

YOUR GUIDE TO

# *Nourishing* Balanced

RECIPES



[WWW.THRIVEHEALTHCONCEPTS.COM.AU](http://WWW.THRIVEHEALTHCONCEPTS.COM.AU)



# Fluffy Mini Almond Pancakes *With Raspberry Coulis*

SERVINGS: 3

PREPPING TIME: 5

COOKING TIME: 20

## YOU WILL NEED

- 2 tsp Avocado Oil
- 1 Banana (Ripe)
- 1 Egg
- 1/4 cup Cow's Milk 2 %
- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 tsps Vanilla Extract
- 1 tbsp Maple Syrup
- 1 1/2 cups Frozen Raspberries

## NUTRITION:

Amount per serving	
Calories	376
Fat	25g
Protein	12g
Total Carbs	32g
Net Carbs	24g
Sugar	16g
Fiber	8g
Iron	3mg

## INSTRUCTIONS:

- 1 Mash the ripe banana in a bowl with a fork then whisk in the eggs, vanilla extract, maple syrup, baking powder and coconut flour.
- 2 Add a little avocado oil to a frying pan over low- medium heat. Using 2 tbsp per pancake, pour the batter into the pan and cook pancakes for 3-4 minutes.
- 2 Flip, then cook until the middle is cooked through. About another 3-4 minutes. **Make the pancakes small because they will be delicate to flip.**
- 2 Once all pancakes are cooked, place them aside and keep them warm while you make the raspberry coulis. Using the same pan, add the raspberries and, on low heat, bring to a simmer.
- 2 Simmer on low for 4-5 minutes. Stirring frequently. Divide the pancakes and pour the raspberry coulis over the top of the pancakes to serve.

## PRO TIPS

**Careful Cooking:** Use 2 tbsp of batter per pancake to keep them small. This makes it easier to flip them. Keep the heat low-medium to ensure the middle is cooked through. These can quickly burn, so be careful not to cook them on too high heat.

**No Dairy:** Replace the cow's milk with the milk of your choice.





# Greek Yoghurt With *Honey & Berries*

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 3/4 cup Plain Greek Yoghurt
- 1/4 cup Plain Kefir
- 1 cup Mixed Berries
- 1 tsp Honey
- 2 tsps Hemp Seeds
- 1/2 tsp Blueberry Jam
- 1 tbsp Walnuts (Crushed)

## INSTRUCTIONS:

1

In a small bowl, combine the yogurt and kefir. Add a topping of fresh berries, walnuts and hemp seeds.

2

Drizzle with honey and sprinkle with a pinch of cinnamon. to serve.

## NUTRITION:

Amount per serving	
Calories	396
Fat	13g
Protein	23g
Total Carbs	50g
Net Carbs	41g
Sugar	18g
Fiber	9g
Iron	2mg

## PRO TIPS

**Walnut Replacement:** Use nuts like almonds, pecans or pine nuts instead. Or replace them with seeds for a nut-free version.



# Creamy Peach Smoothie

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 3/4 cup Frozen Peaches
- 1 cup Baby Spinach
- 1/4 cup Cottage Cheese
- 1 cup Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 1 serving Vanilla Protein Powder

## INSTRUCTIONS:

1

Blend all of the ingredients together to form a creamy smoothie. Enjoy.

## NUTRITION:

Amount per serving	
Calories	362
Fat	13g
Protein	32g
Total Carbs	34g
Net Carbs	27g
Sugar	20g
Fiber	7g
Iron	2mg

## PRO TIPS

**No Cottage Cheese:** Replace this with 1/4 cup of plain Greek yoghurt or plain coconut yoghurt for a vegan option.





# Cottage Cheese & Crackers

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 1/2 cup Cottage Cheese
- 2 Pumpkin Seeds & Oats Ryvita
- 1 stalk Green Onion (Sliced)
- 1/4 cup Cherry Tomatoes (Sliced)

## INSTRUCTIONS:

1

Spread the cottage cheese onto the Ryvita and top with green onion and tomatoes. Enjoy as a snack!

## NUTRITION:

Amount per serving	
Calories	213
Fat	9g
Protein	5g
Total Carbs	20g
Net Carbs	15g
Sugar	5g
Fiber	5g
Iron	0mg

## PRO TIPS

- **Additional Toppings:** Use alternative toppings such as pineapple, peppers, radish etc.
- **Lactose Intolerance:** Use lactose-free cottage cheese.



# Chocolate Orange

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 1 Navel Orange (Peeled )
- 1 tbsp Dark Chocolate Chips
- 1/8 tsp Coconut Oil

## INSTRUCTIONS:

1

Peel and separate the orange segments. Place the chocolate chips and coconut oil into the microwave for 10-15 seconds to melt.

2

Stir well, and repeat as needed. Drizzle the chocolate over the orange segments. *Place in the fridge to chill for a few minutes before enjoying.*

## NUTRITION:

Amount per serving	
Calories	164
Fat	6g
Protein	2g
Total Carbs	26g
Net Carbs	23g
Sugar	19g
Fiber	3g
Iron	1mg

## PRO TIPS

- **Additional Toppings:** Sprinkle with hemp seeds before the chocolate sets.
- **Dairy Free:** Use dairy-free chocolate chips.
- **Why Coconut Oil:** This stops the chocolate from getting too clumpy.





# Scrambled Eggs *With* Mushrooms & Spinach

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 15

## YOU WILL NEED

- 2 Eggs
- 1/2 tsp Dried Basil
- Sea Salt & Black Pepper (To taste)
- 2 tsp Avocado Oil
- 1/2 cup Cremini Mushrooms (Sliced)
- 1/2 cup Baby Spinach
- 1 slice Whole Grain Bread (Toasted)
- 1 tsp Butter
- 1/2 tsp Sesame Seeds (Optional for topping)

## NUTRITION:

Amount per serving	
Calories	353
Fat	21g
Protein	20g
Total Carbs	21g
Net Carbs	17g
Sugar	4g
Fiber	4g
Iron	4mg

## INSTRUCTIONS:

- 1 Crack the eggs into a bowl, add a pinch of salt and pepper, dried basil, and beat them until the yolks and whites are fully combined.
- 2 Heat a non-stick frying pan over low-medium heat and add the avocado oil. Add the mushrooms and cook for 5-6 minutes, until slightly browned. Add the spinach to the pan, and cook, stirring frequently, until it's wilted. This should take about 1 minute.
- 3 Pour the beaten eggs over the mushrooms & spinach in the pan. Let it sit undisturbed for a few seconds until it starts to set around the edges. Stir the eggs with a spatula, pushing them from the edges towards the centre until fully cooked. Remove from the heat.
- 4 While the eggs are cooking, toast your slice of whole-grain bread. Serve the scrambled eggs (with a sprinkling of sesame seeds, optional) on a plate with buttered toast on the side. Enjoy!

## PRO TIPS

- **Sesame Seeds:** Additional fibre helps digestion, is an excellent calcium source, and may help reduce inflammation.
- **Eggs:** Excellent source of protein. A quick and easy meal or snack offering many nutrients in the diet.



# Turkey Wrap

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 1 Protein Wholegrain Tortilla
- 3 oz Sliced Turkey Breast
- 1/2 cup Iceberg Lettuce (Finely sliced)
- 1 tbsp Cream Cheese, Regular
- 1/4 cup Red Onion (Finely sliced)
- 1 Tomato (Small, sliced)

## NUTRITION:

Amount per serving	
Calories	308
Fat	12g
Protein	28g
Total Carbs	19g
Net Carbs	4g
Sugar	4g
Fiber	8g
Iron	4mg

## INSTRUCTIONS:

- 1 To prepare, lay the tortilla on a level surface and apply a layer of cream cheese evenly.
- 2 Place the remaining ingredients in the middle. Spread the mixture evenly using the tortilla sides. After that, bring the bottom of the tortilla upwards and tuck it into the top (over the ingredients).
- 3 Fold the edges neatly, and moisten the top edge with water to make it stick to the tortilla.
- 4 This will form your tortilla roll. Cut in in half using a sharp knife and enjoy with the Balsamic Green Salad (recipe separate).

## PRO TIPS

- **Avoid Deli Meats in Pregnancy:** Replace with cooked chicken breast or cooked tempeh for a vegetarian option.





# Balsamic Green Salad

SERVINGS: 4

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 8 cups Mixed Greens
- 1/4 cup Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- Garlic (Clove, minced)
- Sea Salt & Black Pepper (To Taste)

## INSTRUCTIONS:

- 1 Wash, dry the greens and place into a large bowl. Add the balsamic vinegar, olive oil, garlic, salt & pepper into a small bowl. Mix well.
- 2 Before serving, make sure to add the salad dressing to the greens and mix thoroughly to ensure they are well-coated.

## NUTRITION:

### Amount per serving

Calories	88
Fat	7g
Protein	1g
Total Carbs	5g
Net Carbs	4g
Sugar	2g
Fiber	1g
Iron	1mg

## PRO TIPS

- **Benefits of Balsamic Vinegar:** *It may help* with blood sugar balance and improve digestion.



# Yoghurt *Dipping Sauce* With Veggies

SERVINGS: 2

PREPPING TIME: 15

COOKING TIME: 15

## YOU WILL NEED

- 1 1/4 cups Plain Greek Yogurt
- 1 tsp Avocado Oil
- 1/2 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Dried Mint
- Sea Salt & Black Pepper (To taste)
- 1 Lime (Juiced)
- 1/2 Cucumber (Sliced)
- 1 cup Cherry Tomatoes
- 8 stalks of Celery (Cut into bite-sized pieces)

## INSTRUCTIONS:

1

In a medium bowl, add the Greek yoghurt and whisk it together with the garlic powder, onion powder, dried mint, avocado oil, lime juice, and salt.

2

Cover and refrigerate for at least 30 minutes for the flavours to blend, or, you can also enjoy it right away. Serve this dip with sliced cucumber, celery, bell pepper, or cherry tomatoes.

## NUTRITION:

Amount per serving	
Calories	167
Fat	5g
Protein	14g
Total Carbs	19g
Net Carbs	15g
Sugar	9g
Fiber	4g
Iron	1mg

## PRO TIPS

- **Switch the veggies:** You can replace these veggies with some of your favourite ones.





# Fresh Tomato & Basil Spaghetti With Chicken

SERVINGS: 4

PREPPING TIME: 15

COOKING TIME: 40

## YOU WILL NEED

- 8 Tomato (on The Vine) (washed, roughly cubed - approx 10 cups)
- 5 Garlic (Cloves, peeled, whole)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 tbsp Avocado Oil
- 8 ozs Chickpea Pasta (Uncooked)
- 12 ozs Chicken Breast (Cooked)
- 3/4 cup Basil Leaves (Roughly chopped)
- 1/2 cup Parmigiano Reggiano (Shredded/grated - for serving)

## NUTRITION:

Amount per serving	
Calories	416
Fat	17g
Protein	38g
Total Carbs	34g
Net Carbs	26g
Sugar	5g
Fiber	8g
Iron	6mg

## INSTRUCTIONS:

- 1 Place diced tomatoes, garlic cloves, salt, and pepper in a large pot to prepare the dish. Add avocado oil, stir once and cover the pot. Heat the pot over medium-high heat until the ingredients come to a boil.
- 2 Turn the heat to low-medium and let the mixture simmer for 30 minutes without stirring. This will allow the tomatoes to release their juices. Please check periodically to ensure that it does not burn.
- 3 To prepare the pasta, follow the instructions on the packet. Once it's cooked to Al dente, drain it and rinse with cold water to avoid overcooking. Then, cover and set it aside.
- 4 Turn off the heat. Mash the tomatoes and garlic into a sauce-like consistency using a potato masher. Then, over medium heat, add the chopped fresh basil and cooked al dente pasta, stir well. Cover and allow to simmer for 5 minutes, until the pasta is heated through.
- 5 Serve with sliced cooked chicken and sprinkle with parmesan cheese. Add a mixed green salad with balsamic dressing as a side dish.

## PRO TIPS

- **On The Vine Tomatoes:** Vine tomatoes were used to develop this recipe for additional flavour. Please replace them with tomatoes of your choice. Approximately 10 cups of diced tomatoes.
- **Chickpea Pasta:** Naturally gluten-free and provides various nutrient benefits, such as protein, fibre, and complex carbs. However, it can be easy to overcook, so following the packet directions is important to prevent it from becoming mushy. Replace with your pasta choice if desired.
- **Salt:** Adding salt when cooking the tomatoes will help to release their natural juices. Reduce the amount of salt if desired for your taste and needs.



# Cajun Spiced Chicken & Beet Salad

SERVINGS: 2

PREPPING TIME: 5

COOKING TIME: 20

## YOU WILL NEED

- 8 ozs Chicken Breast (Use a meat mallet to even out the chicken breast)
- 1 tbsp Cajun Seasoning
- 1 tbsp Avocado Oil
- 4 cups Mixed Greens
- 1/2 cup Microgreens (**Do NOT include if pregnant-Replace with arugula/rocket**)
- 1/2 cup Roasted Beets (Cubed)
- 1/4 cup Goat Cheese (Crumbled)
- 1/4 cup Pecans (Crushed)

## NUTRITION:

Amount per serving	
Calories	355
Fat	22g
Protein	31g
Total Carbs	9g
Net Carbs	5g
Sugar	3g
Fiber	4g
Iron	2mg

## INSTRUCTIONS:

- 1** *To tenderize the chicken, follow the instructions provided in the notes section.* Once it is uniformly thinned out, apply the avocado oil and cajun spice for seasoning.
- 2** Heat a cast iron skillet over medium heat for a few minutes to cook the chicken. Add the chicken and cook it on one side for 4-5 minutes. Flip it over and cook on the other side for another 4-5 minutes.
- 3** Once it's done, remove it from the heat and wrap the chicken in aluminium foil to rest while you prepare the salad. It should reach an internal temperature of 165°F once fully cooked.
- 4** Arrange the salad greens & microgreens onto two plates and toss them with the Raspberry & Pomegranate Vinaigrette Salad Dressing (recipe separate). Top with the roasted beets, crumbled goat's cheese and crushed pecans.
- 5** Slice the cooked chicken and place it on top of the salad to enjoy.

## PRO TIPS

- **Tenderise the chicken:** Using a meat mallet to pound boneless chicken breasts into an even thickness will ensure they cook evenly. Cover the meat with a piece of plastic wrap to prevent small amounts of meat from scattering over your countertop when you pound it.
- **How to tenderise:** Using a meat mallet, go back and forth over the chicken until it's thinned out evenly. This will make it more tender, and cooking time will be much quicker. Please DO NOT do this with chicken that has bones. It has to be boneless. Otherwise, the bones will splinter.
- **No Chicken:** Replace with Salmon or pork instead.





# Raspberry & Pomegranate Salad Dressing

SERVINGS: 8

PREPPING TIME: 10

COOKING TIME: 10

## YOU WILL NEED

- 3/4 cup Frozen Raspberries
- 1/4 cup Frozen Pomegranate Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup White Balsamic Vinegar
- 2 tbsps Maple Syrup
- 1/4 cup Water
- 1 tsp Miso Paste (Optional)
- Sea Salt & Black Pepper (To taste)

## NUTRITION:

Amount per serving	
Calories	99
Fat	7g
Protein	0g
Total Carbs	9g
Net Carbs	8g
Sugar	7g
Fiber	1g
Iron	0mg

## INSTRUCTIONS:

1

Place all of the ingredients into a high-speed blender and blend until smooth. Use as your new favourite salad dressing. Store in a glass container in the fridge.

## PRO TIPS

- **No White Balsamic Vinegar:** Replace this with regular balsamic or apple cider vinegar. Be cautious about purchasing apple cider vinegar when pregnant.



# Rotini Pasta *With* *Basil & Shrimp*

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 30

## YOU WILL NEED

- 1 cup Chickpea Pasta (Uncooked)
- 1 Avocado (Ripe)
- 2 tbsps Cottage Cheese
- 1 cup Baby Spinach
- 3 Garlic (Cloves, peeled)
- 1/4 cup Basil Leaves
- 1 Lemon (Juice)
- 1/4 cup Avocado Oil
- 1/4 cup Water
- 2 tbsps Nutritional Yeast (Optional)
- 1 lb Shrimp - Cooked, deveined

## NUTRITION:

Amount per serving	
Calories	392
Fat	23g
Protein	32g
Total Carbs	17g
Net Carbs	11g
Sugar	1g
Fiber	6g
Iron	3mg

## INSTRUCTIONS:

- 1 Cook the pasta as directed on the package. Drain and rinse with cold water to prevent any further cooking.
- 2 Make the sauce: Place the avocado, cottage cheese, spinach, garlic, basil leaves, lemon juice, avocado oil, water, nutritional yeast, salt and pepper into a high-speed blender and blend into a pureed sauce.
- 3 To cook the shrimp, heat a cast iron pan on medium heat and add 1 tablespoon of avocado oil. Place the shrimp in the pan and cook for 3-4 minutes. Flip them over and cook the other side for an additional 3-4 minutes until they turn pink and are thoroughly cooked.
- 4 Next, pour the avocado sauce into the pan and bring it to a simmer. Then, add the cooked pasta, stir well to ensure everything is evenly coated and simmer for about 6-8 minutes. Serve and enjoy. Sprinkle with a few red chilli flakes for a little spice.

## PRO TIPS

- **Additional Gut Nourishment:** Add 1 tbsp of miso paste to the blender with the sauce
- **No Chickpea Pasta:** Replace with whole grain instead.
- **Cottage Cheese Replacement:** You can replace the cottage cheese with plain Greek yoghurt to add the same consistency and protein content.
- **Lactose Intolerant:** Choose lactose-free cottage cheese or replace the cottage cheese with plain coconut yoghurt, or plain Greek yoghurt.
- **No Nutritional Yeast:** Replace this with grated parmesan.





# Blackened *Salmon* Tacos

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 30

## YOU WILL NEED

- 1 tbsp. Avocado Oil
- 1 lb Salmon Fillet
- 2 tbsps Cajun Spice
- 2 cups Mixed Greens (Washed)
- 2 Tomato (Diced)
- 3/4 cup Black Beans (Cooked)
- 1 Lime (Juice & zest)
- 1/4 cup Cilantro (Chopped)
- 1 Avocado (Sliced)
- 8 Corn Tortilla Shells

## NUTRITION:

Amount per serving	
Calories	458
Fat	17g
Protein	32g
Total Carbs	43g
Net Carbs	34g
Sugar	1g
Fiber	9g
Iron	3mg

## INSTRUCTIONS:

- 1 Preheat your skillet over medium-high heat. To prepare the salmon, apply cajun spice seasoning on the fillets. Add avocado oil to a skillet and place the salmon in it.
- 2 Cook each side for around 4-5 minutes until fully cooked and can be easily flaked using a fork. The internal temperature should be 145°F.
- 3 **Assemble the bowls.** Break up the salmon into bite-sized pieces. Divide the cilantro-lime rice (see separate recipe) between the bowls. Top with the blackened salmon, black beans, grilled corn, and sliced avocados. Drizzle with the Creamy Avocado Dressing if using!

## PRO TIPS

- **Homemade Cajun Spice:** 1 tbsp paprika, 1/4 tsp cayenne pepper, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1 tsp thyme, 1/2 tsp salt, 1/4 tsp black pepper.
- **Less Spice in The Homemade Cajun Spice:** Reduce or omit the cayenne pepper for less spice.
- **Salmon Temperature:** Ensure salmon is fully cooked to an internal temperature of 145°F before serving.
- **Not a Salmon Lover:** Replace with beef, pork or shrimp and adjust the cooking time.



# Creamy *Avocado* Dressing

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 10

## YOU WILL NEED

- 1 Ripe Avocado (Peeled and stone removed)
- 1 Garlic (Clove)
- 2 tbsp Lime Juice
- 1/4 cup Plain Greek Yogurt
- 2 tbsp Avocado Oil
- 1/4 cup Cilantro (Roughly chopped)
- Sea Salt & Black Pepper (To taste)
- Water (As needed to blend)

## INSTRUCTIONS:

1

Place all ingredients into a high-speed blender and puree into a creamy dressing.

## PRO TIPS

- Use with the salmon fish tacos if desired.

## NUTRITION:

<b>Amount per serving</b>	
Calories	76
Fat	7g
Protein	1g
Total Carbs	2g
Net Carbs	2g
Sugar	1g
Fiber	0g
Iron	0mg





# Chicken & Mozzarella Pizza

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 25

## YOU WILL NEED

- 250 grams Whole Wheat Flatbread
- 3/4 cup Tomato Sauce (Marinara sauce)
- 1/4 tsp Garlic Powder
- 12 ozs Chicken Breast, Cooked (Shredded)
- 2 ozs Mozzarella Cheese (1/2 cup shredded)
- 1/2 cup Cherry Tomatoes (Halved)
- 1 cup Baby Spinach (Roughly shredded)

## NUTRITION:

Amount per serving	
Calories	337
Fat	8g
Protein	35g
Total Carbs	32g
Net Carbs	26g
Sugar	3g
Fiber	6g
Iron	2mg

## INSTRUCTIONS:

- 1 Preheat the oven to 400°F). Line a large baking sheet with parchment paper.
- 2 To start, put the flatbread on the baking tray you've prepared. Cover it with tomato sauce and sprinkle garlic powder and mozzarella cheese on top. Add shredded cooked chicken and tomatoes as a final touch.
- 3 Place the pizza in the oven and bake for 20 minutes. Carefully remove it from the oven and sprinkle roughly torn spinach leaves on top.
- 4 Cook for another 5 minutes until the cheese has turned golden. Accompany the dish with the Balsamic Green Salad (recipe available separately).

## PRO TIPS

- **Make it vegetarian:** Omit the chicken.
- **Gut Nourishment Side Dish:** Serve with 1/4 cup of kimchi or sauerkraut.



# Green Apple Chocolate & Walnut Bites

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 1 Green Apple - sliced
- 1 tbsp Dark Chocolate Chips
- 1/4 tsp Coconut Oil
- 1 tsp Walnuts - crushed

## INSTRUCTIONS:

- 1 Place parchment paper onto a small plate. Add the chocolate chips and coconut oil to a small container and melt in the microwave for 20-second intervals until melted. Alternatively place them into a glass bowl and melt over a pan of hot water.
- 2 Slice the apples and dip them into the melted chocolate. Sprinkle them with the crushed walnuts and place them onto the parchment paper.
- 3 Repeat with the remaining apple slices, then place the plate into the fridge for the chocolate to set. This usually takes 10 minutes. Enjoy!

## NUTRITION:

<i>Amount per serving</i>	
Calories	7215
Fat	8g
Protein	3g
Total Carbs	31g
Net Carbs	26g
Sugar	23g
Fiber	5g
Iron	1mg

## PRO TIPS

- **For Dairy Free-** Use dairy-free chocolate chips.
- **Nut Free Option:** Use hemp seeds instead of the walnuts.



# 3 Egg Scramble With Mushrooms & Spinach

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 15

## YOU WILL NEED

- 3 Eggs
- 1/2 tsp Dried Basil
- Sea Salt & Black Pepper (To taste)
- 2 tsp Avocado Oil
- 1/2 cup Cremini Mushrooms (Sliced)
- 1/2 cup Baby Spinach
- 1 slice Whole Grain Bread (Toasted)
- 1 tsp Butter
- 1/2 tsp Sesame Seeds (Optional for topping)

## NUTRITION:

Amount per serving	
Calories	458
Fat	30g
Protein	26g
Total Carbs	21g
Net Carbs	17g
Sugar	4g
Fiber	4g
Iron	5mg

## INSTRUCTIONS:

1

Crack the eggs into a bowl, add a pinch of salt and pepper, dried basil, and beat them until the yolks and whites are fully combined.

2

Heat a non-stick frying pan over low-medium heat and add the avocado oil. Add the mushrooms and cook for 5-6 minutes, until slightly browned. Add the spinach to the pan, and cook, stirring frequently, until it's wilted. This should take about 1 minute.

3

Pour the beaten eggs over the mushrooms & spinach in the pan. Let it sit undisturbed for a few seconds until it starts to set around the edges. Stir the eggs with a spatula, pushing them from the edges towards the centre until fully cooked. Remove from the heat.

4

While the eggs are cooking, toast your slice of whole-grain bread. Serve the scrambled eggs (with a sprinkling of sesame seeds, optional) on a plate with buttered toast on the side. Enjoy!

## PRO TIPS

- **Sesame Seeds:** Additional fibre helps digestion, is an excellent calcium source, and may help reduce inflammation.
- **Eggs:** Excellent source of protein. A quick and easy meal or snack offering many nutrients in the diet.





# Peaches & Cream Overnight Oats

SERVINGS: 2

PREPPING TIME: 5

COOKING TIME: 5

## YOU WILL NEED

- 1 cup Oats
- 1 cup Unsweetened Almond Milk
- 1/2 cup Plain Greek Yogurt
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1 tsp Vanilla Extract
- 2 Peach (Diced)
- 2 tbsps Hemp Seeds

## NUTRITION:

Amount per serving	
Calories	362
Fat	10g
Protein	16g
Total Carbs	54g
Net Carbs	46g
Sugar	21g
Fiber	8g
Iron	3mg

## INSTRUCTIONS:

- 1 Place all ingredients into a large glass container, cover and store in the fridge overnight.
- 2 To serve, remove from the fridge and stir well. Divide the mixture evenly between two bowls. Finally, top with your preferred toppings.

## PRO TIPS

- **Option:** Replace the peach with strawberries, mango, or kiwi fruit.



# Blueberry Clusters

SERVINGS: 10

PREPPING TIME: 10

COOKING TIME: 2 hours

## YOU WILL NEED

- 1 cup Plain Greek Yogurt
- 1/2 cup Plain Kefir
- 2 cups Blueberries
- 1/4 cup Chia Seeds
- 1 cup Slivered Almonds
- 2 tsp Vanilla Extract
- 1 tbsp Maple Syrup

## NUTRITION:

Amount per cluster	
Calories	156
Fat	9g
Protein	7g
Total Carbs	13g
Net Carbs	9g
Sugar	7g
Fiber	4g
Iron	1mg

## INSTRUCTIONS:

- 1 Line a baking tray with parchment paper, then place all of the ingredients into a large bowl and carefully mix them together.
- 2 Using a mini ice cream scoop (or a dessert spoon) place 10 equal spoonfuls onto the prepared baking tray. Place them into the freezer for 2 hours to set.
- 3 Once set, remove from the freezer and store in a covered container and return to the freezer.
- 4 Allow a few minutes to soften when you remove them from the freezer to enjoy as a snack.

## PRO TIPS

**Make Vegan:** Replace the yoghurt with unsweetened coconut yoghurt. Replace the kefir with plain coconut kefir.



# Rotini Pasta *With* Basil Sauce & Chicken

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 30

## YOU WILL NEED

- 1 cup Chickpea Pasta (Uncooked)
- 1 Avocado (Ripe)
- 2 tbsps Cottage Cheese
- 1 cup Baby Spinach
- 3 Garlic (Cloves, peeled)
- 1/4 cup Basil Leaves
- 1 Lemon (Juice)
- 1/4 cup Avocado Oil
- 1/4 cup Water
- 2 tbsps Nutritional Yeast (Optional)
- 12 ozs Chicken Breast (Cubed)

## NUTRITION:

Amount per serving	
Calories	398
Fat	25g
Protein	28g
Total Carbs	17g
Net Carbs	11g
Sugar	1g
Fiber	6g
Iron	3mg

## INSTRUCTIONS:

- 1 Cook the pasta as directed on the package. Drain and rinse with cold water to prevent any further cooking.
- 2 Make the sauce: Place the avocado, cottage cheese, spinach, garlic, basil leaves, lemon juice, avocado oil, water, nutritional yeast, salt and pepper into a high-speed blender and blend into a pureed sauce.
- 3 To cook the chicken, heat a cast iron pan on medium heat and add 1 tablespoon of avocado oil. Place the chicken cubes in the pan and cook for 4-5 minutes. Flip them over and cook the other side for an additional 4-5 minutes until cooked through.
- 4 Next, pour the avocado sauce into the pan and bring it to a simmer. Then, add the cooked pasta, stir well to ensure everything is evenly coated and simmer for about 6-8 minutes. Serve and enjoy. Sprinkle with a few red chilli flakes for a little spice.

## PRO TIPS

- **Additional Gut Nourishment:** Add 1 tbsp of miso paste to the blender with the sauce
- **No Chickpea Pasta:** Replace with whole grain instead.
- **Cottage Cheese Replacement:** You can replace the cottage cheese with plain Greek yoghurt to add the same consistency and protein content.
- **Lactose Intolerant:** Choose lactose-free cottage cheese or replace the cottage cheese with plain coconut yoghurt, or plain Greek yoghurt.
- **No Nutritional Yeast:** Replace this with grated parmesan.





# Balsamic Green Salad With Roasted Chickpea "Croutons"

SERVINGS: 4

PREPPING TIME: 5

COOKING TIME: 40

## YOU WILL NEED

- 8 cups Mixed Greens
- 1/4 cup Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- Garlic (Clove, minced)
- Sea Salt & Black Pepper (To Taste)
- 2 cups Chickpeas
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1 tbsp Avocado oil

## NUTRITION:

### Amount per serving

Calories	258
Fat	12g
Protein	9g
Total Carbs	28g
Net Carbs	21g
Sugar	6g
Fiber	8g
Iron	3mg

## INSTRUCTIONS:

- 1** **Begin with roasting the chickpeas:** Prepare a baking tray with parchment paper and preheat the oven to 400°F. Place the chickpeas, onion powder and paprika into a bowl and stir well. Season with salt and black pepper, and add the avocado oil.
- 2** Place the seasoned chickpeas onto a baking tray and roast in the preheated oven for 30 minutes. Remove from the oven and rest while preparing the salad.
- 3** Wash, dry the greens and place into a large bowl. Add the balsamic vinegar, olive oil, garlic, salt & pepper into a small bowl. Mix well.
- 4** Before serving, make sure to add the salad dressing to the greens and mix thoroughly to ensure they are well-coated.

## PRO TIPS

- **Benefits of Balsamic Vinegar:** *It may help* with blood sugar balance and improve digestion.



# Chocolate Strawberry & Raspberry Skewers

SERVINGS: 2

PREPPING TIME: 15

COOKING TIME: 15

## YOU WILL NEED

- 3/4 cup Strawberries (Remove the tops)
- 1/3 cup Raspberries
- 4 Barbeque Skewers
- 1/3 Cup Dark Chocolate Chips (Melted)
- 1/4 tsp Coconut Oil

## NUTRITION:

### Amount per 2 skewers

Calories	263
Fat	16g
Protein	6g
Total Carbs	22g
Net Carbs	20g
Sugar	18g
Fiber	2g
Iron	2mg

## INSTRUCTIONS:

- 1 Add the chocolate chips and coconut oil to a small bowl and microwave on high for 20-second intervals until melted. Be careful not to burn the chocolate. Stir in-between to ensure it's smooth. Alternatively, melt in a bowl over a pan of hot water.
- 2 Thread the strawberries and raspberries onto the skewers and drizzle the melted chocolate over the fruit. Sprinkle with hemp seeds and enjoy.
- 3 Wash, dry the greens and place into a large bowl. Add the balsamic vinegar, olive oil, garlic, salt & pepper into a small bowl. Mix well.
- 4 Store in the fridge until you're ready to serve.

## PRO TIPS

- **Fruits:** Use seasonal fruits of your choice.
- **Serving:** 2 skewers per serving.
- **Dairy Free:** Use dairy free dark chocolate chips.





# Balsamic Glazed Salmon With Quinoa

SERVINGS: 2

PREPPING TIME: 10

COOKING TIME: 40

## YOU WILL NEED

- 8 ozs Salmon Fillet
- 2 tsps Avocado Oil
- 2 Garlic (Cloves, minced)
- 3 tbsps Balsamic Vinegar
- 1 tbsp Maple Syrup
- Sea Salt & Black Pepper (To taste)
- 1/2 cup Quinoa (cooked)
- 1 cup Broccoli

## NUTRITION:

### Amount per serving

Calories	412
Fat	13g
Protein	33g
Total Carbs	42g
Net Carbs	38g
Sugar	10g
Fiber	4g
Iron	3mg

## INSTRUCTIONS:




















- 1 Cook the quinoa as per instructions on the packet, and set aside. Preheat the oven to 400°F.
- 2 Use a small pan to warm up some avocado oil on low-medium heat. Afterwards, add the minced garlic and cook it until it becomes fragrant (about 1-2 minutes). While cooking, stir it frequently and keep a close eye so it does not burn.
- 3 Next, combine balsamic vinegar, maple syrup, salt, and pepper in a small bowl, mix well, then add it to the pan. Let it simmer over low-medium heat for approximately 5-6 minutes until the consistency is thickened.
- 4 Place salmon skin-side down in a baking dish. Brush generously with the glaze. Bake for 8 minutes and then remove from the oven.
- 5 Brush with additional glaze and bake for 10-12 minutes until it flakes easily with a fork. While this is cooking, steam the broccoli.
- 6 To ensure the fish is fully cooked, the internal temperature must reach 145°F. Serve with the quinoa and broccoli. Enjoy!

## PRO TIPS

- **Not a lover of salmon:** Replace with chicken breast, pork or tempeh.



# Meal Plan 1500 Calories

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	<p>Fluffy Mini Almond Pancakes With Raspberry Coulis</p> 	<p>Fluffy Mini Almond Pancakes With Raspberry Coulis</p> 	<p>Fluffy Mini Almond Pancakes With Raspberry Coulis</p> 	<p>Greek Yoghurt with Honey &amp; Berries</p> 	<p>Greek Yoghurt with Honey &amp; Berries</p> 	<p>Creamy Peach Smoothie</p> 	<p>Creamy Peach Smoothie</p> 
MORNING SNACK	<p>Cottage Cheese &amp; Crackers</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Chocolate Orange</p> 	<p>Chocolate Orange</p> 	<p>Chocolate Orange</p> 
LUNCH	<p>Scrambled Eggs with Mushrooms &amp; Spinach</p> 	<p>Fresh Tomato &amp; Basil Spaghetti With Chicken</p> 	<p>Turkey Wrap With Balsamic Green Salad</p> 	<p>Scrambled Eggs with Mushrooms &amp; Spinach</p> 	<p>Turkey Wrap With Balsamic Green Salad</p> 	<p>Cajun Spiced Chicken &amp; Beet Salad Raspberry &amp; Pomegranate Salad Dressing</p> 	<p>Chicken &amp; Mozzarella Pizza &amp; Balsamic Green Salad</p> 
AFTERNOON SNACK	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Chocolate Orange</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Chocolate Orange</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 
DINNER	<p>Fresh Tomato &amp; Basil Spaghetti With Chicken</p> 	<p>Rotini Pasta With Basil Sauce &amp; Shrimp</p> 	<p>Rotini Pasta With Basil Sauce &amp; Shrimp</p> 	<p>Cajun Spiced Chicken &amp; Beet Salad Raspberry &amp; Pomegranate Salad Dressing</p> 	<p>Blackened Salmon Tacos</p> 	<p>Chicken &amp; Mozzarella Pizza &amp; Balsamic Green Salad</p> 	<p>Blackened Salmon Tacos</p> 

# Meal Plan 1800 Calories

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	<p>Fluffy Mini Almond Pancakes With Raspberry Coulis</p> 	<p>Fluffy Mini Almond Pancakes With Raspberry Coulis</p> 	<p>Fluffy Mini Almond Pancakes With Raspberry Coulis</p> 	<p>Greek Yoghurt with Honey &amp; Berries</p> 	<p>Greek Yoghurt with Honey &amp; Berries</p> 	<p>Creamy Peach Smoothie</p> 	<p>Creamy Peach Smoothie</p> 
MORNING SNACK	<p>Cottage Cheese &amp; Crackers</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Chocolate Orange With a Twist</p> 	<p>Chocolate Orange With a Twist</p> 	<p>Chocolate Orange With a Twist</p> 
LUNCH	<p>Scrambled Eggs with Mushrooms &amp; Spinach</p> 	<p>Rotini Pasta With Basil Sauce &amp; Shrimp</p> 	<p>Turkey Wrap With Balsamic Green Salad</p> 	<p>Turkey Wrap With Balsamic Green Salad</p> 	<p>Scrambled Eggs with Mushrooms &amp; Spinach</p> 	<p>Fresh Tomato &amp; Basil Spaghetti With Chicken</p> 	<p>Chicken &amp; Mozzarella Pizza &amp; Balsamic Green Salad</p> 
AFTERNOON SNACK	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Chocolate Orange</p> 	<p>Chocolate Orange</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 
DINNER	<p>Rotini Pasta With Basil Sauce &amp; Shrimp</p> 	<p>Cajun Spiced Chicken &amp; Beet Salad Raspberry &amp; Pomegranate Salad Dressing</p> 	<p>Cajun Spiced Chicken &amp; Beet Salad Raspberry &amp; Pomegranate Salad Dressing</p> 	<p>Fresh Tomato &amp; Basil Spaghetti With Chicken</p> 	<p>Blackened Salmon Tacos</p> 	<p>Chicken &amp; Mozzarella Pizza &amp; Balsamic Green Salad</p> 	<p>Blackened Salmon Tacos</p> 
EVENING SNACK	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 



# Meal Plan 2000 Calories

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	<p>Creamy Peach Smoothie &amp; Cashews</p> 	<p>Creamy Peach Smoothie &amp; Cashews</p> 	<p>3 Egg Scramble with Mushrooms &amp; Spinach</p> 	<p>3 Egg Scramble with Mushrooms &amp; Spinach</p> 	<p>Peaches &amp; Cream Overnight Oats</p> 	<p>Peaches &amp; Cream Overnight Oats</p> 	<p>Peaches &amp; Cream Overnight Oats</p> 
MORNING SNACK	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Green Apple Chocolate &amp; Walnut Bites</p> 	<p>Blueberry Clusters</p> 	<p>Blueberry Clusters</p> 	<p>Blueberry Clusters</p> 
LUNCH	<p>Rotini Pasta With Basil Sauce &amp; Chicken</p> 	<p>Rotini Pasta With Basil Sauce &amp; Chicken</p> 	<p>Turkey Wrap With Balsamic Green Salad &amp; Roasted Chickpeas</p> 	<p>Turkey Wrap With Balsamic Green Salad &amp; Roasted Chickpeas</p> 	<p>Fresh Tomato &amp; Basil Spaghetti With Chicken Chocolate Strawberry &amp; Raspberry Skewers</p> 	<p>Balsamic Glazed Salmon With Quinoa</p> 	<p>Chicken &amp; Mozzarella Pizza &amp; Balsamic Green Salad &amp; Roasted Chickpeas</p> 
AFTERNOON SNACK	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Cottage Cheese &amp; Crackers</p> 	<p>Yoghurt Dipping Sauce With Veggies</p> 	<p>Chocolate Strawberry &amp; Raspberry Skewers</p> 	<p>Chocolate Strawberry &amp; Raspberry Skewers</p> 
DINNER	<p>Blackened Salmon Tacos</p> 	<p>Blackened Salmon Tacos</p> 	<p>Cajun Spiced Chicken &amp; Beet Salad Raspberry &amp; Pomegranate Salad Dressing</p> 	<p>Cajun Spiced Chicken &amp; Beet Salad Raspberry &amp; Pomegranate Salad Dressing</p> 	<p>Balsamic Glazed Salmon With Quinoa</p> 	<p>Chicken &amp; Mozzarella Pizza &amp; Balsamic Green Salad</p> 	<p>Fresh Tomato &amp; Basil Spaghetti With Chicken</p> 
EVENING SNACK	<p>Blueberry Clusters</p> 	<p>Blueberry Clusters</p> 	<p>Blueberry Clusters</p> 	<p>Blueberry Clusters</p> 	<p>Cashews</p> 	<p>Cashews</p> 	<p>Cashews</p> 



# Shopping List

## PRODUCE

- 2 Avocado
- 1 Banana
- 1/4 cup Frozen Pomegranate
- Seeds
- 1 Lemon
- 4 Limes
- 2 cups Mixed Berries
- 5 Naval Oranges
- 1 cup Roasted Beets
- 5 cups Baby Spinach
- 1 cup Basil Leaves
- 24 Celery Stalks
- 4 1/2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1 cup Cremini Mushrooms
- 1 1/2 Cucumbers
- 9 Garlic Cloves
- 4 Green Onions
- 2 Poblano Peppers
- 1 cup Iceberg Lettuce
- 1 cup Microgreens
- 1/2 cup Red Onion
- 4 Tomatoes
- 8 On the vine Tomatoes

## BREAD

- 8 Corn Tortilla Shells
- 2 Slices Whole Grain Bread
- 250 grams Whole Wheat Flatbread
- 2 Protein Whole Grain Tortilla
- 8 Ryvita

## FISH, MEAT

- 1 3/4 lb Chicken Breast
- 12 oz Cooked Chicken Breast
- 1 lb Salmon Filet
- 1 lb Shrimp
- 6 oz Turkey Slices

## NUTS & SEEDS

- 1/4 cup Ground Flax
- 1 1/3 tbsp Hemp Seeds
- 1/2 cup Pecans
- 1 tsp Sesame Seeds
- 2 tbsp Walnuts

## SPICES

- 1/2 tsp Black Pepper
- 2 tbsp Cajun Seasoning
- 2 tbsp Cajun Spice
- 1 tsp Basil (Dried)
- 1 1/2 tsp Mint (Dried)
- 1 3/4 tsp Garlic Powder
- 3/4 tsp Onion Powder
- 1 tsp Salt

## BOX, CAN, JAR

- 3/4 cup Black Beans
- 3 cups Chickpea Pasta
- 2 Servings Vanilla Protein Powder

## CONDIMENTS & OILS

- 3/4 cup Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2/3 tsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup White Balsamic Vinegar

## BREAKFAST

- 1 cup Almond Flour
- 1 tsp Blueberry Jam
- 1 tsp Baking Powder
- 8 Corn Tortilla Shells
- 1/3 cup Dark Chocolate Chips
- 2 tsp Honey
- 2 tbsp Nutritional Yeast
- 3 tbsp Maple Syrup
- 2 tsp Vanilla Extract

## COLD

- 2 tbsp Butter
- 2 3/4 cups Cottage Cheese
- 1/4 cup 2% Cow's Milk
- 5 Eggs
- 5 1/3 cup Plain Greek Yoghurt
- 1/2 cup Plain Kefir
- 2 cups Unsweetened Almond Milk
- 2 tbsps Feta Cheese
- 2 tbsp Cream Cheese
- 1/2 cup Goats Cheese
- 1/2 cup Mozzarella Cheese
- 1/2 cup Parmigiano Reggiano
- 1 cup Kimchi
- 1 tsp Miso Paste

## FROZEN

- 1 1/2 cups
- 2 1/4 cups Frozen Raspberries

## NOTES

# Shopping List

## PRODUCE

- 2 Avocado
- 1 Banana
- 1/4 cup Frozen Pomegranate
- Seeds
- 1 Lemon
- 4 Limes
- 6 Green Apples
- 2 cups Mixed Berries
- 5 Naval Oranges
- 1 cup Roasted Beets
- 5 cups Baby Spinach
- 1 cup Basil Leaves
- 24 Celery Stalks
- 4 1/2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1 cup Cremini Mushrooms
- 1 1/2 Cucumbers
- 9 Garlic Cloves
- 4 Green Onions
- 2 Poblano Peppers
- 1 cup Iceberg Lettuce
- 1 cup Microgreens
- 1/2 cup Red Onion
- 4 Tomatoes
- 8 *On the vine* Tomatoes

## BREAD

- 8 Corn Tortilla Shells
- 2 Slices Whole Grain Bread
- 250 grams Whole Wheat Flatbread
- 2 Protein Whole Grain Tortilla
- 8 Ryvita

## FISH, MEAT,

- 1 3/4 lb Chicken Breast
- 12 oz Cooked Chicken Breast
- 1 lb Salmon Filet
- 1 lb Shrimp
- 6 oz Turkey Slices

## NUTS & SEEDS

- 1/4 cup Ground Flax
- 1 1/3 tbsp Hemp Seeds
- 1/2 cup Pecans
- 1 tsp Sesame Seeds
- 1/4 cup Walnuts

## SPICES

- 1/2 tsp Black Pepper
- 2 tbsp Cajun Seasoning
- 2 tbsp Cajun Spice
- 1 tsp Basil (Dried)
- 1 1/2 tsp Mint (Dried)
- 1 3/4 tsp Garlic Powder
- 3/4 tsp Onion Powder
- 1 tsp Salt

## BOX, CAN, JAR

- 3/4 cup Black Beans
- 3 cups Chickpea Pasta
- 2 Servings Vanilla Protein Powder

## CONDIMENTS & OILS

- 3/4 cup Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2/3 tsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup White Balsamic Vinegar

## BREAKFAST

- 1 cup Almond Flour
- 1 tsp Blueberry Jam
- 1 tsp Baking Powder
- 8 Corn Tortilla Shells
- 1/3 cup Dark Chocolate Chips
- 2 tsp Honey
- 2 tbsp Nutritional Yeast
- 3 tbsp Maple Syrup
- 2 tsp Vanilla Extract

## COLD

- 2 tbsp Butter
- 2 2/3 cups Cottage Cheese
- 1/4 cup 2% Cow's Milk
- 5 Eggs
- 9 cups Plain Greek Yoghurt
- 1/2 cup Plain Kefir
- 2 cups Unsweetened Almond Milk
- 2 tbsps Feta Cheese
- 2 tbsp Cream Cheese
- 1/2 cup Goats Cheese
- 1/2 cup Mozzarella Cheese
- 1/2 cup Parmigiano Reggiano
- 1 cup Kimchi
- 1 tsp Miso Paste

## FROZEN

- 1 1/2 cups
- 2 1/4 cups Frozen Raspberries

## NOTES

# Shopping List

## PRODUCE

- 2 Avocado
- 8 cups Blueberries
- 1/4 cup Frozen Pomegranate
- Seeds
- 4 Green Apples
- 1 Lemon
- 4 Limes
- 4 Peaches
- 1 cup Roasted Beets
- 2 1/4 cup Strawberries
- 5 cups Baby Spinach
- 1 cup Basil Leaves
- 2 cups Broccoli
- 24 Celery Stalks
- 1/4 cup Cilantro
- 1 cup Cremini Mushrooms
- 1 1/2 Cucumbers
- 14 Garlic Cloves
- 2 Green Onions
- 1 cup Iceberg Lettuce
- 1 cup Microgreens
- 1/2 cup Red Onion
- 4 Tomatoes
- 8 On the vine Tomatoes
- 4 cups Cherry Tomatoes

## BREAD

- 8 Corn Tortilla Shells
- 2 Slices Whole Grain Bread
- 250 grams Whole Wheat Flatbread
- 2 Protein Whole Grain Tortilla
- 4 sunflower Seeds & Oats Ryvita

## FISH, MEAT,

- 2 1/2 lb Chicken Breast
- 12 oz Cooked Chicken Breast
- 2 lb Salmon Filet
- 6 oz Turkey Slices

## NUTS & SEEDS

- 4 cups Cashews
- 1 cup Chia Seeds
- 1/4 cup Ground Flax
- 2/3 cup Hemp Seeds
- 1/2 cup Pecans
- 1 tsp Sesame Seeds
- 1 1/3 tpb Walnuts
- 4 cups Slivered Almonds

## SPICES

- 1/2 tsp Black Pepper
- 2 tbsp Cajun Seasoning
- 2 tbsp Cajun Spice
- 1 tsp Basil (Dried)
- 1 1/2 tsp Mint (Dried)
- 1 3/4 tsp Garlic Powder
- 3/4 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Salt

## BOX, CAN, JAR

- 3/4 cup Black Beans
- 4 cups Chickpea Pasta
- 4 cups Chickpeas
- 1 cup Quinoa
- 3/4 cup Tomato Sauce
- 2 Servings Vanilla Protein Powder
- 12 BBQ Skewers

## BREAKFAST

- 1 cup Almond Flour
- 1 tsp Blueberry Jam
- 1 tsp Baking Powder
- 8 Corn Tortilla Shells
- 1 cup Dark Chocolate Chips
- 2 cups Oats
- 2 tbsp Nutritional Yeast
- 3 tbsp Vanilla Extract

## CONDIMENTS & OILS

- 1 cup Avocado Oil
- 1 cup Balsamic Vinegar
- 1 3/4 tsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup White Balsamic Vinegar

## COLD

- 2 tbsp Butter
- 1 2/3 cups Cottage Cheese
- 6 Eggs
- 9 cups Plain Greek Yoghurt
- 2 cup Plain Kefir
- 4 cups Unsweetened Almond Milk
- 2 tbsp Cream Cheese
- 1/2 cup Goats Cheese
- 1/2 cup Mozzarella Cheese
- 1/2 cup Parmigiano Reggiano
- 1 tsp Miso Paste

## FROZEN

- 1 1/2 cups Frozen Peaches
- 3/4 cups Frozen Raspberries

## NOTES