





















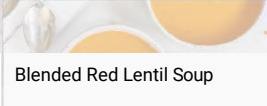



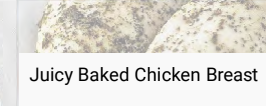

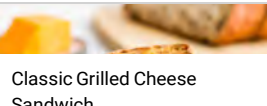
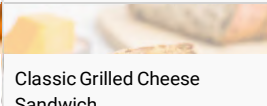
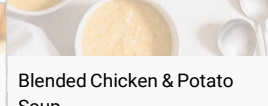
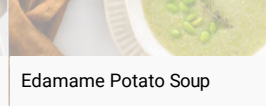
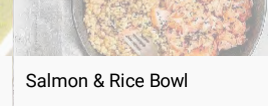
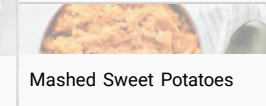
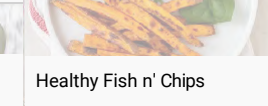











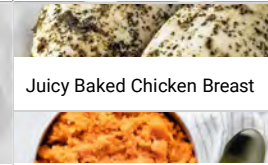











	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Cinnamon & Banana Protein Oatmeal	Cinnamon & Banana Protein Oatmeal	Cinnamon & Banana Protein Oatmeal	Cinnamon & Banana Protein Oatmeal	Banana Tofu Smoothie	Banana Tofu Smoothie	Banana Tofu Smoothie
Snack 1							
	Applesauce	Toast with Cottage Cheese	Toast with Cottage Cheese	Pretzels & Brie	Pretzels & Brie	Applesauce	Applesauce
Lunch							
	Avocado	Avocado	Avocado	Cottage Cheese	Cottage Cheese	Crackers & Cheese	Crackers & Cheese
Snack 2							
	Blended Red Lentil Soup	Blended Red Lentil Soup	Blended Chicken & Potato Soup	Edamame Potato Soup	Salmon & Rice Bowl	Juicy Baked Chicken Breast	Healthy Fish n' Chips
Dinner							
	Classic Grilled Cheese Sandwich	Classic Grilled Cheese Sandwich	Blended Chicken & Potato Soup	Edamame Potato Soup	Salmon & Rice Bowl	Mashed Sweet Potatoes	Healthy Fish n' Chips
Snack 3							
	Cottage Cheese with Mango	Cottage Cheese with Mango	Cottage Cheese with Mango	Banana with Peanut Butter	Banana with Peanut Butter	Hummus, Olives & Pita	Hummus, Olives & Pita
Dinner							
	Salmon & Mashed Cauliflower	Blended Chicken & Potato Soup	Edamame Potato Soup	Salmon & Rice Bowl	Mashed Sweet Potatoes	Healthy Fish n' Chips	Teriyaki Tofu Bowl
Snack 3							
	Vegan Chocolate Mousse	Vegan Chocolate Mousse	Yogurt & Peaches	Yogurt & Peaches	Greek Yogurt & Banana	Greek Yogurt & Banana	Toast with Peanut Butter

## Fruits

- 5 Avocado
- 13 Banana
- 1 Lemon
- 1 1/2 Mango
- 2 Peach
- 1/2 cup Raspberries

## Breakfast

- 2/3 cup All-Natural Peanut Butter
- 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

- 1 1/8 tbsps Cinnamon
- 3/4 cup Hemp Seeds
- 1/2 tsp Italian Seasoning
- 3/4 tsp Moroccan Spice Blend
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds

## Frozen

- 1 cup Frozen Edamame

## Vegetables

- 2 cups Baby Spinach
- 2 Carrot
- 1/2 head Cauliflower
- 3 1/2 Garlic
- 1/2 tsp Ginger
- 1 tbsp Parsley
- 6 Sweet Potato
- 1 1/2 tsps Thyme
- 7 grams Thyme Sprigs
- 1 1/4 Yellow Onion
- 4 Yellow Potato

## Boxed & Canned

- 2 3/4 cups Brown Rice
- 2 cups Chicken Broth, Low Sodium
- 1/3 cup Dry Red Lentils
- 80 grams Oat Crackers
- 85 grams Pretzels
- 1 1/2 tsps Tomato Paste
- 1 1/2 cups Vegetable Broth
- 2 cups Vegetable Broth, Low Sodium

## Baking

- 1 tbsp Arrowroot Powder
- 1 1/2 tbsps Coconut Sugar
- 226 grams Dark Chocolate
- 2 cups Oats
- 3 cups Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

- 85 grams Brie Cheese
- 170 grams Cheddar Cheese
- 510 grams Chicken Breast
- 1.3 kilograms Salmon Fillet
- 340 grams Silken Tofu
- 200 grams Sourdough Bread
- 850 grams Tofu
- 4 slices Whole Grain Bread
- 1 Whole Wheat Pita

## Condiments & Oils

- 1 1/2 tbsps Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 3 1/2 tbsps Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1/2 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 1 tbsp Sriracha
- 1/3 cup Tamari

## Cold

- 2 tbsps Butter
- 4 1/2 cups Cottage Cheese
- 2/3 cup Hummus
- 1/2 cup Plain Greek Yogurt
- 7 cups Soy Milk
- 2 cups Unsweetened Coconut Yogurt

## Other

- 1 cup Vanilla Protein Powder
- 1/3 cup Water



## Cinnamon & Banana Protein Oatmeal

1 serving  
15 minutes

### Ingredients

- 1 cup Soy Milk
- 1/2 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1 Banana (sliced)

### Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

### Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



## Banana Tofu Smoothie

1 serving  
5 minutes

### Ingredients

1 Banana  
132 grams Tofu (medium)  
3 tbsps Hemp Seeds  
1 tbsp Maple Syrup  
1 tsp Cinnamon  
1 cup Soy Milk

### Directions

1 Add all ingredients to a blender and blend until smooth. Enjoy!

### Notes

Serving Size: One serving is equal to approximately two cups. More Flavor: Add vanilla extract, cacao powder, or peanut butter.



## Applesauce

2 servings

5 minutes

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### Ingredients

1 cup Unsweetened Applesauce

### Directions

1 Divide between bowls and enjoy!

### Notes

Additional Toppings: Cinnamon, chopped nuts, seeds or granola.



## Avocado

2 servings

5 minutes

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### Ingredients

1 Avocado

### Directions

- 1 Cut avocado into slices or chunks. Enjoy!

### Notes

Serve it With: Salads, soups, chili, on toast, or in a wrap with leftovers.

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

Sweet Snack: with maple syrup, honey, maple butter and/or cinnamon.



## Toast with Cottage Cheese

1 serving  
10 minutes

### Ingredients

- 1/4 cup Cottage Cheese
- 1 slice Whole Grain Bread (toasted)

### Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

### Notes

**No Whole Grain Bread:** Use any type of bread or a toasted slice of sweet potato. **More Toppings:** Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

**Storage:** Best enjoyed immediately as the bread will soften.



## Pretzels & Brie

1 serving  
5 minutes

### Ingredients

43 grams Brie Cheese  
43 grams Pretzels

### Directions

- 1 Place all ingredients on a plate and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to three days.  
More Flavor: Top the brie with honey or jam.





## Cottage Cheese

1 serving  
5 minutes

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### Ingredients

1/2 cup Cottage Cheese

### Directions

- 1 Scoop into a bowl and enjoy!

### Notes

Serve it With: Fruit, cinnamon, honey, nut butter, pancakes, omelettes, toast or pasta.



## Crackers & Cheese

1 serving  
5 minutes

### Ingredients

40 grams Oat Crackers  
55 grams Cheddar Cheese (sliced)

### Directions

- 1 Serve the crackers with the cheese. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to three days.  
Additional Toppings: Add fresh or dried fruit, or nuts.



## Blended Red Lentil Soup

2 servings  
40 minutes

### Ingredients

- 1 1/2 tsps Avocado Oil
- 1/2 Yellow Onion (medium, chopped)
- 1 Carrot (chopped)
- 1 1/2 Garlic (cloves, chopped)
- 1 1/2 tsps Tomato Paste
- 3/4 tsp Moroccan Spice Blend
- 2 cups Vegetable Broth, Low Sodium
- 1/3 cup Dry Red Lentils (rinsed)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and carrot and sauté for eight to ten minutes, or until softened. Add the garlic and cook for 30 seconds.
- 2 Add the tomato paste and Moroccan spice blend and cook for one minute, stirring often. Deglaze with a splash of the vegetable broth and scrape the bottom of the pot with a wooden spoon.
- 3 Add the remaining broth, lentils, and season with salt and pepper. Bring to a boil and then reduce the heat. Cover and simmer for 20 to 25 minutes until everything is softened and cooked through.
- 4 Remove from the heat and blend with an immersion blender until smooth. Divide into bowls and enjoy!

### Notes

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

Serving Size: One serving is about 1 1/2 cups.

More Flavor: Add chili flakes.

Additional Toppings: Top with chopped parsley or swirl in coconut milk.



## Classic Grilled Cheese Sandwich

2 servings

10 minutes

### Ingredients

1 tbsp Butter  
200 grams Sourdough Bread  
60 grams Cheddar Cheese (grated)

### Directions

- 1 Heat a skillet over medium-low heat.
- 2 Spread the butter on the outside of both slices of bread. Add the cheddar to the middle.
- 3 Place on the skillet and cook for about four minutes per side, until browned on both sides. Remove from the skillet, slice in half. Enjoy!

### Notes

**Leftovers:** This is best enjoyed immediately after making.

**Gluten-Free:** Use gluten-free bread instead.

**Dairy-Free:** Use a dairy-free cheddar style cheese.

**No Butter:** Spread mayonnaise on each outside slice of bread instead.

**Make it Vegan:** Use a vegan butter and vegan cheese.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Cottage Cheese with Mango

1 serving  
5 minutes

### Ingredients

1 cup Cottage Cheese  
1/2 Mango (peeled, chopped)

### Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

### Notes

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

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



## Banana with Peanut Butter

2 servings

5 minutes

### Ingredients

2 Banana (peeled and sliced)  
1/4 cup All-Natural Peanut Butter

### Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

### Notes

No Peanut Butter: Use any nut or seed butter.  
More Protein: Sprinkle with hemp seeds.



## Hummus, Olives & Pita

1 serving  
5 minutes

### Ingredients

- 1/2 Whole Wheat Pita (sliced into triangles)
- 1/3 cup Hummus
- 1/4 cup Pitted Kalamata Olives

### Directions

- 1 Assemble all ingredients onto a plate or in a container if on-the-go. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container up to 3 days. Gluten-Free:  
Use a gluten-free pita or crackers.



## Salmon & Mashed Cauliflower

2 servings  
20 minutes

### Ingredients

1/2 head Cauliflower (cut into florets)  
2 tsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
1 Garlic (clove, large, minced) 2 tsps  
Water  
1 1/2 tsps Coconut Aminos  
340 grams Salmon Fillet  
1 tbsp Parsley (chopped)  
1/2 Lemon (cut into wedges)

### Directions

1

Add the cauliflower to a pot of boiling water, cover, and cook for five to ten minutes or until tender. Drain and mash with half of the oil and salt and pepper to taste. You can also pulse the cauliflower in a food processor for a smoother texture.

2

Add the remaining oil to a skillet over medium heat. Add the garlic and sauté for two minutes before adding the water and coconut aminos. Stir to combine before adding the salmon. Cook for four minutes. Flip and cook for three to four more minutes or until the salmon is cooked through.

3

Divide the salmon and cauliflower evenly between plates. Garnish with parsley and serve with lemon wedges. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. **Serving Size:** One serving is six ounces of salmon and one cup of cauliflower.

**More Flavor:** Add minced shallot, ginger, and green onions to the pan with the salmon. Use butter instead of oil for the mashed cauliflower.





## Blended Chicken & Potato Soup

2 servings  
45 minutes

### Ingredients

1/2 tsp Extra Virgin Olive Oil  
1/4 Yellow Onion (diced)  
1 Garlic (clove, minced)  
227 grams Chicken Breast (boneless, skinless, cubed)  
2 Yellow Potato (peeled, diced)  
1 Carrot (medium, peeled, diced)  
2 cups Chicken Broth, Low Sodium  
1 1/2 tsp Thyme (fresh, chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the oil in a large pot over medium-high heat. Add the onion and garlic and cook until the onion softens, about five minutes.
- 2 Add the chicken, potato, carrots, chicken broth, and thyme, and bring to a boil. Simmer for 40 minutes or until the chicken is cooked through.
- 3 Blend the soup with an immersion blender until smooth. Season with salt and pepper and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to four days.  
Serving Size: One serving is equal to approximately two cups.



## Edamame Potato Soup

2 servings  
30 minutes

### Ingredients

1 1/2 cups Vegetable Broth  
1/2 Yellow Onion (medium, chopped) 2  
Yellow Potato (peeled, diced) 7 grams  
Thyme Sprigs  
1 cup Frozen Edamame (thawed, plus  
extra for optional garnish)  
Sea Salt & Black Pepper  
1/2 Lemon (juiced)

### Directions

- 1 Add the vegetable broth, onion, potato, and thyme springs to a pot. Bring to a boil, then reduce the heat down to simmer. Cover the pot with a lid and let simmer for 15 to 20 minutes or until potatoes are soft.
- 2 Add the edamame to the pot and let simmer covered for another five minutes. Season with salt and pepper.
- 3 Remove the thyme springs from the pot. Use an immersion blender or carefully transfer to a blender. Purée the soup until it is smooth.
- 4 Stir in the lemon juice. Divide evenly between bowls. If desired, top with more edamame and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add cumin, chili flakes and garlic.



## Salmon & Rice Bowl

6 servings  
25 minutes

### Ingredients

- 1 1/2 cups Brown Rice (dry)
- 2 tsps Tamari
- 2 tsps Extra Virgin Olive Oil
- 680 grams Salmon Fillet (skin removed)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Mayonnaise
- 1 tbsp Sriracha
- 2 Avocado (cubed)
- 1 tsp Sesame Seeds (optional)

### Directions

- 1 Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
- 2 Meanwhile, heat the oil in a skillet or cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
- 3 In a small bowl, mix together the mayonnaise and sriracha.
- 4 Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to two days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add more sriracha, or sesame oil to the mayo.

**Additional Toppings:** Top with nori or serve with a side of kimchi.



## Juicy Baked Chicken Breast

2 servings  
35 minutes

### Ingredients

283 grams Chicken Breast (boneless, skinless)

1 tbsp Extra Virgin Olive Oil

1/4 tsp Sea Salt

1/2 tsp Italian Seasoning

### Directions

- 1 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 3 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 4 Carefully remove the foil and slice the chicken before serving. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Store in the freezer for longer.

**Meat Thermometer:** If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.



## Mashed Sweet Potatoes

4 servings  
30 minutes

### Ingredients

4 Sweet Potato (medium, peeled, cubed)  
1/2 tsp Sea Salt (divided)  
1 tbsp Butter

### Directions

- 1 In a large pot, add the cubed sweet potato, half of the sea salt and enough water to cover the sweet potatoes.  
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- 2 Bring the potatoes to a simmer over medium-high heat. Reduce the heat and cook the potatoes for eight to ten minutes or until they are fork tender.  
⋮
- 3 Drain the potatoes and then place them back into the pot. Add the butter and the remaining salt. Mash the potatoes to your desired consistency.  
⋮
- 4 Transfer the mashed potatoes to a serving bowl then divide onto plates. Enjoy!

### Notes

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

One serving is equal to approximately one cup.

More Flavor: Add garlic, onions, fresh herbs.

Make it Vegan: Omit the butter or use coconut oil or vegan butter instead.



## Healthy Fish n' Chips

2 servings

1 hour

### Ingredients

283 grams Salmon Fillet  
1 tbsp Maple Syrup  
1 tbsp Tamari  
2 Sweet Potato  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach

### Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a Ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries halfway through at the 15-minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

### Notes

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



## Teriyaki Tofu Bowl

4 servings  
40 minutes

### Ingredients

1 1/4 cups Brown Rice  
453 grams Tofu (extra-firm, pressed, and cubed)  
1 tbsp Avocado Oil  
1/3 cup Tamari (divided)  
1 tbsp Arrowroot Powder  
2 tbsps Rice Vinegar  
1 1/2 tbsps Coconut Sugar  
1/2 tsp Ginger (minced)  
1/4 cup Water

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

### Notes

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

Serving Size: One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

Coconut Sugar: Use another type of sugar, such as honey, maple syrup or brown sugar.

More Flavor: Add chili flakes or sriracha to the sauce.

Additional Toppings: Top with sesame seeds and/or green onions.



## Vegan Chocolate Mousse

2 servings  
35 minutes

### Ingredients

170 grams Silken Tofu (drained)  
113 grams Dark Chocolate (at least  
70% cacao, melted, plus extra for  
optional garnish)  
2 tbsps Maple Syrup  
1/4 cup Raspberries

### Directions

- 1 In a blender or food processor, blend the tofu, melted dark chocolate, and maple syrup until smooth.
- 2 Pour the mixture into a bowl and place in the fridge for 30 minutes.
- 3 Divide the mousse between serving bowls. Top with raspberries. Use additional chocolate as an optional garnish. Enjoy!

### Notes

**Leftovers:** Refrigerate the mousse in an airtight container for up to four days. Top with raspberries before serving.

**Serving Size:** One serving is equal to approximately 1/2 cup of mousse.

**More Flavor:** Add vanilla or almond extract.

**Additional Toppings:** Chopped nuts, other fresh berries, and/or shredded coconut.





## Yogurt & Peaches

1 serving  
5 minutes

### Ingredients

1 cup Unsweetened Coconut Yogurt  
1 Peach (sliced, fresh or frozen and thawed)

### Directions

- 1 Add the yogurt to a bowl and top with the peach slices. Enjoy!

### Notes

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

Additional Toppings: Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt: Use Greek yogurt instead.



## Greek Yogurt & Banana

1 serving  
5 minutes

### Ingredients

1/4 cup Plain Greek Yogurt  
1 Banana (sliced)

### Directions

- 1 Add the yogurt to a bowl. Top with sliced banana and enjoy!

### Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to 1/4 cup Greek yogurt and one banana.



## Toast with Peanut Butter

1 serving  
5 minutes

### Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All-Natural Peanut Butter (or any nut butter)

### Directions

- 1 Toast the bread slices, then spread on the peanut butter. Enjoy!

### Notes

Topping Ideas: Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.