

Strawberry Banana Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

Notes

No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

Storage

Refrigerate in a sealed mason jar up to 48 hours.

More Protein

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre

Add ground flax seeds.

Ingredients

2 cups	Strawberries
1	Banana
1/4 cup	Oats (quick or rolled)
2 cups	Unsweetened Almond Milk
2 tbsps	Hemp Seeds

Veggie Goat Cheese Omelette

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Ingredients

1 tbsp	Tamari
1 tbsp	Extra Virgin Olive Oil
1 cup	Mushrooms (sliced)
1/4 cup	Red Onion (diced)
2	Garlic (cloves, minced)
2 cups	Baby Spinach
5	Egg
1/3 cup	Goat Cheese (crumbled)
1/4 cup	Parsley (chopped)
	Sea Salt & Black Pepper (to taste)

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

1 slice	Sprouted Or Gluten Free Bread
1/2	Avocado
	Sea Salt & Black Pepper (to taste)
1	Egg
1 tbsp	Apple Cider Vinegar
1/8 tsp	Sea Salt

Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

1 3/4 cups	Unsweetened Almond Milk
1/3 cup	Chia Seeds
1 tbsp	Maple Syrup
1 cup	Frozen Blueberries (thawed)
1/4 cup	Slivered Almonds

Tomato, Kale & Feta Breakfast Pizza

7 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350. Place eggs in a large mixing bowl and beat with a fork. Then add almond milk, feta cheese and kale. Stir until evenly mixed.
2. Lightly grease cast iron skillet or glass dish with coconut oil and fill with egg mixture. Set sliced tomato on top of egg mixture. Season with salt and pepper. Bake in the oven for 40 minutes.
3. Remove from oven and slice into servings with a pizza cutter. Serve with leftover kale and tomatoes on the side. Enjoy!

Ingredients

6	Egg
1/4 cup	Unsweetened Almond Milk
1 cup	Kale Leaves (chopped)
	Sea Salt & Black Pepper (to taste)
1/4 cup	Feta Cheese (crumbled)
1	Tomato (sliced into rounds)
1 1/2 tsps	Coconut Oil

Paleo Granola

12 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 300. Line a large baking sheet with parchment paper.
2. Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15 minute mark.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

Notes

Nut Allergy

Use sesame seeds instead of slivered almonds.

Storage

Store in a mason jar or airtight container in the fridge for up to 1 week.

No Dried Cranberries

Use raisins.

Ingredients

1 cup	Slivered Almonds
1 cup	Sunflower Seeds
1/2 cup	Pumpkin Seeds
1 cup	Unsweetened Coconut Flakes
1/4 cup	Ground Flax Seed
1/4 cup	Coconut Oil (melted)
1/2 cup	Sunflower Seed Butter
1/4 cup	Raw Honey
1/2 tsp	Sea Salt
1 tsp	Cinnamon
1 cup	Dried Unsweetened Cranberries
2 cups	Unsweetened Almond Milk

Triple Berry Protein Bowl

7 ingredients · 10 minutes · 2 servings



Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Ingredients

1 cup	Strawberries (sliced)
1 cup	Blueberries
1 cup	Blackberries
2 tbsps	Almond Butter
2 tbsps	Hemp Seeds
1/4 cup	Slivered Almonds
1/2 cup	Unsweetened Almond Milk

Celery & Hummus

3 ingredients · 5 minutes · 2 servings



Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

Ingredients

4 stalks	Celery (cut into sticks)
1/2 cup	Hummus
1/2 tsp	Paprika (optional)

Chicken Hummus Sandwich

5 ingredients · 5 minutes · 2 servings



Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Chicken

Use turkey breast instead.

Vegan & Vegetarian

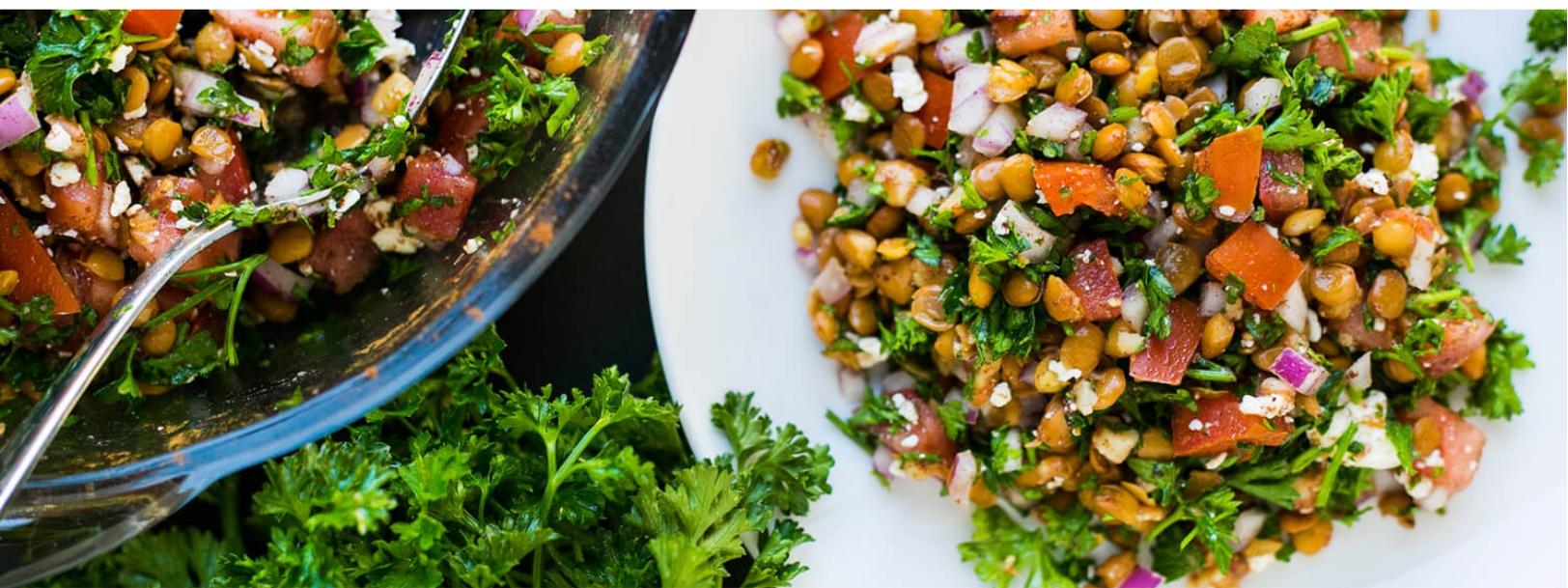
Use smashed chickpeas instead of chicken.

Ingredients

4 slices	Gluten Free Bread
1/2 lb	Chicken Breast (cooked)
2 tbsps	Hummus
1 tbsp	Dijon Mustard
1 cup	Mixed Greens

Lentil & Feta Tabbouleh

9 ingredients · 10 minutes · 2 servings



Directions

1. Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free

Omit the feta and use sliced olives or capers instead.

Storage

Store in an airtight container in the fridge up to 3 days.

Ingredients

1 cup	Lentils (cooked)
1	Tomato (medium, diced)
1/3 cup	Feta Cheese (crumbled)
2 cups	Parsley (chopped)
1/4 cup	Red Onion (finely diced)
2 tbsps	Extra Virgin Olive Oil
1/4	Lemon (juiced)
1 tsp	Cinnamon (ground)
	Sea Salt & Black Pepper (to taste)

Carrots Sticks & Hummus

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

- | | |
|----------------|-----------------------------|
| 3 | Carrot (sliced into sticks) |
| 1/2 cup | Hummus |

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

- | | |
|---------|---------------|
| 2 | Apple |
| 1/4 cup | Almond Butter |

Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 350. Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet. Bake at 350 for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

Ingredients

2 cups	Chickpeas (cooked, drained and rinsed)
1 tbsp	Extra Virgin Olive Oil
1 1/2 tbsps	Maple Syrup
1 tsp	Nutmeg
1 tsp	Cinnamon

Meal Prep Black Bean & Sweet Potato Burritos

13 ingredients · 45 minutes · 5 servings



Directions

1. Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
2. Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
3. In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
4. Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
5. If eating immediately, heat the burritos in the oven at 350 F for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven

Heat in the oven at 350 F for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas

Use corn or whole wheat tortillas instead.

Ingredients

3	Sweet Potato (large, peeled and sliced)
1 tbsp	Extra Virgin Olive Oil
1	Yellow Onion (medium, diced)
2	Garlic (cloves, minced)
2 cups	Black Beans (cooked, from the can)
1/2 cup	Frozen Corn
1/2	Green Bell Pepper (diced)
1/2 cup	Water
2 tbsps	Dijon Mustard
1 tsp	Cumin
1 1/2 tbsps	Tamari
1/8 tsp	Sea Salt (or more to taste)
5	Brown Rice Tortillas (11 inches)

Less Work

Use refried beans, or process the beans in a food processor.

Cozy Slow Cooker Split Pea & Kale Stew

9 ingredients · 8 hours · 6 servings



Directions

1. In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
2. In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

Notes

Leftovers

Store in the fridge up to 4 days or freeze.

Ingredients

1	Yellow Onion (medium, diced)
2	Garlic (cloves, minced)
2	Carrot (medium, diced)
2 stalks	Celery (diced)
1 tbsp	Dried Thyme
2 cups	Yellow Split Peas (dry/uncooked)
8 cups	Organic Vegetable Broth
4 cups	Kale Leaves (chopped)
	Sea Salt & Black Pepper (to taste)

Greek Chicken Salad

10 ingredients · 45 minutes · 4 servings



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.

Ingredients

2 tbsps	Greek Seasoning
1	Lemon (juiced)
1/4 cup	Extra Virgin Olive Oil
20 ozs	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)

Roasted Butternut Squash Harvest Bowl

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 420 degrees F and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 - 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash

Use sweet potato, carrots or beets instead.

Save Time

Use frozen bagged butternut squash.

Leftovers

Keeps well in the fridge up to 3 - 4 days.

Extra Flavour

Toss the butternut squash in cinnamon before roasting.

Ingredients

2 cups	Butternut Squash (diced into cubes)
1 tbsp	Extra Virgin Olive Oil (divided)
1/3 cup	Quinoa (uncooked)
2/3 cup	Water
4 cups	Kale Leaves (finely chopped)
1 1/2 tps	Balsamic Vinegar
	Sea Salt & Black Pepper (to taste)
1/4 cup	Pumpkin Seeds
1/4 cup	Dried Unsweetened Cranberries

Orange Chicken with Broccoli

12 ingredients · 20 minutes · 4 servings



Directions

1. Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
2. Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
3. Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
4. Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

Notes

Prep Ahead

Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

Vegan & Vegetarian

Use chickpeas or tofu instead of chicken.

Leftovers

Keeps well in the fridge up to 3 days.

More Carbs

Serve with rice, quinoa or sweet potatoes.

Make It Faster

Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.

Ingredients

16 ozs	Chicken Breast (skinless, boneless)
1 tbsp	Coconut Oil
1/4 cup	Organic Chicken Broth
2	Garlic (cloves, minced)
1	Navel Orange (zested and juiced)
1/4 cup	Fancy Molasses
2 tbsps	Tamari
1/2 tsp	Red Pepper Flakes
8 cups	Broccoli (chopped into florets)
1 1/2 tsps	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
2 tbsps	Sesame Seeds

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350 degrees F for 30 minutes.

Ingredients

16 ozs	Chicken Breast
	Sea Salt & Black Pepper (to taste)
3	Tomato (medium, diced)
1/2 cup	Red Onion (finely diced)
2	Garlic (cloves, minced)
1/4 cup	Basil Leaves (chopped)
1 tbsp	Extra Virgin Olive Oil
1 tbsp	Balsamic Vinegar

Grilled Asparagus

3 ingredients · 15 minutes · 4 servings



Directions

1. Preheat grill over medium-low heat.
2. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

Notes

No Grill

Roast in the oven instead at 425 degrees F for 12 to 15 minutes.

Ingredients

- | | |
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| 3 cups | Asparagus (woody ends trimmed) |
| 1 1/2 tsps | Extra Virgin Olive Oil |
| 1/4 tsp | Sea Salt (or more to taste) |

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

2 cups	Cherry Tomatoes
10 ozs	Salmon Fillet
1	Yellow Bell Pepper (sliced)
2 cups	Broccoli (chopped into small florets)
1/2 cup	Red Onion (sliced into chunks)
2 tbsps	Extra Virgin Olive Oil
1 1/2 tsps	Coconut Aminos
1/2	Navel Orange (zested and juiced)
	Sea Salt & Black Pepper (to taste)