/4 tbsps Extra Virgin Olive Oil  
1 1/4 tbsps Balsamic Vinegar  
1/4 cup Parsley (chopped)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	118	Cholesterol	0mg
Fat	9g	Sodium	25mg
Carbs	9g	Vitamin A	1739IU
Fiber	2g	Vitamin C	76mg
Sugar	5g	Calcium	45mg
Protein	2g	Iron	1mg

## DIRECTIONS

01 Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

### MORE FLAVOR

Use additional herbs like cilantro, chives, basil or dill.





# Raw Walnut Tacos

4 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 cups Walnuts (raw)
- 2 tsps Cumin
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Chili Powder
- 1 1/2 tsps Tamari
- 1/8 tsp Garlic Powder
- 1 head Romaine Hearts (leaves separated, washed and dried)
- 3/4 cup Cherry Tomatoes (halved)
- 1 Jalapeno Pepper (thinly sliced)
- 1/4 cup Red Onion (thinly sliced)
- 1 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.



# Savory Crêpes with Creamy Mushrooms & Kale

1 SERVING 25 MINUTES



## INGREDIENTS

2 1/4 tpsps Extra Virgin Olive Oil (divided)  
6 Cremini Mushrooms (sliced)  
2 stalks Green Onion (chopped)  
1 1/2 cups Kale Leaves (chopped)  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt (divided)  
2 tbsps Organic Coconut Milk (full fat, from the can)  
1 1/2 Egg  
1/4 cup Almond Flour  
1/4 tsp Oregano  
1/4 tsp Nutritional Yeast

## NUTRITION

### AMOUNT PER SERVING

Calories	459	Cholesterol	279mg
Fat	38g	Sodium	733mg
Carbs	15g	Vitamin A	2885IU
Fiber	6g	Vitamin C	36mg
Sugar	5g	Calcium	209mg
Protein	21g	Iron	4mg

## DIRECTIONS

- 01 Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
- 02 Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
- 03 In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
- 04 Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
- 05 Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
- 06 To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

## NOTES

### LEFTOVERS

Store creamy mushrooms and kale separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for up to two months. Reheat the crêpes in a dry pan until warmed through. Reheat the creamy mushrooms and kale with additional coconut milk if needed.

### SERVING SIZE

One serving is approximately two crêpes.

### MORE FLAVOR

Add garlic powder, onion powder or other dried herbs to the batter.



**ADDITIONAL TOPPINGS**

Fresh herbs like dill, parsley or chopped green onion.

**PAN SIZE**

This recipe was tested with a small 8-inch pan to make the crêpes.



# Toasted Walnuts

1 SERVING 15 MINUTES



## INGREDIENTS

1/3 cup Walnuts (shelled)

## NUTRITION

### AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

## 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.

