



**HEALTHY RECIPES TO FUEL YOUR BODY & MIND**

BREAKFAST | LUNCH | DINNER | SNACKS



**METTA DISTRICT**

## Monday

### Breakfast



Banana, Almond Butter  
and Chia Seeds



All Day Glow Green  
Smoothie

### Lunch



Avocado Chicken BLT  
Wrap

### Snack 1



Feel Good Hearty Granola  
Bars

### Dinner



Cashew Chicken with  
Cauliflower Rice

### Snack 1



Avocado Chocolate  
Pudding

## Tuesday

### Breakfast



Peanut Butter Chocolate  
Chia Pudding

### Lunch



Cowboy Caviar

### Snack 1



Cucumber, Red Pepper,  
Broccoli and Hummus

### Dinner



Quick & Easy Chicken  
Avocado Quesadilla



The Best Shredded Kale  
Salad

### Snack 1



Chocolate Strawberry  
Cashew Dessert

## Wednesday

### Breakfast



Sneaky Greens Blueberry Smoothie

### Lunch



The Easiest Chickpea Greek Salad

### Dinner



One Pan Lemon Herb Salmon & Zucchini

### Snack 1



5-Ingredient Peanut Butter Cup Energy Bites

### Snack 1



Chocolate Peanut Butter Crunch Apple Snack Bites

## Thursday

### Breakfast



Coconut Peach Bliss Overnight Oats

### Lunch



Sweet Potato Toast & Tuna

### Dinner



Slow Cooker Turkey Chili

### Snack 1



5 Ingredient Green Berry Smoothie

### Snack 1



Chocolate Caramel Fudge Cups

## Friday

### Breakfast



Avocado Toast with Egg

### Lunch



Cobb Salad in a Jar

### Dinner



Southwest Beef and Sweet Potato Skillet

### Snack 1



Almond Butter and Banana Open Sandwich

### Snack 1



Raw Carrot Cake Bites

## Saturday

### Breakfast



Vanilla Berry Baked Oatmeal

### Lunch



Healthy Huevos Rancheros Tacos

### Dinner



Lettuce-Wrapped Turkey Burger with Basil Guac

### Snack 1



Curried Cashews

### Snack 1



Vegan Gluten Free Black Bean Brownies

# Sunday

## Breakfast



Sweet Potato Spinach  
Breakfast

## Lunch



Quinoa Summer Rolls with  
Peanut Sauce

## Dinner



Burrito Bowl

## Snack 1



Chia Seed Pudding



No-Bake Chocolate Fudge  
Cookies



## Banana, Almond Butter and Chia Seeds

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

- 1 tbsp** Almond butter (or any nut or seed butter)
- 1/2 small** Banana (sliced)
- 1/4 tsp** Chia seeds, ground
- 1 slice** Bread, gluten free (or sprouted grain)

### Instructions

Toast bread. Spread almond butter, and slice banana and arrange on top.

Drizzle with chia seeds and enjoy!



## All Day Glow Green Smoothie

This refreshing smoothie is jam-packed with nutrition! Since there's no banana in it, it keeps well until the next day when stored in an airtight container.

Prep	Cook	Ready in	Servings
10 min	0 min	10 min	1

### Ingredients for 1

- 1/4 cup Coconut water, unsweetened, ready-to-drink
- 1/10 cup mango juice ((I love Black River, or Happy Planet Organic Mango juice))
- 1/3 large Apple (Granny Smith; cored and roughly chopped)
- 1/3 cup Lettuce, romaine (packed)
- 1/8 cup Parsley, fresh (loosely packed)
- 1/10 cup Cilantro (coriander) (packed fresh - The cilantro flavour in this smoothie is quite pronounced. If you aren't a cilantro fan, feel free to swap it with more romaine or fresh mint (start with 1/4 cup of mint).)
- 1/10 cup Mango (frozen; chunks)
- 1/10 avocado(s) Avocado (packed)
- 3/4 tsp Lemon juice (fresh; or to taste)
- 1/3 piece, 1-inch Turmeric root (small; pinky-sized pieces fresh turmeric\*\* or substitute 1/2 tsp ground)
- 1 cube(s) Ice cubes (as needed)

### Instructions

1. Add the coconut water and mango juice into a (64-ounce) high-speed blender. (If your blender is on the small side, you may want to make a half-batch.)
2. Now add the rest of the ingredients. Blend on high until super smooth. If you have a Vitamix, use the tamper stick to get things moving. Taste and adjust sweetness if desired. If it's too tart, feel free to add a bit of liquid sweetener.
3. Serve and enjoy! Place any leftovers into an airtight container and store in the fridge for up to 24 hours. I love to enjoy half in the morning, and the other half in the afternoon.

\*Keep in mind this is a large batch that just fits in a 64-ounce high-speed blender, so if your blender is smaller you might want to make a half batch.

#### Notes:

\*\* Fresh turmeric root is becoming more and more common in grocery stores these days; keep your eyes peeled for it in the produce section. It can also be found on Amazon, and in select health food stores and Indian and Asian grocery stores. Look for firm turmeric that is unblemished.

Recipe from: <https://ohsheglows.com/2016/05/18/all-day-glow-green-smoothie/>





## Avocado Chicken BLT Wrap

Prep	Cook	Ready in	Servings
10 min	0 min	10 min	1

### Ingredients for 1

<b>1 large tortilla(s)</b>	Whole wheat tortilla (large whole-grain, gluten-free, or grain-free wraps of choice)
<b>71 gm</b>	Chicken breast, boneless, skinless (cooked; chopped into small pieces)
<b>1 1/2 medium slice</b>	Bacon (of crispy cooked nitrate-free; crumbled into small pieces)
<b>1/4 cup</b>	Cherry Tomatoes (halved)
<b>1/2 avocado(s)</b>	Avocado (pitted and sliced into thin strips)
<b>2 1/2 leaf</b>	Lettuce, romaine (cut into smaller pieces)
<b>1/2 pinch</b>	Salt
<b>1/2 dash</b>	Black pepper
<b>1 tbsp</b>	Mayonnaise (real)
<b>1/2 tsp</b>	Coconut sugar

### Instructions

1. Chop and slice the chicken breast, cherry tomatoes, avocado, and lettuce and crumble the bacon.
2. In a medium sized bowl add the mayonnaise, coconut sugar, salt, and pepper and stir to combine.
3. Add in the chicken, tomatoes, and bacon and mix with the mayonnaise dressing to coat everything.
4. Place the two wraps on a flat surface and line each wrap with the avocado slices, then mash the avocado slightly to adhere it to the wrap.
5. Next, layer the lettuce pieces over the mashed avocado layer.
6. Divide the chicken mixture between the two wraps adding it to the centre of each wrap and then roll/fold up the wraps as you prefer.
7. Slice each wrap in half and enjoy as is or heat using a grill press (ex. George Foreman grill)

#### Notes:

To make this recipe even more convenient feel free to use a cooked rotisserie chicken.

Recipe from: [Nutrition in the Kitch](#)



## Feel Good Hearty Granola Bars

Hearty, soft-baked, and chewy, these no-sugar-added granola bars will fill up the tank and keep your energy stable.

Prep	Cook	Ready in	Servings
15 min	24 min	39 min	1

### Ingredients for 1

1/10 cup mashed	Banana (about 3 large)
1/10 tsp	Vanilla extract, pure
1/8 cup	Rollled oats- Gluten Free
0.04 cup	Dried cherries (cranberries; blueberries; to taste*)
0.04 cup	Walnuts (chopped)
0.04 cup	Sunflower seeds
0.04 cup	Pumpkin seeds (pepitas)
0.04 cup	Almonds, raw (sliced)
0.02 cup	Hemp seeds, shelled
1/10 tsp	Cinnamon
0.02 tsp	Sea salt, fine

### Instructions

1. Preheat the oven to 350°F. Lightly grease a large rectangular baking dish (approximately 9" x 13") and line with a piece of parchment paper (with overhang) so the bars are easier to remove.
2. In a large bowl, mash the banana until smooth. Make sure you have 1 1/2 cups (if you have extra mashed banana, you can freeze it for a smoothie).
3. Stir in the vanilla.
4. Place the oats into a food processor (or blender set on the lowest speed) and pulse until the oats are coarsely chopped (but still have lots of texture). Stir the chopped oats into the banana mixture until fully incorporated.
5. Stir the dried fruit, walnuts, sunflower and pepita seeds, almonds, hemp hearts, cinnamon, and salt into the banana-oat mixture until thoroughly combined. The dough will be very heavy and a bit wet.
6. Spoon the mixture into the prepared dish. With lightly wet hands, smooth out until even and uniform. Press down on the dough until compacted.
7. Bake for 22 to 26 minutes, until firm and lightly golden along the edges.
8. Place the dish on a cooling rack for 10 minutes, then carefully slide a knife to loosen the ends and gently lift out. Place the slab on a cooling rack until completely cool.
9. Once cool, slice into bars. I like to use a pizza slicer as it easily cuts through the dried fruit and nuts. Leftovers can be wrapped up and stored in the fridge for a week, or stored in the freezer for 4 to 6 weeks.

Recipe from: <https://ohsheglows.com/2014/05/20/feel-good-hearty-granola-bars/>



## Cashew Chicken with Cauliflower Rice

Prep	Cook	Ready in	Servings
10 min	20 min	30 min	1

### Ingredients for 1

171 gm	Chicken breast, boneless, skinless (cut into 1" cubes)
1/2 tbsp	Arrowroot flour (optional, cornstarch works too)
1/8 tsp	Salt
1/8 tsp	Black pepper
1/2 tbsp	Extra virgin olive oil
1/4 tbsp	Sesame oil
2/3 cup	Broccoli florets
1/2 medium pepper(s)	Red bell pepper (cut into bite sizes pieces)
1/8 tsp	Hot pepper (chili) flakes (optional)
3/4 clove(s)	Garlic (minced and pressed)
1/4 cup	Cashew nuts, roasted (unsalted)
3/4 tbsp	Coconut aminos, Coconut Secret (tamari, or low sodium soy sauce work too)
1/3 tsp	Honey
1/4 tbsp	Apple cider vinegar
1/4 piece, 1-inch	Ginger root (grated)
1 green onion (stem)	Green onion, scallion, ramp (chopped)
1/4 large head	Cauliflower (for the cauliflower rice)

# Instructions

## **For the Cashew Chicken:**

In a small bowl, mix the coconut aminos or tamari, honey and vinegar. Set aside.

Place the chicken, salt, black pepper and arrowroot flour (if using) in another bowl and mix to coat. Set aside.

In a wok, heat the oils over medium high heat.

Add the chicken pieces and cook. Stirring occasionally until cooked.

Add broccoli, red peppers, garlic, chili and ginger.

Cook and stir until chicken is done and vegetables are crisp and tender.

Add cashews and mix to combine.

Stir in the coconut aminos/tamari mixture and lower the heat to medium low.

Cook for another minute or two, then remove from heat.

Divide between serving plates. Sprinkle with fresh green onions.

## **For the Cauliflower Rice:**

Wash and thoroughly dry cauliflower, then remove all greens and cut into 4 even sections.

With a box grater used to grate cheese, use the medium-sized holes or a food processor to grate the cauliflower into the size of rice, leaving any large, tough stems behind.

Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.

Once you have your cauliflower rice, it's easy to cook! Simply sauté in a large skillet over medium heat in 1 Tbsp olive oil or coconut oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with tamari or salt and pepper).

### Notes:

Time Saving Tip: You can find 'cauliflower rice' already made in grocery stores. Usually it can be found in the prepackaged cooler in the produce department (the same place you would find salad mixes, baby carrots or zucchini noodles). All you need to do is cook and eat!



## Avocado Chocolate Pudding

Prep	Cook	Ready in	Servings
10 min	0 min	10 min	1

### Ingredients for 1

<b>1/2 avocado(s)</b>	Avocado (peeled)
<b>1/10 cup</b>	Cocoa powder, unsweetened
<b>1/10 cup</b>	Honey (or sweetener of choice)
<b>1/8 cup</b>	Almond milk, unsweetened (or milk of choice)
<b>1/3 tsp</b>	Vanilla extract, pure

### Instructions

1. To remove the avocado skin: Cut into the avocado lengthwise until you hit the pit. Rotate the knife around the entire pit until you have two halves. Carefully hit the pit with the knife until it punctures it. Turn the knife to pop out the pit. Push a spoon between the avocado and the skin and carve the avocado out of its skin. Discard the skin.
2. Add the avocado, cocoa powder, honey, almond milk, and vanilla to a high power blender or food processor. Blend well until very smooth.
3. Serve immediately, or chill first.

Enjoy!

Recipe from: [Seeded at the Table](#)



## Peanut Butter Chocolate Chia Pudding

Chia seeds are high in soluble fiber. The protein and fat in peanut butter keeps you fueled. Cacao powder instead of cocoa powder provides iron and magnesium.

Prep	Cook	Ready in	Servings
8 h	0 min	8 h	1

### Ingredients for 1

- 2/3 cup** Coconut milk (or any dairy-free milk you prefer; for pudding)
- 1/8 cup** Chia seeds
- 1 tbsp** Peanut butter, natural (or almond butter)
- 1 tbsp** Cacao powder, raw
- 1/2 tsp** Maple syrup, pure (more or less to taste)

### Instructions

In the morning you can divide it into 2 bowls.

Top with berries of choice, some cacao nibs and any other toppings that you like!

Notes:

Recipe from: [Living Kitchen](#)



## Cowboy Caviar

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	1

### Ingredients for 1

1/4 can (15oz)	Black beans, canned
1/4 can (15oz)	Black-eyed peas, canned
1/4 medium pepper(s)	Red bell pepper (or any colour you prefer; diced)
1/3 tomato	Roma tomatoes (diced)
1/4 medium pepper(s)	Jalapeno pepper (diced; remove seeds for less spice - optional)
1/10 medium	Red onion (diced)
1/10 bunch	Cilantro (coriander) (chopped)
1/3 tbsp	Olive oil (for dressing)
1/3 tbsp	Lime juice (fresh) (for dressing)
1/10 tbsp	Balsamic vinegar (for dressing)
1/10 tsp	Chili powder (for dressing)
1/4 tsp	Cumin (for dressing)
1/10 tsp	Salt (for dressing)
1/10 tsp	Coconut sugar (or organic cane sugar, for dressing)

## Instructions

1. Rinse and drain both cans of beans in a colander. Let the excess water drain as you prepare the vegetables.
2. Finely dice the bell pepper, tomatoes, jalapeno, and red onion. Try to dice the vegetables into pieces that are roughly the same size as the beans. For a less spicy salad, scrape the seeds out of the jalapeno before dicing.
3. Roughly chop the cilantro. Place the drained beans, bell pepper, tomatoes, jalapeno, onion, and cilantro in a large bowl.
4. Pour the dressing over the salad, then stir until everything is well coated. Serve immediately, or refrigerate until ready to eat.

## Advanced Preparation

1 - 3 days prior *loptionall*, Olive oil 1/3 tbsp

### Instructions:

To make dressing: In a small jar, add the olive oil, 2 Tbsp of juice from the lime, balsamic vinegar, chili powder, cumin, salt, and sugar. Shake to mix and store in fridge until ready to use.

### Notes:

Add chicken to make a full meal.

Recipe from: [Budget Bytes](#)



## Cucumber, Red Pepper, Broccoli and Hummus

The perfect no-fail snack for busy days!

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

1/2 cucumber(s)	Cucumber (sliced)
1/2 medium pepper(s)	Red bell pepper (sliced)
1/2 cup	Broccoli, raw (chopped)
1/3 cup	Hummus

### Instructions

1. Slice vegetables and pack away in a container with hummus on the side. Enjoy!

Notes:

Quick Tips:

Make-ahead in bento boxes or pre-portion for your week for a quick grab-and-go snack.



## Quick & Easy Chicken Avocado Quesadilla

This quesadilla has a healthy balance of macros, is loaded with protein and healthy fats and really simple to put together.

Prep	Cook	Ready in	Servings
5 min	2 min	7 min	1

### Ingredients for 1

57 gm	Chicken breast, skinless (pre-cooked* see instructions on how to cook chicken)
1/2 avocado(s)	Avocado (ripe)
1 pinch	Salt
1/4 tsp	Cumin
1 tbsp	Lime juice (fresh)
2 medium tortilla(s)	Tortilla, corn
29 gm	Pepper jack cheese (grated)

### Instructions

1. Cook chicken: you can add chicken to an instant pot and steam with a closed valve for 11 minutes, or preheat your oven to 420 degrees F and place chicken breasts in a medium baking tray. Add the baking tray to hot oven and cook for about 20 minutes, until internal temperature reaches 165 degrees F. Set chicken aside to cool.
2. Heat a griddle or non-stick skillet over medium-high heat on your stovetop.
3. Mash the avocado in a small bowl and add a pinch of salt, cumin and splash of lime juice. Set aside.
4. Lay one of the tortillas on the warm skillet and sprinkle with cheese and 2 oz of chicken. While it cooks, smear the mashed avocado mixture onto the other tortilla.
5. Place the second tortilla, avocado side down, on top of the chicken and cheese. Press gently with a spatula then slide the spatula underneath and flip. Continue to cook until the second tortilla begins to brown and the cheese is all melted, approximately 1-2 minutes. Serve immediately.

Notes:

Quick Tips:

For a vegan version use a cheese alternative like [Daiya](#).

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Nutritional Highlights:

*Avocado*

Avocados are high in potassium, more so than bananas. Several studies show that having a high potassium intake is linked to reduced blood pressure, which is a major risk factor for heart attacks, strokes and kidney failure.

Recipe from: [California Avocados](#)



## The Best Shredded Kale Salad

The key to this salad is finely chopping (or shredding) the kale. I prefer to use Lacinato kale in this salad because it's more delicate than curly kale.

Prep	Cook	Ready in	Servings
30 min	10 min	40 min	1

### Ingredients for 1

1/2 bunch	Kale (medium; destemmed; finely chopped (8 to 9 cups chopped))
1/4 tbsp	Extra virgin olive oil
1/2 clove(s)	Garlic
1/10 cup	Lemon juice ((60 mL) fresh)
3/4 tbsp	Extra virgin olive oil (to taste)
1/4 tbsp	Balsamic vinegar
1/4 tbsp	Maple syrup, pure
1/10 tsp	Salt (fine sea salt)
1/10 tsp	Black pepper (freshly ground; (just eyeball it))
1/10 cup	Cranberries, dried

### Instructions

1. Remove the stems from the kale and discard. (You can save them for smoothies if you are hardcore!) Finely chop the kale leaves (the smaller, the better).
2. Wash the kale and spin dry. Place dried kale into a large bowl. Add 1 tbsp olive oil, and a pinch of sea salt. Using your hands massage the oil into the kale leaves for about 1 minute (it might seem weird, but this step is crucial in making the best kale salad as it tenderizes the leaves!).
3. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, balsamic vinegar, maple syrup, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.
4. Toss on a handful or two of dried cranberries into the salad. Wrap and place in the fridge for 30 to 60 minutes to soften, or you can simply enjoy it right away. You can additionally add in hemp seeds, or any nuts or seeds you desire.

Recipe from: <https://ohsheglows.com/2013/11/25/the-best-shredded-kale-salad/>



## Chocolate Strawberry Cashew Dessert

Prep	Cook	Ready in	Servings
2 min	0 min	2 min	1

### Ingredients for 1

<b>1/2 cup slices</b>	Strawberries (organic)
<b>1/4 cup</b>	Cashew nuts, raw
<b>1 tbsp</b>	Dark chocolate chips

### Instructions

Combine strawberries, cashews, and dark chocolate chips in a bowl, and eat with a spoon.

Strawberries are on the top of the Dirty Dozen list for pesticide residues, so buy organic.

Recipe from: Lisa Hernandez, Certified Nutritionist, [www.learningtobehealthy.com](http://www.learningtobehealthy.com)



## Sneaky Greens Blueberry Smoothie

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

<b>1/2 cup</b>	Coconut water, unsweetened, ready-to-drink (or coconut milk)
<b>1/4 cup</b>	Baby spinach
<b>1/2 large</b>	Frozen banana
<b>1/2 cup</b>	Blueberries
<b>1/2 date pitted</b>	Medjool date
<b>1 tbsp hulled</b>	Hemp seeds, shelled
<b>1/2 tbsp</b>	Chia seeds

### Instructions

Place all the ingredients together in a blender and blend on high until well incorporated. Serve cold.

Recipe from: [Thrive Market](#)



## The Easiest Chickpea Greek Salad

This simple and easy Chopped Greek Chickpea Salad recipe takes less than 20 minutes to throw together. You'll love this healthy salad to pack for lunch!

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	1

### Ingredients for 1

1/4 can (15oz)	Chickpeas, canned, drained (rinsed)
1/4 medium pepper(s)	Red bell pepper (chopped)
1/4 medium pepper(s)	Yellow bell pepper (chopped)
1/4 medium pepper(s)	Green bell pepper (chopped)
1/10 cup	Red onion (diced)
3 3/4 small tomato(s)	Grape tomatoes (halved (about 1 cup halved))
1/10 cup	Olives (pitted kalamata; chopped if desired)
1/4 small	Cucumber (sliced and quartered)
29 gm	Feta cheese (crumbled or cut into 1/2 inch cubes)
1/2 tbsp	Olive oil
1/2 tbsp	Lemon juice (freshly squeezed)
1/4 clove(s)	Garlic (minced)
1/4 tsp	Oregano, dried (dried)
1/4 pinch	Salt and pepper (freshly ground; to taste)

### Instructions

1. Place all salad ingredients into a large bowl and toss to combine.
2. In a small bowl, whisk together olive oil, lemon juice, garlic and oregano. Pour onto salad and toss again to well combine. Taste and add salt and pepper as you'd like.
3. Place in refrigerator for 1 hour to marinate, or serve immediately. Salad is best enjoyed within 2-3 days after making.

#### Notes:

Add cooked quinoa for an additional protein boost!

Recipe from: [Ambitious Kitchen](#)



## 5-Ingredient Peanut Butter Cup Energy Bites

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	1

### Ingredients for 1

<b>1/10 cup pitted</b>	Dates (soaked in warm water for 10 minutes)
<b>0.04 cup</b>	Rollled oats, dry
<b>0.02 cup</b>	Dark chocolate chips, vegan
<b>1/10 tbsp</b>	Chia seeds, ground
<b>1/4 tbsp</b>	Peanut butter, natural

### Instructions

Pulse dates in a food processor or blender until they are in small pieces or it forms a ball.

Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly smooth.

Carefully roll mixture into 1-inch balls (29-30 grams per ball), using the warmth of your hands to mold them together. You should get 14-15 balls. Place on a plate or baking tray.

Enjoy as is or set in the in fridge or freezer for 15 minutes.

To set, pop in fridge or freezer for 15 minutes. Energy balls will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.

Recipe from: [Minimalist Baker](#)



## One Pan Lemon Herb Salmon & Zucchini

Prep	Cook	Ready in	Servings
15 min	20 min	35 min	1

### Ingredients for 1

<b>1 large</b>	Zucchini (chopped)
<b>1/2 tbsp</b>	Extra virgin olive oil
<b>1/4 pinch</b>	Kosher salt
<b>1/4 dash</b>	Black pepper
<b>1/2 tbsp</b>	Coconut sugar (for the salmon)
<b>1/2 tbsp</b>	Lemon juice (for the salmon)
<b>1/4 tbsp</b>	Dijon mustard (for the salmon)
<b>1/2 clove(s)</b>	Garlic (minced, for the salmon)
<b>1/8 tsp</b>	Dill, dried (for the salmon)
<b>1/8 tsp</b>	Oregano, dried (for the salmon)
<b>1/10 tsp, ground</b>	Thyme, dried (for the salmon)
<b>1/10 tsp</b>	Rosemary, dried (for the salmon)
<b>1/4 pinch</b>	Salt and pepper (for the salmon)
<b>1 fillet (170g)</b>	Atlantic salmon, wild
<b>1/2 tbsp</b>	Parsley, fresh (for the salmon)

### Instructions

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

In a small bowl, whisk together coconut sugar, lemon juice, Dijon, garlic, dill, oregano, thyme and rosemary; season with salt and pepper, to taste. Set aside.

Place zucchini in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Add salmon in a single layer and brush each salmon fillet with herb mixture.

Place into oven and cook until the fish flakes easily with a fork, about 16-18 minutes.\*

Serve immediately, garnished with parsley, if desired.

Recipe from: [Damn Delicious](#)



## Chocolate Peanut Butter Crunch Apple Snack Bites

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	1

### Ingredients for 1

<b>1/8 medium</b>	Apple (sliced into wedges )
<b>1/2 tbsp</b>	Peanut butter, smooth
<b>1/8 tbsp</b>	Coconut flakes, unsweetened
<b>3 gm</b>	Macadamia nuts, unsalted (about 1 tbsp, chopped)
<b>10 gm</b>	Dark chocolate

### Instructions

Spoon a small amount of peanut butter onto each wedge. Sprinkle with coconut flakes and chopped macadamia nuts. In a small bowl, add the dark chocolate and melt in the microwave, stirring in 30 second increments until melted. Be careful not to overheat the chocolate. Drizzle the wedges with melted chocolate and serve.

Recipe from: [Yummly](#).



## Coconut Peach Bliss Overnight Oats

This tropical coconut breakfast parfait is a refreshing way to start the day.

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

<b>1/2 cup</b>	Rolled oats- Gluten Free
<b>1 cup</b>	Coconut milk
<b>2 tbsp</b>	Plain yogurt, 2-4% M.F. (dairy or plant based)
<b>1/4 cup</b>	Coconut flakes (toasted plus more for garnish)
<b>1 tbsp</b>	Chia seeds
<b>1 tsp</b>	Vanilla extract, pure
<b>1/2 medium</b>	Peach (chopped, or berries or fruit of choice)

### Instructions

1. Mix all ingredients together and store in an airtight container in the fridge overnight.
2. Top with toasted coconut and peach to garnish.

#### Notes:

You can use any fruit you would like to top off the oats with in the morning.

Recipe from: [Nature's Path](#)



## Sweet Potato Toast & Tuna

High protein meal, great for post-workout! Grain-free!

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

### Ingredients for 1

<b>1/4 small potato</b>	Sweet potato
<b>1 tbsp</b>	Mayonnaise, low fat (or veganise)
<b>1 tbsp</b>	Pickle relish, sweet
<b>1/8 small</b>	Red onion (diced)
<b>1/2 can drained</b>	White tuna, canned in water, drained

### Instructions

1. Slice sweet potatoes lengthwise into 1/4 inch slices. Add to the toaster like you would bread and toast on high. It may take 2 rounds to get it cooked with a little bit a browning on both sides.
2. Add mayonnaise, relish, diced red onion to a half can of tuna. Scoop tuna onto toast!

#### Notes:

##### Quick Tips

Top with avocado slices and fresh tomato

*not a fan of relish*

use mustard

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#### Nutritional Highlights

##### *Tuna*

is a good source of heart-healthy omega 3 fatty acids and is a high quality protein and helps with the growth and maintenance of lean muscle tissue

Recipe from: [Little Bits of Real Food & Real Talk](#)



## 5 Ingredient Green Berry Smoothie

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

<b>1/2 cup</b>	Coconut milk (or dairy free milk of choice)
<b>1/4 cup slices</b>	Banana
<b>1/2 cup</b>	Frozen blueberries (or berry of choice)
<b>1/2 tbsp</b>	Flaxseed meal (ground)
<b>1/2 cup</b>	Kale (or spinach)

### Instructions

Add coconut milk, banana, blueberries, flax and kale to a blender and blend on high until smooth. If too thick, add a splash more milk or water. For more sweetness, add extra frozen banana.

Pour into serving glasses and enjoy!

#### Notes:

Optional: Add a scoop of your favourite protein powder.

Recipe from: [Minimalist Baker](#)



## Slow Cooker Turkey Chili

Prep	Cook	Ready in	Servings
10 min	5 h	5 h 10 min	1

### Ingredients for 1

1/10 tbsp	Extra virgin olive oil
46 gm	Ground turkey, lean
1/10 medium pepper(s)	Red bell pepper (chopped)
1/10 medium	Yellow onion (diced)
1/10 medium pepper(s)	Yellow bell pepper (chopped)
1/4 can(s) (15oz)	Tomato sauce, canned
1/4 can(s) (14oz)	Diced tomatoes, canned
1/4 can (15oz)	Black beans, canned (rinsed, drained)
1/4 can(s) (15 oz)	Red kidney beans, canned, drained (rinsed)
1/10 jar (16 oz)	Jalapeno peppers, sliced, canned (drained, optional)
1/10 cup	Frozen yellow corn kernels
1/4 tbsp	Chili powder
1/10 tbsp	Cumin
1/10 dash	Salt and pepper
0.03 bunch	Green onion, scallion, ramp (chopped, for topping)

### Instructions

Heat the oil in a skillet over medium heat. Place turkey in the skillet, and cook until brown. Pour turkey into slow cooker.

Add the onion, peppers, tomato sauce, diced tomatoes, beans, jalapeños, corn, chili powder, and cumin. Stir and season with salt and pepper.

Cover and cook on High for 4 hours or low for 6 hours.

Serve with toppings, if desired.

Recipe from: [Two Peas & Their Pod](#)



## Chocolate Caramel Fudge Cups

Prep	Cook	Ready in	Servings
40 min	0 min	40 min	1

### Ingredients for 1

<b>1/10 cup</b>	Dark chocolate chips
<b>2/3 tbsp</b>	Coconut oil
<b>8 gm</b>	Cashew butter (1/4 cup and 2 tbsp)
<b>1/2 tsp</b>	Coconut sugar (optional)
<b>0.04 cup</b>	Coconut milk
<b>1/10 tsp</b>	Vanilla extract, pure

# Instructions

Line a 12 cup muffin tin with a double layer of cupcake liners (they might stick to the bottom if you don't double layer).

Make the chocolate layer first:

In a small saucepan over very low heat, melt the chocolate chips with 2 tbsp coconut oil while stirring, until smooth.

Remove from heat and stir in 1/4 cup cashew butter and coconut sugar.

Carefully pour the mixture into the individual double-lined muffin cups evenly, so you fill all 12. Use a rubber spatula to get every drop.

Chill in the refrigerator while you make the caramel layer.

For the Caramel Layer:

In a small saucepan, add 5 tbsp coconut oil and melt over very low heat.

Then add the coconut sugar and stir continuously for about a minute to combine.

Continue to stir and add the coconut milk to the saucepan.

Stir and cook another minute or two keeping the heat at its lowest setting. When small bubbles begin to form, remove from heat.

Stir in the 2 tbsp cashew butter and vanilla and mix until very smooth.

Finishing the fudge cups:

Take the muffin pan out of the refrigerator, give the caramel mixture another stir, and carefully pour a layer of caramel over each chocolate cup, until the mixture is used up.

Chill until firm (about 20 minutes) and enjoy! Store leftovers covered in the refrigerator, or freeze if you prefer.

Recipe from: [Paleo Running Mama](#)



## Avocado Toast with Egg

Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

### Ingredients for 1

1/2 avocado(s)	Avocado
1/8 tsp	Black pepper
1 medium egg	Egg (cooked, to your liking)
1/2 tsp	Extra virgin olive oil
1/2 tsp	Lemon juice
1 large slice	Mixed-grain bread (or sprouted grain or gluten free.)
1/8 tsp	Sea salt

### Instructions

Toast the bread slices.

Cut the avocado in half lengthwise, twist to separate, and remove & discard the pit. Scoop out the avocado flesh. Add it to a small bowl, and mash with a fork. Stir in the lemon juice.

Heat olive oil on pan, and cook eggs as desired. Spread the avocado on toast and top each piece with an egg. Sprinkle with sea salt, fresh ground pepper and any additional toppings.

Recipe from: [The Corner Kitchen](#)



## Cobb Salad in a Jar

The perfect salad to make ahead of time and grab for a quick and healthy lunch!

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

<b>1/2 cup</b>	Lettuce, romaine (chopped)
<b>1/8 cup</b>	Cherry Tomatoes (halved)
<b>1/8 cup</b>	Turkey, light meat (cubed, previously cooked)
<b>1/4 avocado(s)</b>	Avocado (diced)
<b>1 medium egg</b>	Egg (hard boiled)
<b>1/10 cup, shredded</b>	Cheddar cheese

### Instructions

1. Prep all your ingredients. Chop lettuce, half cherry tomatoes, cube turkey slices, dice avocados, boil eggs (see notes), shred cheese.
2. Layer 16 ounce mason jars or tupperware containers in this order: lettuce, tomatoes, turkey, avocado, 1 egg per container, and cheese.
3. Serve with your favourite dressing, and enjoy!

#### Notes:

##### Quick Tips:

For extremely quick prep, buy ready hard-boiled eggs available at most local grocery stores in the ready-to-go section.

If you are prepping the night before, don't add the dressing or it will get soggy. Simply keep it on the side. When you want to eat the salad, drizzle the dressing, close and shake the jar to combine.

##### *No turkey?*

Replace with chicken breast or canned tuna.

Favourite Dressings: Bolthouse Farms Organic Avocado Ranch Dressing, Primal Kitchen Ranch, Newman's Own, Chosen Foods Salad Dressing.

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Recipe from: [Weelicious](#)



## Almond Butter and Banana Open Sandwich

A quick and nutritious, grain-free snack!

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

### Ingredients for 1

1 medium	Banana (sliced lengthwise)
2 tbsp	Almond butter
1 tbsp	Tahini
1 tbsp	Honey, raw (Or maple syrup)
1 tbsp	Golden raisin, seedless
1 tbsp	Walnuts (Pieces)
1/2 tbsp	Sesame seeds (Raw hulled)

### Instructions

1. Lay each piece of banana flat side up on a plate.
2. In a small bowl, add the almond butter, tahini and desired sweetener. Mix well.
3. Scoop half of the almond butter mixture onto each banana piece. Spread out evenly.
4. Sprinkle raisins, walnuts, and sesame seeds over the bananas.

#### Notes:

##### Quick Tip:

For less mess, use a knife and fork to slice the banana as you eat it

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*Bananas*

are high in potassium and low in sodium, they may help to lower blood sugar

Recipe from: [Tales of a Kitchen](#)



## Southwest Beef and Sweet Potato Skillet

20-Minute Southwest Beef & Sweet Potato Skillet is a super simple and crazy flavorful weeknight meal that everyone will love.

Prep	Cook	Ready in	Servings
5 min	15 min	20 min	1

### Ingredients for 1

3 tbsp	Extra virgin olive oil
454 gm	Beef, ground, lean (grass fed if possible)
1 tsp	Sea salt (divided)
4 cup	Sweet potato (chopped)
426 gm	Diced tomatoes, canned
1/4 tsp	Chili powder
1/2 tsp	Garlic powder
1/2 tsp	Cumin
1/4 cup	Water
1 cup	Baby spinach (packed)
1 whole lime(s)	Lime juice (fresh)
1 avocado(s)	Avocado (sliced, optional topping)
1/2 cup	Cilantro (coriander) (fresh, optional topping)
1/2 tsp	Hot sauce (optional)

### Instructions

1. In a large, 10" skillet, heat 1 tablespoon olive oil over medium heat. Add the beef, sprinkle with ½ teaspoon salt, and stir to break into small pieces.
2. Cook, stirring beef occasionally, until the beef is browned and cooked through, about 8 minutes. Remove from the pan and set aside.
3. To the same pan, heat 2 tablespoons olive oil over medium heat. Add the sweet potatoes, sprinkle with the chili powder, garlic powder, and cumin ½ teaspoon salt, and stirring to combine. Add the diced tomatoes and water, stirring to scrape any browned bits from the bottom of the pan.
4. Cover, reduce to a simmer, and cook until the sweet potatoes are tender, about 10-15 minutes, stirring occasionally. Add a splash more water if the pan starts to dry out.
5. Uncover, and add the cooked beef and spinach, cooking until the beef is warmed through and the spinach is wilted, about 1 minute, adding a splash more water if the pan is dry.
6. Add the lime juice, stirring to combine. Taste and add additional salt if desired. Serve as-is, or with any topping you like.

Makes 3-4 servings

### Notes:

- 1 | Ground dark meat turkey or chicken will work in place of the beef.
- 2 | Skip the chili powder if you (or someone in your family) doesn't like the heat, or double up if you like it spicy.
- 3 | This is a perfect one-pot meal, but if you're feeding a crew of hungry people, offer tortillas, rice, or chips on the side to fill out dinner.

Recipe from: [Real Food Whole Life](#)



## Raw Carrot Cake Bites

Prep	Cook	Ready in	Servings
35 min	0 min	35 min	1

### Ingredients for 1

1/8 tsp	Cardamom, ground
1/4 cup grated	Carrots
1/10 tsp	Cinnamon
1/10 cup	Coconut, shredded (divided, use more or less if desired)
1/10 tsp	Sea salt
1/10 cup hulled	Sunflower seeds
0.03 cup	Tahini (or honey, maple syrup)
1/10 tsp	Vanilla extract, pure

## Instructions

In a medium bowl, mix together the carrot, tahini, honey, vanilla, sea salt, cinnamon, and cardamom. Add in the seeds and ½ cup of the coconut and mix to combine.

Place the mixture in the fridge to chill, approximately 30 minutes.

Using a small, spring-loaded ice-cream scoop or spoon, scoop out balls of dough. Leave them as they are, or roll them gently in the remaining coconut. Refrigerate to chill once more before digging in.

Enjoy!

Recipe from: [Kris Osborne](#)



## Vanilla Berry Baked Oatmeal

A new spin on oats, this baked dish comes together with only a few stirs and less than an hour of time but feels like a special and indulgent breakfast.

Prep	Cook	Ready in	Servings
20 min	30 min	50 min	1

### Ingredients for 1

1/4 tbsp	Flaxseed meal (ground) (ground)
3/4 tbsp	Water (warm)
2/3 cup	Rolled oats- Gluten Free (whole rolled)
1/4 tsp	Baking powder
1/10 tsp	Salt
1/4 tsp	Cinnamon
1/4 tsp	Vanilla extract, pure
1/10 cup	Maple syrup (plus more for serving)
1/2 cup	Coconut milk (almond; oat milk etc plus more for serving)
1/4 tbsp	Coconut oil (melted)
1/3 cup	Mixed berries (fresh; plus a few extra for topping)
1/10 cup	Almonds, raw (sliced; or chopped)
1/2 tbsp	Coconut sugar (organic)

### Instructions

1. Preheat the oven to 350° F and lightly oil an 8- or 9-inch square baking dish. Mix the flax meal and the water together in a small bowl. Allow them to thicken for a few minutes.
2. In a large mixing bowl, mix together the rolled oats, baking powder, salt, and cinnamon.
3. Whisk together the prepared flax mixture, the maple syrup, almond milk, vanilla extract and oil. Add the wet ingredients to the oat mixture and stir to combine. Fold in the berries.
4. Turn the mixture out into your baking dish. Top with a few additional berries. Transfer the oatmeal to the oven and bake for 15 minutes. Sprinkle the almonds and coconut sugar over the top and bake for an additional 10 minutes, or until most of the liquid is absorbed and the oats are spongy, but solid. Allow them to cool.
5. You can serve the baked oatmeal either warm or cold. Cut the oatmeal into squares and drizzle with additional non-dairy milk and some fresh jam or maple syrup, if desired. A spoonful of almond or cashew butter is also delicious!

Recipe from: [Food52](#)



## Healthy Huevos Rancheros Tacos

Prep	Cook	Ready in	Servings
5 min	10 min	15 min	1

### Ingredients for 1

1/2 tsp	Coconut oil
3 small tortilla(s)	Tortilla, corn
1/2 cup	Black beans, canned (organic from the can, drained and rinsed)
1/2 cup	Egg (whites - from whole eggs)
1 large egg	Egg (whole)
1/4 cup	Salsa, ready-to-serve (prepared salsa + 1/2 cup prepared salsa for garnishing)
1/4 cup	Guacamole (prepared; or, whole ripe avocado; mashed)
1/2 pinch	Sea salt, fine (to taste)
1/2 fruit	Lime
1/4 cup	Cilantro (coriander) (chopped)
1/2 dash	Black pepper

### Instructions

1. Heat a large pan over medium-high heat and add in coconut oil.
2. Add in beans and ½ cup salsa and stir to combine.
3. Create wells in the bean mixture and crack in the eggs and add in the egg whites.
4. Season with salt and pepper.
5. Reduce heat to low-medium and cover for 5 minutes as eggs cook.
6. Meanwhile, warm tortilla shells in another small pan.
7. Divide tortilla shells between 2 plates.
8. Divide the egg and bean mixture between the corn tortillas and top each with the remaining salsa, some guacamole (or mashed avocado), a squeeze of fresh lime, and fresh cilantro.
9. Enjoy!

Recipe from: [Nutrition in the Kitch](#)



## Curried Cashews

Prep	Cook	Ready in	Servings
5 min	25 min	30 min	1

### Ingredients for 1

1/3 cup	Cashew nuts, raw (soaked in water for a few hours to soften)
1/4 tbsp	Curry powder
1/8 tbsp	Onion, dehydrated flakes
1/10 tsp	Cayenne pepper (optional)
1/10 tbsp	Maple sugar (optional)
1/8 tsp	Sea salt
1/10 tbsp	Extra virgin olive oil

## Instructions

Strain soaked cashews. In a bowl, add all ingredients and mix well.

Raw version: set dehydrator at 110°F. Spread an even layer of the nut mixture on dehydrator trays, leaving room for air circulation. Dehydrate for 6 to 7 hours. Remove trays from dehydrator.

Baked version: Preheat oven to 275°F. Spray or brush sheet pan with a thin coat of olive oil and spread nut mixture evenly. Roast for 15 to 20 minutes, stirring occasionally to ensure the nuts do not burn. Continue to roast for 10 more minutes, or until crisp.

Remove from oven and enjoy!

Recipe from: [Kris Carr, Crazy Sexy Kitchen](#)



## Lettuce-Wrapped Turkey Burger with Basil Guac

Prep	Cook	Ready in	Servings
10 min	15 min	25 min	1

### Ingredients for 1

1/2 avocado(s)	Avocado
1/2 bunch	Basil, fresh (small)
1/4 clove(s)	Garlic
1/2 fruit	Lime (juiced)
1/4 cup	Olive oil
1/2 pinch	Sea salt
114 gm	Ground turkey, lean
1 tbsp	Chives
1/8 cup	Cilantro (coriander)
1/2 whole lime(s)	Lime peel (zest)
1/2 tsp	Sea salt
2 large leaf	Lettuce, butterhead (Boston) (Bibb, or ice berg could work as well)
1/2 medium	Tomato (sliced)

### Instructions

1. Combine all the ingredients for the basil guac in a powerful blender until smooth, set aside.
2. Combine all the ingredients for the turkey burger and form into 2 patties.
3. Heat a grill pan over medium-high heat, brushing it with a little olive oil to prevent sticking. Grill the burger for a couple of minutes on each side until it's fully cooked.
4. To assemble, open your lettuce leaf and place the tomato slice in it. Then top with the burger and a schmear of basil guac. Wrap and enjoy!

Recipe from: [Goop](#)



## Vegan Gluten Free Black Bean Brownies

Prep	Cook	Ready in	Servings
5 min	25 min	30 min	1

### Ingredients for 1

1/8 tsp	Baking powder
1/10 can (15oz)	Black beans, canned (drained and rinsed)
1/10 cup	Cocoa powder, unsweetened
1/4 tbsp	Coconut oil
1/8 tbsp	Flaxseed meal (ground) (combine with water to make flax egg)
0.02 tsp	Sea salt
0.04 cup	Granulated sugar
1/10 tsp	Vanilla extract, pure
1/2 tbsp	Water (combine with flaxseed to make flax egg)

## Instructions

Preheat oven to 350 degrees.

Lightly grease a 12-slot standard size muffin pan (not mini). Make sure you've rinsed and thoroughly drained your black beans at this point.

Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.

Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want it pretty smooth.

If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.

Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.

Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. I found mine took about 25.

Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist. Plus, they're vegan so it doesn't really matter.

Store in an airtight container for up to a few days. Refrigerate to keep longer.

\*Optional toppings: crush walnuts, pecans or semisweet chocolate chips

Recipe from: [Minimalist Baker](#)



## Sweet Potato Spinach Breakfast

A well-rounded and perfectly balanced breakfast!

Prep	Cook	Ready in	Servings
10 min	25 min	35 min	1

### Ingredients for 1

<b>1/3 medium potato</b>	Sweet potato (peeled, chopped)
<b>1/8 tbsp</b>	Extra virgin olive oil
<b>1/8 bag(s)</b>	Spinach (washed, dried)
<b>1 medium egg</b>	Egg
<b>0.04 tsp</b>	Salt and pepper (to taste)

### Instructions

1. Preheat the oven to 350 degrees F and prepare your baking sheet by lining it with parchment paper (or use a silicon mat).
2. Peel and cube sweet potato into ½" cubes and then place them on the baking sheet and drizzle 1/2 tbsp of olive oil over the top of the sweet potato cubes. Toss with spoons to coat the sweet potatoes in oil.
3. Place the sheet pan with the sweet potatoes in the heated oven and bake for 25-30 minutes, turning halfway. They should be fork-tender and if they are still solid in the middle add them back to the oven for another 5-8 minutes.
4. While the potatoes are roasting, heat a large non-stick skillet over medium-high heat on your stove. Add the spinach and turn it frequently until it gets soft (apx. 3 minutes). Work in small batches with the spinach until all of it is cooked. Once cooked, set the spinach aside.
5. Place the pan back on the stove on over medium heat and add 1/2 tbsp of olive oil. Wait 30 seconds until the oil is hot and then crack the eggs into the pan.
6. Cover the pan with a tight lid and cook until the whites have set (about 5-7 minutes).
7. Meanwhile, assemble 6 plates by adding sweet potatoes, followed by spinach and then add an egg to each plate on the top. Sprinkle with sea salt. Devour immediately.

#### Notes:

#### Quick Tips:

You can prep the potatoes ahead of time, or use up leftover potatoes from dinner.  
Regular potatoes also work well with this dish.

Top with: hot sauce, Greek yogurt, pico de gallo, guacamole, fresh sliced avocado,  
or whatever your topping of choice is.

Recipe from: [Country Cleaver](#)



## Quinoa Summer Rolls with Peanut Sauce

Prep	Cook	Ready in	Servings
20 min	0 min	20 min	1

### Ingredients for 1

<b>1/4 avocado(s)</b>	Avocado (sliced)
<b>1/2 cup</b>	Lettuce, romaine (shredded)
<b>1/4 whole lime(s)</b>	Lime juice (fresh) (for peanut sauce)
<b>1/4 medium</b>	Carrots (shredded or cut into matchsticks)
<b>1/4 cup</b>	Quinoa, cooked (any variety)
<b>1/4 medium pepper(s)</b>	Red bell pepper
<b>2 1/2 piece</b>	Rice paper
<b>1/2 tbsp</b>	Peanut butter, smooth (for peanut sauce)
<b>1/2 tsp</b>	Soy sauce, tamari (for peanut sauce)
<b>1/4 tsp</b>	Sriracha (for peanut sauce)
<b>3/4 tsp</b>	Water (for peanut sauce, as needed)

### Instructions

Prepare all the veggies and arrange them on a plate for easy assembly.

Fill a shallow dish or plate with warm water. Dip a rice wrapper into the water, allowing it to soften for a few seconds. Transfer the rice paper to a flat surface, then add fillings.

Place a layer of quinoa onto the center of the circle. Top with lettuce, peppers, carrot and avocado. Assemble like a burrito - fold in the sides, then roll away from you, tucking the filling in as you roll.

Repeat until all ingredients have been used.

For the sauce, whisk together the peanut butter, tamari, hot sauce and lime. Blend until smooth. Add water 1 teaspoon at a time until the sauce reaches your desired consistency.

Dip summer rolls into sauce and enjoy!

Optional: add shredded purple cabbage, or shredded chicken

Recipe from: [Simply Quinoa](#)



## Chia Seed Pudding

A great way to add a little extra protein in your day, and its delicious!

Prep	Cook	Ready in	Servings
8 h 5 min	0 min	8 h 5 min	1

### Ingredients for 1

1/8 cup	Chia seeds, ground
1/2 can (13.5oz)	Coconut milk, reduced fat
1/2 tbsp	Honey

### Instructions

1. Mix all ingredients together and pour into mason jars or an airtight container.
2. Let it sit in the refrigerator overnight and enjoy it the next day topped with any fruit or nuts you preferred.

Top with dried coconut, blackberries, or goji berries!

#### Notes:

##### Nutritional Highlights

###### *Chia Seeds*

are an excellent source of omega 3 fatty acids, they are rich in antioxidants and fiber

###### *Coconut milk*

contains medium chain triglycerides which may help to balance unstable gut microbiota, balance hormones and regulate appetite. It is fortified with calcium, B12 and vitamin D

Recipe from: [Say Yes](#)



## Burrito Bowl

Prep	Cook	Ready in	Servings
25 min	20 min	45 min	1

### Ingredients for 1

1/3 avocado(s)	Avocado (pitted, for the sauce)
1/3 can (15oz)	Black beans, canned (drained, rinsed)
1/10 tsp	Cayenne pepper (optional)
1/3 tsp	Chili powder
1/8 cup	Cilantro (coriander) (stems removed, finely chopped)
2/3 tbsp	Coconut oil (for bowl)
2/3 tbsp	Coconut oil
1/3 clove(s)	Garlic (for the sauce)
1/3 clove(s)	Garlic (minced)
1/3 tsp	Garlic powder
1/10 cup	Grape tomatoes (chopped, for bowl)
1/3 tbsp	Green onion, scallion, ramp (for garnish)
1/3 tbsp	Lime juice (fresh) (for the sauce)
1/3 tsp	Oregano, dried
1/3 tbsp	Salsa, ready-to-serve (for bowl, as needed)
1/10 tsp	Sea salt (to taste, for the sauce)
1/10 tsp	Sea salt
1/3 cup chopped	Sweet onion
1/3 cup chopped	Tomato
3/4 tbsp	Tomato paste, canned
1/3 tbsp	Water (for the sauce)
1/3 cup	White rice, long-grain, dry (for bowl)

# Instructions

Add the rice and 1 tablespoon of oil or butter into a medium pot along with 2 cups of water. Increase heat to medium-high and bring to a simmer. Immediately reduce the heat to low-medium, and cover with a lid. Cook the rice until tender and the water is absorbed. For white long-grain rice this will take 13-20 minutes. Follow the directions on your specific package for best results.

Meanwhile, in a large wok or skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 5-6 minutes, until softened.

Stir in the chopped tomatoes, chili powder, garlic powder, dried oregano, cayenne (if using), and 1/2 teaspoon of salt. Continue sautéing for another 3-5 minutes (increasing/reducing heat if necessary), until the tomato softens.

Stir in the tomato paste and the drained and rinsed black beans. Cook for a few more minutes until heated throughout. Taste and add more salt if desired. Stir in the cilantro. Leave the mixture over low heat until ready to serve or simply turn off the heat and reheat before serving.

Prepare the Avocado-Lime Sauce by first mincing the garlic clove in a mini food processor (or use a regular size processor, if necessary). Add the avocado flesh, lime juice, water, and salt. Process until smooth. Adjust lime juice if desired.

When the rice is ready, reheat the bean mixture, if necessary. Divide the rice between 2-3 bowls. Top each with a couple scoops of the hot black bean mixture, and a large spoonful of both the salsa and the Avocado-Lime Sauce. Garnish with sliced green onion and optional sliced grape tomatoes.

Serve immediately and enjoy!

Recipe from: [Oh She Glows](#)



## No-Bake Chocolate Fudge Cookies

Prep	Cook	Ready in	Servings
25 min	0 min	25 min	1

### Ingredients for 1

<b>1/3 tbsp</b>	Coconut oil
<b>1/4 tbsp</b>	Sunflower seed butter
<b>0.03 cup</b>	Cocoa powder, unsweetened
<b>0.03 cup</b>	Maple syrup, pure (to taste)
<b>1/8 tsp</b>	Vanilla extract, pure
<b>1 tbsp</b>	Rolled oats- Gluten Free
<b>3/4 tbsp</b>	Coconut, shredded, unsweetened
<b>1/4 tbsp</b>	Chia seeds, ground
<b>0.01 tsp</b>	Sea salt, fine (to taste)

## Instructions

Line a large plate with parchment paper and set aside.

In a medium pot, melt the coconut oil over low heat. Whisk in the sunflower seed butter, cocoa powder, and maple syrup until smooth. Remove the pot from the heat and whisk in the vanilla.

Add the oats, coconut, chia seeds, and salt into the pot and stir well until combined. The mixture will be thick, dense, oily, and gel-like (from the chia seeds)- this is normal.

Using a retractable ice cream scoop (approximately 2 tablespoons/30 mL) or simply a spoon, scoop the dough and place the mound onto the plate, leaving a bit of space between each cookie.

Place the cookies in the freezer to set for about 10 to 15 minutes, until firm, or chill in the fridge.

Store leftover cookies in an airtight container in the fridge for 1 week, or freeze them for up to 4 to 6 weeks. These cookies have the best texture/flavour straight from the fridge.

Enjoy!

Recipe from: [Oh She Glows](#)

A portrait of a woman with long brown hair, smiling, wearing a maroon turtleneck sweater. The background is a blurred architectural structure with arches.

RECIPES CURATED BY

# Nadia Rybalka

REGISTERED HOLISTIC NUTRITIONIST

## Personal Profile

Nadia believes that healthy food should be simple, delicious, fun and uncomplicated. The food you eat should make you feel good, not the other way around. She is driven by the mission to empower and encourage others to develop a happier relationship with food and their bodies and a healthier every day life that they love. This means stripping away the confusion and helping you discover what healthy food actually is and how you can infuse it into your lifestyle in a sustainable and enjoyable way. She hopes to help make healthy food something that you actually love instead of something that you force yourself to try and stick with.

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