

YOUR GUIDE TO

Post Partum & Breastfeeding

RECIPES





prep time:
5 minutes



cook time:
10 minutes



servings:
feeds 1



Raspberry *Vanilla* Oatmeal

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/2 cup Oats
- 1 1/2 cups Water
- 1 serving Vanilla Protein Powder
- 1/4 cup Cottage Cheese
- 1 tbsp Ground Flax Seed
- 1/2 cup Sliced Strawberries
- 1/4 tsp Cinnamon (topping)

LET'S GET COOKING:

- 1 Add the oats and water to a small pan over medium-high heat. Bring to a boil, then turn the heat to medium and simmer for 3-4 minutes or until the oats are cooked.
- 2 Remove from the heat and stir in the protein powder, cottage cheese, and ground flax. Once everything is combined and creamy, transfer the oat mixture to a bowl!
- 3 Top with sliced strawberries and sprinkle with the cinnamon. Add a few walnuts or nuts of your choice for crunch if desired.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Oats:** Renowned galactagogue, which is a food that's thought to boost your production of breast milk. Rich in essential nutrients and fibre, contain prebiotics, which is the food that nourishes the friendly bacteria in the gut and helps provide sustained energy postpartum.
- **Cottage Cheese:** An excellent protein source, which is vital during the postpartum period, helping with tissue repair and muscle strength.
- **Vegan:** Replace the cottage cheese with unsweetened coconut yoghurt for similar benefits.

NUTRITION:

Amount per serving	
Calories	425
Fat	10g
Protein	33g
Total Carbs	52g
Net Carbs	44g
Sugar	14g
Fiber	8g



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5 minutes



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10 minutes



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prep time:
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Strawberry Yoghurt Breakfast Bowl

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/2 cup Plain Greek Yoghurt
- 1/4 cup Plain Kefir
- 1 tbsp Ground Flax Seed
- 1 serving Strawberry Vegan Protein Powder
- 1/4 tsp Cinnamon
- 1 cup Strawberries (Diced)
- 1 tsp Chia Seeds (Sprinkling, optional)

LET'S GET COOKING:

- 1 Place the yoghurt, kefir, ground flax, protein powder and cinnamon into a bowl and whisk until smooth. Top with the diced strawberries and chia seeds. Enjoy.

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- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Flax seeds:** A nutrient-dense food that can provide several benefits for reproductive & hormone health, mainly due to their high content of essential fatty acids, antioxidants, vitamins, and minerals. Also a good source of fibre.
- **Greek Yoghurt:** A type of yoghurt that's strained to remove most of the whey, resulting in a thicker, creamier texture than regular yoghurt. It is also a good source of protein and probiotics, which are friendly bacteria that live in the gut microbiome.
- **Vegan:** Replace the Greek yoghurt and plain kefir with unsweetened coconut options.

NUTRITION:

Amount per serving	
Calories	357
Fat	11g
Protein	37g
Total Carbs	28g
Net Carbs	19g
Sugar	15g
Fiber	9g



prep time:
5 minutes



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5 minutes



servings:
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prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 2



Crustless Quiche

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 tbsp. Avocado Oil
- 1/4 cup Shallot (Finely chopped)
- 1 cup Cremini Mushrooms (Thinly sliced)
- 1 cup Broccoli (Chopped)
- 1 cup Baby Spinach (Roughly chopped)
- 6 Eggs
- 1/4 cup Unsweetened Almond Milk
- 1/4 cup Feta Cheese (Topping)

LET'S GET COOKING:

- 1 Line an oven-proof bowl (approx-10x7 inch) with parchment paper, and set aside. Preheat the oven to 400°F.
- 2 Add the avocado oil to a medium-sized frying pan, stirring in the shallots and mushrooms over medium heat. Once the mushrooms start to brown, stir in the chopped broccoli. Cook for 4-5 minutes, then remove from the heat. Stir in the roughly chopped spinach.
- 3 Add the eggs and milk to a bowl and whisk together—season with salt and black pepper and pour into the prepared baking dish with the broccoli, shallots, and mushroom mixture. Stir to combine everything, then top with feta cheese.
- 4 Bake for 20-30 minutes or until the eggs are set, and thoroughly cooked. Serve with roasted sweet potatoes (if desired) for additional carbs and plant count.

PLANT COUNT:

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PRO TIPS:

- **Parchment Paper:** Ever wrestled with parchment paper, wishing it would just snugly fit into your baking dish? Here's a little secret from one busy mother to another: Wet the paper under running water, and crumple it gently into a ball to squeeze out any excess water. Then unfold and press it into your dish before pouring in the egg mixture.
- **Eggs:** Versatile, delicious, and packed with essential postpartum nutrients including...

Choline: Supports baby's brain development and can be a key player in a mother's mental health during the postpartum period.

Protein: Necessary for tissue repair & breast milk quality/production.

Vitamin D: Crucial for bone health for both mom and baby. Additionally, the yolk contains a plethora of other important nutrients.

NUTRITION:

Amount per serving	
Calories	371
Fat	26g
Protein	25g
Total Carbs	10g
Net Carbs	7g
Sugar	4g
Fiber	3g



prep time:
5 minutes



cook time:
30 minutes



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prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Balsamic Glazed Salmon With Quinoa

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

- 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. Add the minced garlic and cook 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, stir in the balsamic vinegar, maple syrup, salt, and pepper. Mix well and let it simmer over medium heat for approximately 5 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 Add 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!

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PRO TIPS:

- **Salmon:** Good source of omega-3 fatty acids, which are important for a baby's brain development while breastfeeding. Omega-3 fatty acids have also been shown to improve mood and cognitive function in postpartum mothers. Salmon is also a good source of protein and vitamin D.
- **Quinoa:** A complete protein, meaning it contains all 9 essential amino acids, making it an excellent protein source for vegetarians and vegans. It's naturally gluten-free and is an excellent source of fibre & antioxidants. It's a low glycemic index, meaning it has a slow, gradual effect on blood sugar levels and can help regulate energy levels postpartum.

NUTRITION:

Amount per serving	
Calories	412
Fat	13g
Protein	33g
Total Carbs	42g
Net Carbs	38g
Sugar	10g
Fiber	4g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

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PLANT COUNT: 5

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prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking Quinoa

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Quinoa
- 2 cups Water

Additional Gut Nourishment: Use *bone broth* instead of water to cook the quinoa for additional gut nourishment.

LET'S GET COOKING:

- 1 Add the dry quinoa to a sieve and rinse under cold water. Then place the quinoa and water (or bone broth) into a medium-sized pan. Over high heat, bring to a boil.
- 2 Once boiling, turn off the heat and cover the pan with a lid. Allow to sit (with no heat), and the quinoa will continue to cook and soak up the water. This usually takes 15-20 minutes.
- 3 Once no water (or broth) is left, transfer it to a glass bowl, cover and store it in the fridge until you're ready to use.

PLANT COUNT:

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PRO TIPS:

- **Batch Cook:** As a busy new momma, make this ahead of time and store it in a glass container in the fridge to quicken up meal times.
- **Quinoa Benefits:** Quinoa is an excellent source of fibre. It's gluten-free and offers all nine essential amino acids.
- **Postpartum Additional Nutrients:** Replace the water with bone broth for extra nourishment postpartum.

NUTRITION:

Amount per serving	
Calories	156
Fat	3g
Protein	6g
Total Carbs	27g
Net Carbs	24g
Sugar	0g
Fiber	3g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

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prep time:
20 minutes



cook time:
24 hours



servings:
feeds 4

Bone Broth

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 4 Carrots (washed and roughly chopped)
- 1 Yellow Onion (diced)
- 4 stalks of Celery (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 2 Bay Leaf (optional but adds flavour)
- 6 cups Water
- 1/2 tsp Black Pepper

LET'S GET COOKING:

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set the slow cooker to low and let it cook for 24 hours.
- 2 After 24 hours, remove the bones and strain the broth through a strainer or mesh sack into a large bowl. You'll need to do this in batches due to the volume of liquid.
- 3 Discard the vegetables that you strained out. These are no longer nutritious as all of the nutrients have been absorbed into the broth. Allow broth to cool. Once cool, divide into equal-sized mason jars and store in the fridge.

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PRO TIPS:

- **Apple Cider Vinegar** The acidity of apple cider vinegar helps release the collagen from bones into the broth, enhancing its nutritional profile.
- **Bone Broth Postpartum:** Supports skin elasticity and joint health, which can be affected after pregnancy. It may also help soothe and support the digestive tract.
- **Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months. If you freeze the broth, leave some space at the top of the mason jars to allow for expansion.
- **Beef Broth:** Replace the chicken carcass with 3 lbs of mixed beef bones - preferably with marrow bones.

NUTRITION:

Amount per serving	
Calories	44
Fat	Variable
Protein	1g
Total Carbs	10g
Net Carbs	7g
Sugar	6g
Fiber	3g



prep time:
20 minutes



cook time:
24 hours



servings:
feeds 4

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prep time:
5 minutes



cook time:
15 minutes



servings:
feeds 1

Egg Wrap

PLANT COUNT: 2

WHAT YOU'LL NEED:

- 3 Eggs
- 1 tbsp Mayonnaise
- 1 Brown Rice Tortilla
- 1/2 cup Microgreens (*not recommended in pregnancy*)
- Sea Salt & Black Pepper

LET'S GET COOKING:

- 1 Hard-boil the eggs and allow them to cool before peeling them and placing them into a bowl with the mayonnaise.
- 2 Mash the eggs together with the mayonnaise. Lay the tortilla wrap on a flat surface and spread the egg mixture over the wrap. Season with salt and pepper and top with the micro greens.
- 3 Fold in the sides of the tortilla slightly, then roll it up from the bottom, ensuring all the fillings are securely wrapped inside. Cut the wrap in half diagonally, and serve immediately.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Eggs:** Provide high-quality protein, crucial for repairing tissues after childbirth. Eggs are also rich in choline, which helps support brain development, benefiting your baby's cognitive growth.
- **Microgreens:** These tiny greens are packed with vitamins and minerals, essential for replenishing nutrients post-pregnancy. Their antioxidant properties can help strengthen both mom's and baby's immune systems. **NOT RECOMMENDED IN PREGNANCY UNLESS HEATED TO STEAMING HOT.**

NUTRITION:

Amount per serving	
Calories	473
Fat	27g
Protein	23g
Total Carbs	31g
Net Carbs	27g
Sugar	5g
Fiber	4g



prep time:
5 minutes



cook time:
15 minutes



servings:
feeds 1

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prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 4

Tofu *Fried* Rice

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 8 ozs Tofu (Extra Firm, cubed)
- 3 tbsp Tamari
- 2 tbsp Maple Syrup
- 1 Garlic (Clove, minced)
- 2 tbsp All Natural Peanut Butter
- 2 tsp Sesame Oil
- 2 cups Wild Rice (Cooked)
- 1 cup Edamame (Cooked)
- 1 Red Bell Pepper (Diced)
- 4 stalks Green Onion (Chopped)

LET'S GET COOKING:

- 1 Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2 Next, wrap the tofu in a clean, absorbent towel and place a heavy object on top. A cast iron skillet works well for this to press out the excess liquid.
- 3 Dice the tofu into cubes, then combine the tamari, maple syrup, minced garlic, peanut butter and sesame oil in a bowl and stir well. Save half of the marinade, place the tofu cubes into the remaining liquid, and allow to marinate for 15 minutes (while the oven is preheating).
- 4 Arrange the tofu on the prepared baking sheet. Bake for 25-30 minutes, until it has golden brown edges and a texture that's firm to the touch. Set aside.
- 5 Add the cooked rice, edamame, red pepper and remaining marinade to a large skillet and, over medium heat, cook for 5-10 minutes. Add the cooked tofu. Stir well to combine everything together.
- 6 Serve immediately, and top with green onions and sesame seeds (optional).

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PRO TIPS:

- **Tofu:** Plant-based protein aiding muscle and tissue repair. It's also a good source of calcium, essential for bone health, especially as pregnancy and breastfeeding can deplete calcium stores.
- **Rice benefits:** Slow-release carbohydrate, providing the energy that new moms need.
- **Rice Options:** Replace the wild rice with black, brown or basmati.
- **Peanut Allergy:** Replace the peanut butter with almond butter or sunflower (for nut-free).
- **You don't like Tofu:** Replace the tofu with tempeh or chicken.

NUTRITION:

Amount per serving	
Calories	493
Fat	12g
Protein	26g
Total Carbs	60g
Net Carbs	53g
Sugar	11g
Fiber	7g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 4



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prep time:
5 minutes



cook time:
180 minutes



servings:
feeds 4

Lemon *Blueberry* Chia Pudding

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Chia Seeds
- 1/3 cup Hemp Seeds
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 2 servings Collagen Powder (Optional)
- 1 Lemon (Zest and juice)
- 1 cup Blueberries (Divided)
- 1/4 cup Walnuts (For topping)

LET'S GET COOKING:

- 1 Place the milk, chia seeds, hemp seeds, vanilla extract, maple syrup, lemon zest, collagen powder (if using) and lemon juice into a large glass dish and whisk to a smooth consistency. Cover and place into the fridge for 2-3 hours to set.
- 2 Once set, layer 4 glasses with half of the blueberries, and then the chia pudding mixture. Top with the remaining blueberries, nuts and a drizzle of maple syrup if desired.
- 3 Either enjoy straight away or cover and place them in the fridge.

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PRO TIPS:

- **Chia Pudding For Postpartum:** Offers Omega-3s, which help to support brain health and cognitive development for both mom and baby. The fibre in chia seeds can help provide prebiotics (food for the beneficial gut bacteria), supporting gut health.
- **Collagen Powder:** Vital Proteins Grass-Fed Collagen powder was used to develop this recipe.
- **Mason Jars:** I buy my small glass mason jars from either Walmart or the Dollar Store. Start replacing any plastic containers with glass without spending too many \$\$\$\$.
- **Thinner Consistency:** If you want a thinner consistency, replace the coconut milk with a milk of your choice. Be mindful that this will alter the nutritional content.
- **Canned Coconut Milk:** Provides essential fatty acids, supporting hormone health post-partum.

NUTRITION:

Amount per serving	
Calories	450
Fat	36g
Protein	16g
Total Carbs	24g
Net Carbs	16g
Sugar	8g
Fiber	8g



prep time:
5 minutes



cook time:
180 minutes



servings:
feeds 4

Lemon *Blueberry* Chia Pudding

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Chia Seeds
- 1/3 cup Hemp Seeds
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 2 servings Collagen Powder (Optional)
- 1 Lemon (Zest and juice)
- 1 cup Blueberries (Divided)
- 1/4 cup Walnuts (For topping)

LET'S GET COOKING:

- 1 Place the milk, chia seeds, hemp seeds, vanilla extract, maple syrup, lemon zest, collagen powder (if using) and lemon juice into a large glass dish and whisk to a smooth consistency. Cover and place into the fridge for 2-3 hours to set.
- 2 Once set, layer 4 glasses with half of the blueberries, and then the chia pudding mixture. Top with the remaining blueberries, nuts and a drizzle of maple syrup if desired.
- 3 Either enjoy straight away or cover and place them in the fridge.

PRO TIPS:



- **Chia Pudding For Postpartum:** Offers Omega-3s, which help to support brain health and cognitive development for both mom and baby. The fibre in chia seeds can help provide prebiotics (food for the beneficial gut bacteria), supporting gut health.
- **Collagen Powder:** Vital Proteins Grass-Fed Collagen powder was used to develop this recipe.
- **Mason Jars:** I buy my small glass mason jars from either Walmart or the Dollar Store. Start replacing any plastic containers with glass without spending too many \$\$\$\$.
- **Thinner Consistency:** If you want a thinner consistency, replace the coconut milk with a milk of your choice. Be mindful that this will alter the nutritional content.
- **Canned Coconut Milk:** Provides essential fatty acids, supporting hormone health post-partum.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
20 minutes



cook time:
180 minutes



servings:
feeds 6

Braised Short Ribs with Beef Broth & Tomato Sauce

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 2 cups Beef Broth
- 2 1/2 lbs Beef Short Ribs
- 2 cups Tomato Sauce (Marinara)
- 1 Yellow Onion (Chopped)
- 4 Garlic (Cloves, minced)
- 4 Carrot (Washed & diced)
- 1/4 cup Fresh Dill (Optional for garnish)

LET'S GET COOKING:

- 1 Preheat the oven to 325°F. Add the short ribs to a large Dutch oven, season with salt and pepper, and then brown them on all sides over medium heat.
- 2 Remove the ribs and set aside. In the same pot, sauté the onions and garlic until translucent. Stir in the tomato sauce, carrots and broth and return the ribs to the pan.
- 3 Bring to a simmer, **cover the pan** and then carefully place it into the preheated oven to slow cook for 2 1/2 hours or until the meat is tender and falls off the bone.
- 4 Serve with Miso Mashed Sweet Potato (recipe separate) and garnish with fresh chopped dill (if using).

SLOW COOKER

- A slow cooker can be used as a cooking option. Follow steps 1 + 2 then transfer everything a slow cooker. Cook on high for 4 hours, or low for 6-8 hours.

PRO TIPS:

- **Too Fatty:** If your ribs are very fatty, you can let the sauce cool and skim the fat off the top before serving.
- **Short Ribs:** These are a higher-calorie, nutrient-dense meat option for postpartum. They provide glycine, collagen, iron, zinc, selenium, B6, vitamin A, choline and B12. All essential nutrients for postpartum and breastfeeding mothers.
- **Tips For Buying Tomato Sauce:** The fewer the ingredients, the better. Ideally, tomatoes should be the first ingredient listed. This indicates that the primary component of the sauce is tomatoes. **It's best to opt for sauces with no added sugars or minimal sugar content.**
- **More Plants:** Add chopped fresh spinach for calcium, folate and iron content. Also, a couple of bay leaves can be used for more flavour. Be sure to remove them before serving. Fresh Thyme is also a nice addition and gives a robust flavour.

NUTRITION:

Amount per serving	
Calories	403
Fat	21g
Protein	40g
Total Carbs	11g
Net Carbs	8g
Sugar	7g
Fiber	3g



prep time:
20 minutes



cook time:
180 minutes



servings:
feeds 6

Braised Short Ribs with Beef Broth & Tomato Sauce

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 2 cups Beef Broth
- 2 1/2 lbs Beef Short Ribs
- 2 cups Tomato Sauce (Marinara)
- 1 Yellow Onion (Chopped)
- 4 Garlic (Cloves, minced)
- 4 Carrot (Washed & diced)
- 1/4 cup Fresh Dill (Optional for garnish)

LET'S GET COOKING:

- 1 Preheat the oven to 325°F. Add the short ribs to a large Dutch oven, season with salt and pepper, and then brown them on all sides over medium heat.
- 2 Remove the ribs and set aside. In the same pot, sauté the onions and garlic until translucent. Stir in the tomato sauce, carrots and broth and return the ribs to the pan.
- 3 Bring to a simmer, **cover the pan** and then carefully place it into the preheated oven to slow cook for 2 1/2 hours or until the meat is tender and falls off the bone.
- 4 Serve with Miso Mashed Sweet Potato (recipe separate) and garnish with fresh chopped dill (if using).

SLOW COOKER

- A slow cooker can be used as a cooking option. Follow steps 1 + 2 then transfer everything a slow cooker. Cook on high for 4 hours, or low for 6-8 hours.

PRO TIPS:



- **Too Fatty:** If your ribs are very fatty, you can let the sauce cool and skim the fat off the top before serving.
- **Short Ribs:** These are a higher-calorie, nutrient-dense meat option for postpartum. They provide glycine, collagen, iron, zinc, selenium, B6, vitamin A, choline and B12. All essential nutrients for postpartum and breastfeeding mothers.
- **Tips For Buying Tomato Sauce:** The fewer the ingredients, the better. Ideally, tomatoes should be the first ingredient listed. This indicates that the primary component of the sauce is tomatoes. **It's best to opt for sauces with no added sugars or minimal sugar content.**
- **More Plants:** Add chopped fresh spinach for calcium, folate and iron content. Also, a couple of bay leaves can be used for more flavour. Be sure to remove them before serving. Fresh Thyme is also a nice addition and gives a robust flavour.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Miso Mashed Sweet Potato

PLANT COUNT: 2

WHAT YOU'LL NEED:

- 2 Medium Sweet Potatoes - Medium, peeled & diced. About 4 cups
- 1 tbsp Miso Paste

LET'S GET COOKING:

- 1 Place the sweet diced potato into a medium sized pan with water. Cover and over high heat bring to a boil. Once boiling turn down the heat to medium, and simmer for 15-20 minutes, until tender.
- 2 Remove from the heat and drain off the water. Mash the potatoes until creamy and set aside.
- 3 Add the miso paste to a small bowl with warm water and mix until it's no longer lumpy. Stir this into the sweet potatoes before serving. Season with black pepper. **Please Note: Miso has a salty flavour, so taste before seasoning with sea salt, as you may not need to add any.**

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Batch Cook:** As a busy new momma, make this ahead of time and store in a glass container in the fridge to quicken up meal times.
- **Miso:** A fermented food with beneficial probiotics to support gut health. Miso also contains B12, a vitamin essential for nerve function and energy production.

NUTRITION:

Amount per serving	
Calories	63
Fat	0g
Protein	2g
Total Carbs	14g
Net Carbs	12g
Sugar	3g
Fiber	2g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4



Miso Mashed Sweet Potato

PLANT COUNT: 2

WHAT YOU'LL NEED:

- 2 Medium Sweet Potatoes - Medium, peeled & diced. About 4 cups
- 1 tbsp Miso Paste

LET'S GET COOKING:

- 1 Place the sweet diced potato into a medium sized pan with water. Cover and over high heat bring to a boil. Once boiling turn down the heat to medium, and simmer for 15-20 minutes, until tender.
- 2 Remove from the heat and drain off the water. Mash the potatoes until creamy and set aside.
- 3 Add the miso paste to a small bowl with warm water and mix until it's no longer lumpy. Stir this into the sweet potatoes before serving. Season with black pepper. **Please Note: Miso has a salty flavour, so taste before seasoning with sea salt, as you may not need to add any.**

PRO TIPS:



- **Batch Cook:** As a busy new momma, make this ahead of time and store in a glass container in the fridge to quicken up meal times.
- **Miso:** A fermented food with beneficial probiotics to support gut health. Miso also contains B12, a vitamin essential for nerve function and energy production.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
15 minutes



servings:
feeds 4

Creamy Asparagus Soup

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 2 tbsp Avocado Oil
- 1 Yellow Onion (Chopped - 1 cup)
- 3 Garlic (Cloved, minced)
- 6 cups Asparagus (Ends trimmed and chopped - 2lbs asparagus.)
- 1 cup Bone Broth (or vegetable broth)
- 2 cups Canned Coconut Milk
- 2 cups Roasted Chickpeas (For topping)
- 1 tbsp Miso Paste (Mix with warm water to dissolve)
- Sea Salt And Pepper (To taste)

LET'S GET COOKING:

- 1 Over medium heat add the avocado oil to a medium-sized pan. Stir in the chopped onions, season with salt and black pepper, then sauté for 5-6 minutes, until the onions become soft and translucent.
- 2 Add the minced garlic and cook for 1 minute. Next, stir in the chopped asparagus, bone broth and cook for 3-4 minutes. Add the vegetable stock and coconut milk, cover, and cook for 15 minutes or until the asparagus are soft.
- 3 Remove from the heat and using a hand blender, carefully blend the soup into a creamy, smooth liquid. Add the miso paste to a little warm water and stir to dissolve until it's clump-free, then stir it into the soup.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Vegan:** Replace the bone broth and chicken broth with vegetable stock.
- **Extra Protein Topping:** Add nutritional yeast for a vegan option, or cooked/sautéed prosciutto or bacon pieces. Walnut pieces for protein, healthy fats and fibre.
- **Asparagus:** May help to reduce postpartum swelling and water retention. Provides prebiotics for gut nourishment.
- **Canned Coconut Milk:** Provides essential fatty acids which help support a mother's physical and mental health.
- **Spice:** Serve with a sprinkling of red chilli flakes.

NUTRITION:

Amount per serving	
Calories	494
Fat	31g
Protein	17g
Total Carbs	39g
Net Carbs	28g
Sugar	12g
Fiber	11g



prep time:
5 minutes



cook time:
15 minutes



servings:
feeds 4



Creamy *Asparagus* Soup

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 2 tbsp Avocado Oil
- 1 Yellow Onion (Chopped - 1 cup)
- 3 Garlic (Cloved, minced)
- 6 cups Asparagus (Ends trimmed and chopped - 2lbs asparagus.)
- 1 cup Bone Broth (or vegetable broth)
- 2 cups Canned Coconut Milk
- 2 cups Roasted Chickpeas (For topping)
- 1 tbsp Miso Paste (Mix with warm water to dissolve)
- Sea Salt And Pepper (To taste)

LET'S GET COOKING:

- 1 Over medium heat add the avocado oil to a medium-sized pan. Stir in the chopped onions, season with salt and black pepper, then sauté for 5-6 minutes, until the onions become soft and translucent.
- 2 Add the minced garlic and cook for 1 minute. Next, stir in the chopped asparagus, bone broth and cook for 3-4 minutes. Add the vegetable stock and coconut milk, cover, and cook for 15 minutes or until the asparagus are soft.
- 3 Remove from the heat and using a hand blender, carefully blend the soup into a creamy, smooth liquid. Add the miso paste to a little warm water and stir to dissolve until it's clump-free., then stir it into the soup.

PRO TIPS:



- **Vegan:** Replace the bone broth and chicken broth with vegetable stock.
- **Extra Protein Topping:** Add nutritional yeast for a vegan option, or cooked/sautéed prosciutto or bacon pieces. Walnut pieces for protein, healthy fats and fibre.
- **Asparagus:** May help to reduce postpartum swelling and water retention. Provides prebiotics for gut nourishment.
- **Canned Coconut Milk:** Provides essential fatty acids which help support a mother's physical and mental health.
- **Spice:** Serve with a sprinkling of red chilli flakes.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Turkey Chilli Recipe with Black & Kidney Beans

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 4 Garlic (Minced)
- 1 Yellow Onion (Chopped)
- 2 tbsp Tex Mex Spice
- 1/2 cup Tomato Paste
- 2 cups Canned Whole Tomatoes (**San Marzano - offer more flavour.** 796ml/28oz can.)
- 2 tsp Red Miso Paste (See notes for adding this)
- 2 cups Red Kidney Beans (Cooked)
- 2 cups Black Beans (Cooked)
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Heat the avocado oil over medium heat in a large pot or Dutch oven. Add the ground turkey mince and cook, breaking it up with a wooden spoon, until browned and cooked through about 7-8 minutes.
- 2 Add the garlic, onion, and poblano pepper (if using-see notes) to the pot and cook until the onion is soft and translucent about 5-6 minutes. Stir in the Tex Mex spice, and cook for 1 minute, until fragrant.
- 3 Add the tomato paste and canned San Marzano tomatoes to the pot and stir to combine. Stir in the red kidney beans and black beans, then season with salt and pepper, to taste.
- 4 Reduce heat to low and simmer the chilli for 20-30 minutes, occasionally stirring, until the flavours have melded and the sauce has thickened. Serve the chilli hot, garnished with fresh cilantro, a dollop of plain Greek yoghurt or chopped green onions, if desired.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Make Your Own Tex Mex Spice:** 2 tsp Paprika, 1 tbsp Chili Powder (Increase to 2 tbsp for additional flavour & spice), 1 tbsp Cumin.
- **Additional Plant Ingredient:** 1 Poblano Pepper (Deseeded and finely chopped)
- **Vegan: Replace the turkey with cooked lentils.**
- **Adding Miso:** Once the chilli has finished cooking, remove a portion of the sauce into a separate bowl & stir in the red miso paste to retain its beneficial bacteria. This will ensure that the probiotic benefits of the miso paste are not compromised during the cooking.

NUTRITION:

Amount per serving	
Calories	512
Fat	15g
Protein	41g
Total Carbs	57g
Net Carbs	37g
Sugar	10g
Fiber	20g



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Turkey Chilli Recipe with Black & Kidney Beans

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 4 Garlic (Minced)
- 1 Yellow Onion (Chopped)
- 2 tbsp Tex Mex Spice
- 1/2 cup Tomato Paste
- 2 cups Canned Whole Tomatoes (**San Marzano - offer more flavour.** 796ml/28oz can.)
- 2 tsp Red Miso Paste (See notes for adding this)
- 2 cups Red Kidney Beans (Cooked)
- 2 cups Black Beans (Cooked)
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Heat the avocado oil over medium heat in a large pot or Dutch oven. Add the ground turkey mince and cook, breaking it up with a wooden spoon, until browned and cooked through about 7-8 minutes.
- 2 Add the garlic, onion, and poblano pepper (if using-see notes) to the pot and cook until the onion is soft and translucent about 5-6 minutes. Stir in the Tex Mex spice and cook for 1 minute, until fragrant.
- 3 Add the tomato paste and canned San Marzano tomatoes to the pot and stir to combine. Stir in the red kidney beans, and black beans, then season with salt and pepper, to taste.
- 4 Reduce heat to low and simmer the chilli for 20-30 minutes, occasionally stirring, until the flavours have melded and the sauce has thickened. Serve the chilli hot, garnished with fresh cilantro, a dollop of plain Greek yoghurt or chopped green onions, if desired.

PRO TIPS:



- **Make Your Own Tex Mex Spice:** 2 tsp Paprika, 1 tbsp Chili Powder (Increase to 2 tbsp for additional flavour & spice), 1 tbsp Cumin.
- **Additional Plant Ingredient:** 1 Poblano Pepper (Deseeded and finely chopped)
- **Vegan: Replace the turkey with cooked lentils.**
- **Adding Miso:** Once the chilli has finished cooking, remove a portion of the sauce into a separate bowl & stir in the red miso paste to retain its beneficial bacteria. This will ensure that the probiotic benefits of the miso paste are not compromised during the cooking.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

POSTPARTUM
&
BREASTFEEDING

Snacks

THRIVE HEALTH CONCEPTS



prep time:
10 minutes



cook time:
25 minutes



servings:
feeds 12

Chocolate Chip *Banana* Muffins

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 3 Banana (Very ripe, mashed)
- 3 Eggs
- 3 tbsp Avocado Oil
- 2 tsp Vanilla Extract
- 2 tsp Cinnamon
- 1 tsp Baking Soda
- 3 cups Almond Flour
- 1/2 cup Dark Chocolate Chips (Plus a few more for topping)
- 1/4 cup Sliced Almonds

LET'S GET BAKING:

- 1 Preheat the oven to 350°F and line a muffin tray with parchment paper squares or paper muffin cups. Add the mashed banana, eggs, avocado oil, and vanilla to a large bowl and mix well.
- 2 Add the cinnamon, baking soda, and almond flour and combine all ingredients to form a smooth batter.
- 3 Divide the batter evenly into the prepared muffin tray and sprinkle a few extra chocolate chips on top. Bake in the preheated oven for 20-25 minutes. Bake until a toothpick inserted into the centre comes out clean.
- 4 A good choice for a one-handed breastfeeding snack option to take on the go!

PRO TIPS:



- **Sweeter:** Stir 2-3 tbsp of maple syrup into the batter.
- **Egg replacement:** *Unsweetened apple sauce*- use approx 1/4 cup to replace 1 egg. *Flax "egg"*- mix 1 tbsp ground flax with 3 tbsp of water to replace one egg. *Plain Yoghurt or Buttermilk*- use 1/4 cup of plain yoghurt or buttermilk to replace one egg.
- **No Chocolate:** Replace the chocolate chips with frozen blueberries.
- **Vegan:** Use dairy-free chocolate chips or replace them with blueberries. Replace the egg with the "flax" egg.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
10 minutes



cook time:
25 minutes



servings:
feeds 12

Chocolate Chip *Banana* Muffins

PLANT COUNT: 4

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- 3 Eggs
- 3 tbsp Avocado Oil
- 2 tsp Vanilla Extract
- 2 tsp Cinnamon
- 1 tsp Baking Soda
- 3 cups Almond Flour
- 1/2 cup Dark Chocolate Chips (Plus a few more for topping)
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LET'S GET BAKING:

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- 2 Add the cinnamon, baking soda, and almond flour and combine all ingredients to form a smooth batter.
- 3 Divide the batter evenly into the prepared muffin tray and sprinkle a few extra chocolate chips on top. Bake in the preheated oven for 20-25 minutes. Bake until a toothpick inserted into the centre comes out clean.
- 4 A good choice for a one-handed breastfeeding snack option to take on the go!

PRO TIPS:

- **Sweeter:** Stir 2-3 tbsp of maple syrup into the batter.
- **Egg replacement:** *Unsweetened apple sauce*- use approx 1/4 cup to replace 1 egg. *Flax "egg"*- mix 1 tbsp ground flax with 3 tbsp of water to replace one egg. *Plain Yoghurt or Buttermilk*- use 1/4 cup of plain yoghurt or buttermilk to replace one egg.
- **No Chocolate:** Replace the chocolate chips with frozen blueberries.
- **Vegan:** Use dairy-free chocolate chips or replace them with blueberries. Replace the egg with the "flax" egg.

NUTRITION:

Amount per serving	
Calories	316
Fat	24g
Protein	9g
Total Carbs	19g
Net Carbs	15g
Sugar	10g
Fiber	4g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
8 minutes



cook time:
15 minutes



servings:
feeds 14

Gluten-Free Chocolate Chip Cookies

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/2 cup Almond Flour
- 1/2 cup Buckwheat Flour
- 3/4 cup Gluten Free Oats
- 1 tsp Baking Soda
- 1/4 tsp Sea Salt
- 3/4 cup Almond Butter
- 1/2 cup Maple Syrup
- 1/4 cup Avocado Oil (Or olive oil)
- 2 tsp Vanilla Extract
- 3/4 cup Dark Chocolate Chips (Use vegan chocolate chips for dairy-free)

LET'S GET BAKING:

- 1 Preheat the oven to 375°F and prepare a baking sheet with parchment paper. Place all of the ingredients (except the chocolate chips) into a large mixing bowl. Use either an electric mixer or a wooden spoon, to mix all of the ingredients together, then stir in the dark chocolate chips.
- 2 Cover the bowl and place it in the fridge for 30 minutes. Scoop the cookie dough with either an ice cream scoop or 1/4 cup into 12 individual cookie portions onto the prepared cookie sheet.
- 3 Bake in the preheated oven for 12-15 minutes or until the cookies are slightly golden and the centre is set. Remove from the oven and place the cookies onto a wire rack to cool before enjoying!

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Oats:** Renowned galactagogue, which is a food that's thought to boost your production of breast milk. Oats are also rich in essential nutrients and fibre, and help provide sustained energy postpartum. They contain prebiotics, which is the food that nourishes the friendly bacteria in our gut, and play an important role in maintaining a healthy gut balance and supporting digestive health

NUTRITION:

Amount per serving	
Calories	278
Fat	18g
Protein	6g
Total Carbs	24g
Net Carbs	21g
Sugar	14g
Fiber	3g



prep time:
8 minutes



cook time:
15 minutes



servings:
feeds 14

Gluten-Free Chocolate Chip Cookies

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/2 cup Almond Flour
- 1/2 cup Buckwheat Flour
- 3/4 cup Gluten Free Oats
- 1 tsp Baking Soda
- 1/4 tsp Sea Salt
- 3/4 cup Almond Butter
- 1/2 cup Maple Syrup
- 1/4 cup Avocado Oil (Or olive oil)
- 2 tsp Vanilla Extract
- 3/4 cup Dark Chocolate Chips (Use vegan chocolate chips for dairy-free)

LET'S GET BAKING:

- 1 Preheat the oven to 375°F and prepare a baking sheet with parchment paper. Place all of the ingredients (except the chocolate chips) into a large mixing bowl. Use either an electric mixer or a wooden spoon, to mix all of the ingredients together, then stir in the dark chocolate chips.
- 2 Cover the bowl and place it in the fridge for 30 minutes. Scoop the cookie dough with either an ice cream scoop or 1/4 cup into 12 individual cookie portions onto the prepared cookie sheet.
- 3 Bake in the preheated oven for 12-15 minutes or until the cookies are slightly golden and the centre is set. Remove from the oven and place the cookies onto a wire rack to cool before enjoying!

PRO TIPS:



- **Oats:** Renowned galactagogue, which is a food that's thought to boost your production of breast milk. Oats are also rich in essential nutrients and fibre, and help provide sustained energy postpartum. They contain prebiotics, which is the food that nourishes the friendly bacteria in our gut, and play an important role in maintaining a healthy gut balance and supporting digestive health

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 4



Hummus With Miso

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1 cup Chickpeas (cooked)
- 3 Garlic (cloves. Add more for extra "garlicky" hummus)
- 1/4 cup Tahini
- 2 tbsps Lemon Juice
- 1 tsp Cumin
- 1/4 cup Chickpea Water
- 1 tsp White Miso Paste - OPTIONAL (Dissolve in 2 tbsps of water before adding to the food processor.)
- Sea Salt & Black Pepper (To taste - see tips)
- 1/4 tsp Paprika (Sprinkling on top to serve - optional)
- 1/2 Red Bell Pepper (Sliced)
- 1/2 cup Snap Peas

LET'S GET COOKING:

- 1 Add the miso paste to 2 tbsps of warm water into a small bowl and stir until completely dissolved and no lumps. Add this, with the cooked chickpeas, garlic, tahini, lemon juice and cumin to a food processor.
- 2 While blending, add the chickpea water 1 tbsp at a time to prevent the hummus becoming too thin.
- 3 Blend until a creamy consistency, then add salt and pepper to taste. Sprinkle with paprika to serve, and use 1/4 cup to enjoy with vegetables as a snack.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Chickpea Water:** Save the chickpea water (whether canned or cooking your own) and add a tablespoon at a time to the hummus until you get the desired consistency you like. I usually add 3-4 tbsps to mine as I dislike it being too thick.
- **Miso Paste:** This is an OPTIONAL ingredient. It's often used in soups to add probiotic benefits, reduce gut lining inflammation, and add flavour. I always suggest organic and dissolve in water before adding to recipes to prevent clumping.
- **Salt Seasoning:** Wait until the hummus has been pureed before adding any salt. Due to the saltiness of the miso paste, you may not need as much salt as usual.
- **Leftovers:** Store in an air-tight container in the fridge for up to 3-4 days.

NUTRITION:

Amount per serving	
Calories	174
Fat	9g
Protein	7g
Total Carbs	18g
Net Carbs	13g
Sugar	3g
Fiber	5g



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 4



Hummus With *Miso*

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1 cup Chickpeas (cooked)
- 3 Garlic (cloves. Add more for extra "garlicky" hummus)
- 1/4 cup Tahini
- 2 tbsps Lemon Juice
- 1 tsp Cumin
- 1/4 cup Chickpea Water
- 1 tsp Miso Paste - OPTIONAL (Dissolve in 2 tbsp of water before adding to the food processor.)
- Sea Salt & Black Pepper (To taste - see tips)
- 1/4 tsp Paprika (Sprinkling on top to serve - optional)
- 1/2 Red Bell Pepper (Sliced)
- 1/2 cup Snap Peas

LET'S GET COOKING:

- 1 Add the miso paste to 2 tbsps of warm water into a small bowl and stir until completely dissolved and no lumps. Add this, with the cooked chickpeas, garlic, tahini, lemon juice and cumin to a food processor.
- 2 While blending, add the chickpea water 1 tbsp at a time to prevent the hummus becoming too thin.
- 3 Blend until a creamy consistency, then add salt and pepper to taste. Sprinkle with paprika to serve, and use 1/4 cup to enjoy with vegetables as a snack.




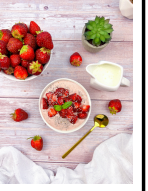


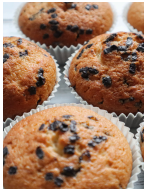































PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Chickpea Water:** Save the chickpea water (whether canned or cooking your own) and add a tablespoon at a time to the hummus until you get the desired consistency you like. I usually add 3-4 tbsps to mine as I dislike it being too thick.
- **Miso Paste:** This is an OPTIONAL ingredient. It's often used in soups to add probiotic benefits, reduce gut lining inflammation, and add flavour. I always suggest organic and dissolve in water before adding to recipes to prevent clumping.
- **Salt Seasoning:** Wait until the hummus has been pureed before adding any salt. Due to the saltiness of the miso paste, you may not need as much salt as usual.
- **Leftovers:** Store in an air-tight container in the fridge for up to 3-4 days.

Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Raspberry Vanilla Oatmeal 	Raspberry Vanilla Oatmeal 	Raspberry Vanilla Oatmeal 	Strawberry Yoghurt Breakfast Bowl 	Strawberry Yoghurt Breakfast Bowl 	Crustless Quiche 	Crustless Quiche 
MORNING SNACK	Chocolate Chip Banana Muffins 	Chocolate Chip Banana Muffins 	Chocolate Chip Banana Muffins 	Gluten-Free Chocolate chip Cookies 	Gluten-Free Chocolate chip Cookies 	Gluten-Free Chocolate chip Cookies 	Gluten-Free Chocolate chip Cookies 
LUNCH	Balsamic Glazed Salmon With Quinoa 	Balsamic Glazed Salmon With Quinoa 	Egg Wrap 	Egg Wrap 	Egg Wrap 	Tofu Fried Rice 	Tofu Fried Rice 
AFTERNOON SNACK	Lemon Blueberry Chia Pudding 	Lemon Blueberry Chia Pudding 	Lemon Blueberry Chia Pudding 	Chocolate Chip Banana Muffins 	Hummus With Miso 	Chocolate Chip Banana Muffins 	Chocolate Chip Banana Muffins 
DINNER	Braised Short Ribs with Beef Broth and Tomato Sauce 	Braised Short Ribs with Beef Broth and Tomato Sauce 	Braised Short Ribs with Beef Broth and Tomato Sauce 	Creamy Asparagus Soup 	Creamy Asparagus Soup 	Turkey Chilli Recipe with Black and Kidney Beans 	Turkey Chilli Recipe with Black and Kidney Beans 
EVENING SNACK	Hummus With Miso 	Hummus With Miso 	Hummus With Miso 	Lemon Blueberry Chia Pudding 	Lemon Blueberry Chia Pudding 	Lemon Blueberry Chia Pudding 	Lemon Blueberry Chia Pudding 
WATER							

Shopping List

PRODUCE

- 3 Bananas
- 2 Lemons
- Lemon Juice
- 3 1/2 cups Strawberries
- 6 cups Asparagus
- 2 cups baby Spinach
- 4 Cups Broccoli
- 4 carrots
- 2 cups Cremini Mushrooms
- 1/4 cup Fresh Dill
- Garlic cloves
- Green onions
- Microgreens
- 1 1/2 Red Bell Pepper
- Shallots
- 1/2 cup Snap Peas
- Yellow Onions

BOX, CAN, JAR

- Almond Butter
- 2 cups Beef Broth
- 4 cups Black Beans
- Bone Broth
- 5 cups Canned Coconut Milk
- 1 cup Chicken Broth
- 3 cup Chickpeas
- Peanut Butter
- 1 cup Quinoa
- 4 cups Red Kidney Beans
- 1 cup Tomato Paste
- 2 cups Tomato Sauce
- 2 cups Wild Rice

FISH, MEAT, EGGS

- 2 1/2 lbs Beef Short Ribs
- 2 lbs Ground Turkey
- 1 lb Salmon Fillet
- 24 Eggs

NUTS & SEEDS

- Chia Seeds
- Ground Flax Seed
- hemp Seeds
- Sliced Almonds
- Walnuts

SPICES/DRIED HERBS

- Cinnamon
- Cumin
- Paprika
- Sea Salt
- Black Pepper
- Tex Mex Seasoning

Flour & Baking

- Almond Flour
- Baking Soda
- Buckwheat Flour
- Dark Chocolate Chips
- Gluten Free Oats
- Maple Syrup
- Vanilla Extract

Other

- Strawberry Protein Powder
- Collagen Powder
- Vanilla Protein Powder
- 3 Brown Rice Tortilla
-

CONDIMENTS & OILS

- Avocado Oil
- Balsamic Vinegar
- Mayonnaise
- Miso Paste
- Sesame Oil
- Tahini
- Tamari

COLD

- 1/2 cup Feta Cheese
- 3/4 cup Cottage Cheese
- 1/2 cup Kefir
- 1/2 cup Yoghurt
- Unsweetened Almond Milk

FROZEN

- Blueberries
- Edamame

NOTES