

SKIN-FRIENDLY RECIPES



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Naturopathy 

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hormonal concerns or gut health
issues.



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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Warm Apple Chia Pudding	 Kiwi Lime Smoothie	 Bok Choy & Mushroom Omelette	 Mexican Scramble	 Carrot Cake Chia Pudding	 Avocado Sweet Potato Toast with Poached Egg	 Raspberry Zinger Smoothie
Snack 1	 Pistachios	 Tuna Nori Wraps	 Cinnamon Flax Muffins	 Apple Sausage Bites	 Creamy Pesto Dip & Carrots	 Blueberries & Almonds	 Fruit & Egg Snack Plate
Lunch	 Meatball Lettuce Wraps	 Greek Chicken Salad	 Salmon Florentine	 Spinach Scramble with Fruit	 Steak & Egg Sandwich	 Pasta with Spinach & Turkey	 Tuna Arugula Salad
Snack 2	 Marinated Mixed Bean Salad	 Toasted Walnuts	 Apple with Almond Butter	 Salt n' Vinegar Hard Boiled Eggs	 Beef Kafta	 Quinoa & Kale Egg Muffins	 Celery with Sunflower Seed Butter
Dinner	 One Pan Salmon with Green Beans & Roasted Tomato	 Spaghetti Squash Chow Mein	 Pressure Cooker Pasta with Sausage	 Egg Roll in a Bowl	 Slow Cooker Spaghetti Squash & Meatballs	 Roasted Winter Vegetables with Tahini Drizzle	 15 Minute Halibut with Dill Pesto

Fruits

- 3 1/2 Apple
- 3 Avocado
- 2 cups Blueberries
- 2 Kiwi
- 4 1/2 Lemon
- 1 1/2 tbsps Lemon Juice
- 1 1/2 Lime
- 1 Navel Orange
- 1 cup Strawberries

Breakfast

- 1/3 cup Almond Butter

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 3/4 tsp Black Pepper
- 3/4 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 2 1/4 tbsps Cinnamon
- 1 tsp Cumin
- 2 tbsps Greek Seasoning
- 2 cups Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1 1/16 tbsps Italian Seasoning
- 1 tsp Lebanese Seven Spice Blend
- 1 1/2 tps Oregano
- 1 tsp Paprika
- 2 tbsps Pecans
- 1 cup Pistachios, In Shell
- 2 tbsps Pumpkin Seeds
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Slivered Almonds
- 1 tsp Turmeric
- 1 1/8 cups Walnuts

Frozen

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries

Vegetables

- 4 cups Arugula
- 8 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 cup Bok Choy
- 1 head Boston Lettuce
- 1 1/2 cups Brussels Sprouts
- 4 Carrot
- 10 stalks Celery
- 4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 5 cups Coleslaw Mix
- 12 Cremini Mushrooms
- 1 1/2 Cucumber
- 1/2 Delicata Squash
- 1/2 bulb Fennel
- 2 tbsps Fresh Dill
- 10 Garlic
- 1 tsp Ginger
- 3/4 cup Grated Carrot
- 3 1/2 cups Green Beans
- 1/2 Green Bell Pepper
- 4 1/2 stalks Green Onion
- 7 cups Kale Leaves
- 2 cups Mixed Greens
- 1 cup Parsley
- 3/4 cup Red Onion
- 1/4 cup Shallot
- 1/2 cup Shiitake Mushrooms
- 1 Spaghetti Squash
- 1 Sweet Potato
- 2 tps Thyme
- 3 Tomato
- 2 1/2 Yellow Onion

Boxed & Canned

- 2 cups Black Beans
- 1 3/4 cups Canned Coconut Milk
- 369 grams Chickpea Pasta
- 1 1/2 cups Crushed Tomatoes
- 3 cups Mixed Beans

Bread, Fish, Meat & Cheese

- 567 grams Chicken Breast
- 666 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Chicken
- 680 grams Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 142 grams Halibut Fillet
- 227 grams Lean Ground Pork
- 397 grams Pork Sausage
- 624 grams Salmon Fillet
- 71 grams Top Sirloin Steak

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 1/2 tbsps Avocado Oil
- 3 tbsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1/3 cup Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 2 tbsps Pesto
- 1 cup Pitted Kalamata Olives
- 3/4 cup Sauerkraut
- 1 tbsp Sesame Oil
- 1/2 cup Sunflower Seed Butter
- 2 tbsps Tahini
- 2 1/4 tps Tamari
- 1 cup Tomato Sauce

Cold

- 38 1/2 Egg
- 5 1/3 cups Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt

Other

- 9 Barbecue Skewers
- 1 tsp Bee Pollen
- 6 Nori Sheets
- 1/2 cup Vanilla Protein Powder
- 1 2/3 cups Water



-
- 1/3 cup Quinoa
 - 1/4 cup Salsa
 - 2 cans Tuna
 - 1 cup White Navy Beans

Baking

- 1 tbsp Baking Powder
- 2 tbsps Brown Rice Flour
- 1/8 tsp Ground Cloves
- 2 tbsps Nutritional Yeast
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes



Warm Apple Chia Pudding

1 serving
10 minutes

Ingredients

- 3 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon
- 1 Apple (cored and diced)
- 2 tbsps Pecans
- 1 tbsp Almond Butter
- 1 tsp Bee Pollen (optional)

Directions

- 1 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 2 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 3 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

Notes

Leftovers: Keeps well in the fridge in an air-tight container up to 3 to 4 days.

No Heat: Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

Nut-Free: Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Directions

1

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

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Bok Choy & Mushroom Omelette

1 serving
20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tps Tamari
- 2 stalks Green Onion (sliced)

Directions

- 1 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.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 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.



Mexican Scramble

4 servings

25 minutes

Ingredients

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

Directions

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

Notes

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



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

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

Directions

- 1 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.
- 2 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

2 servings

15 minutes

Ingredients

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

Directions

- 1 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.
- 2 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.
- 3 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.
- 4 Poach, fry or hardboil the eggs.
- 5 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.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.



Pistachios

2 servings

1 minute

Ingredients

1 cup Pistachios, In Shell

Directions

- 1 Divide into bowls, peel and enjoy!



Tuna Nori Wraps

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 1 Carrot (smaller, julienned)
- 1/2 Cucumber (julienned)
- 1/2 Avocado (peeled and sliced)
- 6 Nori Sheets (snack size)

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.



Apple Sausage Bites

2 servings

20 minutes

Ingredients

227 grams Pork Sausage
1/2 Apple (core removed, sliced)
3/4 cup Sauerkraut

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
- 3 Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately six pieces.

Make it Vegan: Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.



Creamy Pesto Dip & Carrots

1 serving

5 minutes

Ingredients

2 tbsps Unsweetened Coconut Yogurt
2 tbsps Pesto
2 Carrot (medium, peeled and cut into sticks)

Directions

1 In a small bowl combine the yogurt and pesto. Serve with carrot sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Pesto: Use store-bought or homemade pesto.

No Carrots: Use bell pepper, cucumber, or celery instead.



Blueberries & Almonds

1 serving

5 minutes

Ingredients

1/4 cup Almonds
1 cup Blueberries

Directions

- 1 Serve the almonds with the blueberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Fruit & Egg Snack Plate

2 servings

20 minutes

Ingredients

- 2 Egg
- 1 cup Blueberries
- 1 cup Strawberries (halved)

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 2 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers: Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

Serving Size: One serving is one egg and one cup of fruit.

More Flavor: Season the hard boiled egg with salt and pepper.



Meatball Lettuce Wraps

2 servings

40 minutes

Ingredients

213 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
3/4 cup Grated Carrot
1/4 cup Parsley
1 head Boston Lettuce (peeled apart into leaves and washed)
1/2 Lime (cut into wedges)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl mix together the ground beef, salt, and pepper. Roll the beef into roughly one-inch balls and place them on the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through.
- 3 Divide the cooked meatballs, carrot, and parsley between lettuce leaves. Squeeze lime juice on top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two to three lettuce wraps.

More Flavor: Add garlic, sesame seeds, ginger, smoked paprika, or chili powder the meatballs.

Additional Toppings: Crushed peanuts, peanut sauce, salsa, tahini dressing, or mashed avocado.



Greek Chicken Salad

4 servings

45 minutes

Ingredients

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

Directions

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

Notes

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

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning instead.



Salmon Florentine

3 servings

30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2 Garlic (cloves, sliced)
1/4 cup Shallot (chopped)
8 Cremini Mushrooms (sliced)
1/2 Lemon (juiced)
1 3/4 cups Canned Coconut Milk
2 tsps Thyme (fresh)
Sea Salt & Black Pepper (to taste)
340 grams Salmon Fillet (skinless)
2 cups Baby Spinach

Directions

- 1 Add the oil, garlic, and shallots to a large skillet and sauté until fragrant, about two to three minutes.
- 2 Then, add the mushrooms and continue sautéing until the mushrooms are browned, about five to seven minutes. Add the lemon juice to the pan to deglaze.
- 3 Add the coconut milk, thyme, salt, and pepper. Stir well and bring the sauce to a gentle simmer. Add the salmon pieces, nestling them into the sauce. Cover and cook for five minutes or until the salmon is cooked to your desired doneness.
- 4 Add the spinach to the sauce for a few minutes until wilted. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add capers to the sauce while it cooks.

Additional Toppings: Chopped parsley, dill and/or sliced almonds.

Serve it With: Serve over rice, quinoa, barley, and/or cauliflower rice.



Spinach Scramble with Fruit

1 serving
10 minutes

Ingredients

- 3 Egg
- 1/8 tsp Sea Salt (divided)
- 1/8 tsp Black Pepper (divided)
- 1 tsp Extra Virgin Olive Oil
- 2 cups Baby Spinach
- 1 Tomato (medium, diced)
- 1 Navel Orange (sliced)

Directions

- 1 Whisk the eggs in a small bowl and season with half of the salt and half of the pepper. Set aside.
- 2 Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
- 4 Transfer the eggs to a plate. Serve with orange slices and enjoy!

Notes

Leftovers: Best served immediately.

More Flavor: Add dried herbs and spices like garlic powder.

No Spinach: Use kale instead.

No Oranges: Serve with sliced strawberries or apple slices instead.



Steak & Egg Sandwich

1 serving

15 minutes

Ingredients

1 tsp Extra Virgin Olive Oil (divided)
71 grams Top Sirloin Steak
1/8 tsp Sea Salt (divided)
1 Egg
1/2 Avocado (small, mashed)
2 slices Gluten-Free Bread (toasted)

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil. Crack the egg in the pan and add the remaining salt. Cook until the whites are set and the yolk is cooked to your liking.
- 4 Top your toast with the mashed avocado, fried egg, and steak slices. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

More Flavor: Add mustard or your favorite steak sauce.

Additional Toppings: Tomato and mixed greens.



Pasta with Spinach & Turkey

4 servings

20 minutes

Ingredients

227 grams Chickpea Pasta
2 tbsps Extra Virgin Olive Oil (divided)
454 grams Extra Lean Ground Turkey
1 tsp Italian Seasoning
1/2 tsp Sea Salt
4 cups Baby Spinach (packed)

Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add garlic, red pepper flakes or fresh herbs.

No Chickpea Pasta: Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

No Turkey: Use ground chicken, pork, beef or cooked lentils instead.



Tuna Arugula Salad

2 servings

10 minutes

Ingredients

2 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Lemon Juice
1 tbsp Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
4 cups Arugula
1 cup White Navy Beans
1/4 cup Red Onion (sliced)
1 can Tuna (drained, broken into chunks)

Directions

- 1 In a small bowl combine the oil, lemon juice, dill, salt, and pepper. Set aside.
- 2 Divide the arugula, white beans, and red onion onto serving plates. Top with tuna chunks and drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately three cups of salad.

More Flavor: Add tahini to the dressing. Serve with lemon wedges.

Additional Toppings: Add avocado, cucumber and/or feta cheese.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Marinated Mixed Bean Salad

3 servings

15 minutes

Ingredients

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

Directions

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



Toasted Walnuts

3 servings

15 minutes

Ingredients

1 cup Walnuts (shelled)

Directions

- 1 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.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



Apple with Almond Butter

2 servings

5 minutes

Ingredients

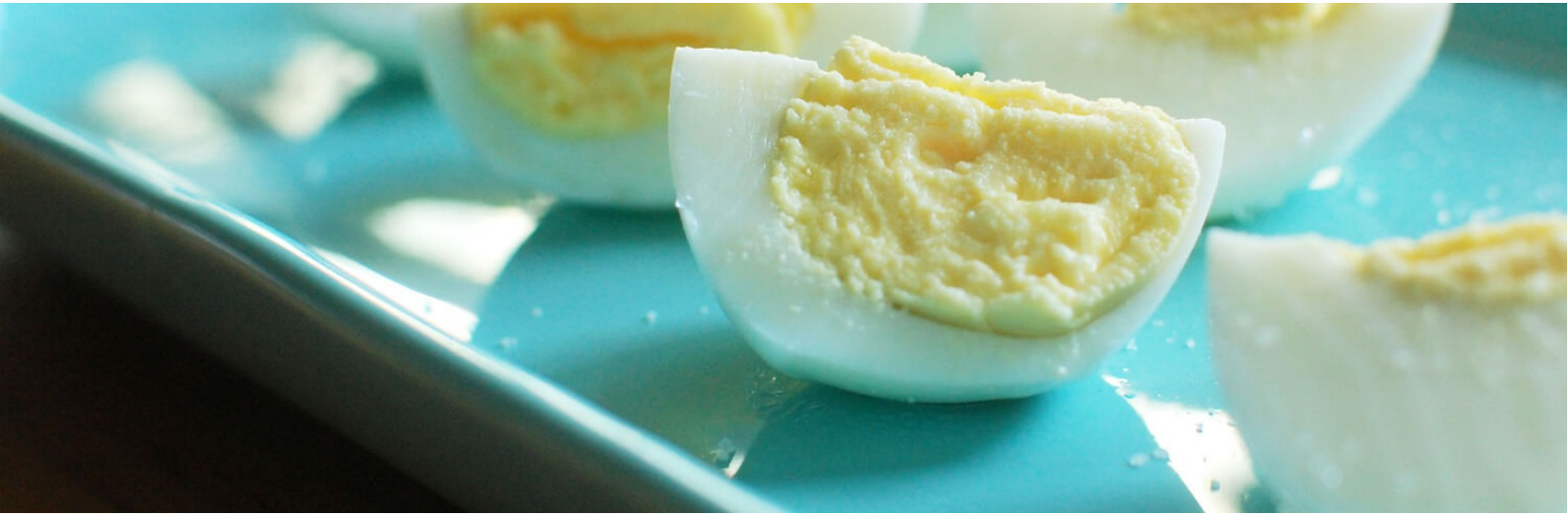
2 Apple
1/4 cup Almond Butter

Directions

- 1 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.



Salt n' Vinegar Hard Boiled Eggs

3 servings

35 minutes

Ingredients

- 6 Egg
- 3/4 tsp Sea Salt (divided)
- 3 tbsps Apple Cider Vinegar (divided)

Directions

- 1 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.
- 2 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.
- 3 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!



Beef Kafta

3 servings

45 minutes

Ingredients

454 grams Extra Lean Ground Beef
1 Yellow Onion (small, very finely chopped)
1/2 cup Parsley (very finely chopped)
1 tbsp Lebanese Seven Spice Blend
1 tsp Sea Salt
9 Barbecue Skewers

Directions

- 1 Add all ingredients to a large mixing bowl and mix until combined.
- 2 Tightly pack the meat mixture into balls then form the balls into long, thin kebabs, 4 to 5 inches in length, around each of the barbecue skewers.
- 3 Grill over medium heat for 12 to 15 minutes, or until cooked through. Be sure to flip often so that all sides are cooked and contain grill marks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three skewers.

More Flavor: Add fresh garlic.

Additional Toppings: Drizzle with yogurt or a tahini-based sauce.

Serve it With: Hummus, Lebanese rice, salad or on a pita.

No Beef: Use ground lamb instead.

Wooden Skewers: Be sure to soak the skewers in water prior to use.



Quinoa & Kale Egg Muffins

6 servings

30 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1/3 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil or use a silicone muffin tray.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin tray.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin tray to cover the quinoa, kale, and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. 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 approximately two egg muffins.

More Flavor: Add red pepper flakes or black pepepr.



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Directions

1

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

Notes

No Celery: Use cucumber instead



One Pan Salmon with Green Beans & Roasted Tomato

2 servings

25 minutes

Ingredients

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

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

2 servings

1 hour 30 minutes

Ingredients

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

Directions

- 1 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.
- 2 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 3 In a separate pan, melt the coconut oil and brown the ground chicken.
- 4 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos: Use tamari instead.

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

Likes it Spicy: Serve with hot sauce.

Leftovers: Refrigerate up to 3 days.



Pressure Cooker Pasta with Sausage

2 servings

25 minutes

Ingredients

170 grams Pork Sausage (casing removed)
4 Cremini Mushrooms (roughly torn)
3/4 cup Water
1 cup Tomato Sauce
142 grams Chickpea Pasta (shells)
2 cups Kale Leaves (roughly chopped)
Sea Salt & Black Pepper (to taste)
1/4 tsp Chili Flakes (optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add the pork. Cook for 4 to 5 minutes, until no longer pink. Add the mushrooms and cook for 1 to 2 minutes, until softened. Turn the sauté mode off.
- 2 Add the water, tomato sauce, and pasta. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 2 minutes on high pressure. Once finished, let the pressure release naturally for 10 minutes, then do a quick release if there is still pressure remaining.
- 3 Open the lid, add the kale and stir until the kale is wilted. Divide evenly between plates. Top with salt, pepper, and chilli flakes, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 1 1/2 cups of pasta.

Additional Toppings: Top with nutritional yeast, parmesan, or parsley.

Make it Vegan: Omit the sausage, use a vegan sausage or add cooked lentils instead.

Pressure Cook Time: This recipe was tested with a chickpea pasta that is shell shaped. Cook time may vary depending on the type of pasta used.



Egg Roll in a Bowl

2 servings

30 minutes

Ingredients

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

Directions

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

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

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



Slow Cooker Spaghetti Squash & Meatballs

2 servings

4 hours

Ingredients

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

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. 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.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Cheese Lover: Sprinkle with parmesan cheese.



Roasted Winter Vegetables with Tahini Drizzle

2 servings

45 minutes

Ingredients

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

Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein: Add lentils, chickpeas, or diced tofu.

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



15 Minute Halibut with Dill Pesto

1 serving

15 minutes

Ingredients

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

Directions

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

Notes

Nut Free: Use pumpkin seeds or sunflower seeds instead.

Save Time: Blend up the pesto in advance.

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