



**7-DAY HEALTHY HOLIDAY
DINNERS AND TREATS FOR
THE SUPERMOM**



**NourishedSupermom Certified Nutritionist
& Holistic Health Coach**

<https://www.nourishedsupermom.com/>

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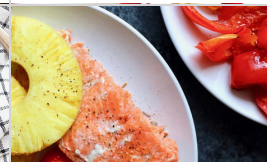
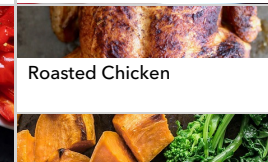



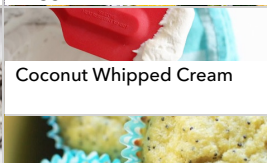

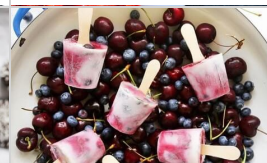
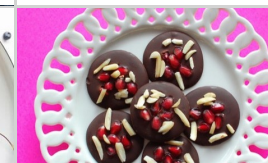
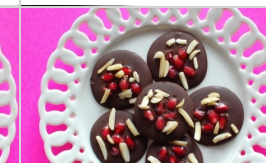




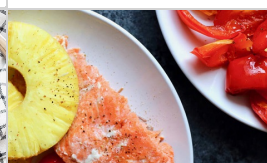
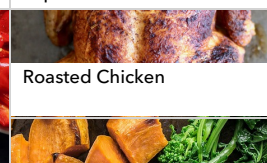




Cooking for family and friends during the holidays doesn't have to be stressful. My holiday meal plan is designed to help you enjoy delicious and healthy meals while minimizing stress.

Plan your meals with the time required to prep and cook in mind. If you hope to spend time with your loved ones any day, cook your meals ahead so that you won't have to be stuck in the kitchen all day.

Wishing You The Best In Health,

Omolara Funmilayo, MBA
Certified Holistic Wellness Coach
Get Your Free Ultimate Smoothie Guide
website:<https://www.nourishedsupermom.com/>



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Vegan Banana Bread	 Vegan Banana Bread	 Taco Breakfast Bowl	 Taco Breakfast Bowl	 Melon Breakfast Bowls	 Asian Veggie Omelette	 Asian Veggie Omelette
	 Green Egg Scramble	 Green Egg Scramble					
Snack 1	 Chocolate Avocado Pudding	 Chocolate Avocado Pudding	 Strawberry Ice Cream	 Pistachio Pomegranate Bark	 Chocolate Stuffed Raspberries	 Chocolate Stuffed Raspberries	 Peach Ice Cream
Lunch	 Turkey Chili	 One Pan Chicken, Grapes & Veggies	 Turkey & Barley Soup	 One Pan Hawaiian Salmon	 Roasted Chicken	 One Pan Salmon with Green Beans & Roasted Tomato	 Lemon Cilantro Cod with Peppers
Snack 2	 Inside Out Almond Joys	 Coconut Whipped Cream	 Inside Out Almond Joys	 Cherry Blueberry Coconut Popsicles	 Dark Chocolate Love Bites	 Dark Chocolate Love Bites	 Pistachio Pomegranate Bark
		 Lemon Poppy Seed Muffins					
Dinner	 One Pan Chicken, Grapes & Veggies	 Turkey & Barley Soup	 One Pan Hawaiian Salmon	 Roasted Chicken	 Roasted Sweet Potatoes & Rapini	 One Pan Salmon with Green Beans & Roasted Tomato	 Lemon Cilantro Cod with Peppers
							 Turkey Chili



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat 45%	Fat 47%	Fat 36%	Fat 45%	Fat 31%	Fat 50%	Fat 55%
Carbs 35%	Carbs 33%	Carbs 35%	Carbs 20%	Carbs 27%	Carbs 17%	Carbs 23%
Protein 20%	Protein 20%	Protein 29%	Protein 35%	Protein 42%	Protein 33%	Protein 22%
Calories 1660	Calories 1798	Calories 1036	Calories 1812	Calories 1426	Calories 1203	Calories 1764
Fat 85g	Fat 97g	Fat 44g	Fat 91g	Fat 49g	Fat 66g	Fat 110g
Carbs 149g	Carbs 154g	Carbs 95g	Carbs 93g	Carbs 98g	Carbs 52g	Carbs 104g
Fiber 41g	Fiber 35g	Fiber 22g	Fiber 28g	Fiber 24g	Fiber 14g	Fiber 30g
Sugar 58g	Sugar 63g	Sugar 40g	Sugar 41g	Sugar 52g	Sugar 24g	Sugar 42g
Protein 88g	Protein 92g	Protein 79g	Protein 162g	Protein 149g	Protein 100g	Protein 100g
Cholesterol 623mg	Cholesterol 745mg	Cholesterol 372mg	Cholesterol 629mg	Cholesterol 390mg	Cholesterol 735mg	Cholesterol 701mg
Sodium 2081mg	Sodium 2156mg	Sodium 1465mg	Sodium 2309mg	Sodium 1534mg	Sodium 1836mg	Sodium 2351mg
Vitamin A 10178IU	Vitamin A 15334IU	Vitamin A 18351IU	Vitamin A 28588IU	Vitamin A 30958IU	Vitamin A 8641IU	Vitamin A 12138IU
Vitamin C 101mg	Vitamin C 75mg	Vitamin C 296mg	Vitamin C 282mg	Vitamin C 206mg	Vitamin C 218mg	Vitamin C 227mg
Calcium 573mg	Calcium 559mg	Calcium 269mg	Calcium 433mg	Calcium 608mg	Calcium 314mg	Calcium 512mg
Iron 17mg	Iron 15mg	Iron 11mg	Iron 21mg	Iron 13mg	Iron 10mg	Iron 20mg
Vitamin D 118IU	Vitamin D 143IU	Vitamin D 63IU	Vitamin D 57IU	Vitamin D 50IU	Vitamin D 226IU	Vitamin D 234IU
Vitamin E 13mg	Vitamin E 9mg	Vitamin E 9mg	Vitamin E 13mg	Vitamin E 10mg	Vitamin E 6mg	Vitamin E 9mg
Vitamin K 299µg	Vitamin K 336µg	Vitamin K 233µg	Vitamin K 487µg	Vitamin K 375µg	Vitamin K 146µg	Vitamin K 116µg
Vitamin B6 2.5mg	Vitamin B6 2.8mg	Vitamin B6 3.5mg	Vitamin B6 4.9mg	Vitamin B6 4.0mg	Vitamin B6 2.8mg	Vitamin B6 2.2mg
Folate 450µg	Folate 385µg	Folate 332µg	Folate 372µg	Folate 299µg	Folate 301µg	Folate 345µg
Vitamin B12 3.5µg	Vitamin B12 4.1µg	Vitamin B12 6.4µg	Vitamin B12 7.1µg	Vitamin B12 6.1µg	Vitamin B12 8.0µg	Vitamin B12 4.3µg
Magnesium 390mg	Magnesium 344mg	Magnesium 267mg	Magnesium 439mg	Magnesium 338mg	Magnesium 244mg	Magnesium 368mg
Selenium 97µg	Selenium 119µg	Selenium 109µg	Selenium 163µg	Selenium 136µg	Selenium 194µg	Selenium 159µg





Fruits

- 6 Avocado
- 5 1/2 Banana
- 1/2 cup Blueberries
- 1 Cantaloupe
- 2 cups Grapes
- 1 Lemon
- 1/3 cup Lemon Juice
- 2 Peach
- 4 cups Pineapple
- 2 1/2 cups Pomegranate Seeds
- 5 cups Raspberries

Breakfast

- 1/4 cup Granola
- 1/2 cup Macadamia Nut Butter
- 1 cup Maple Syrup

Seeds, Nuts & Spices

- 2 cups Almonds
- 1 tbsp Black Pepper
- 2/3 cup Chili Powder
- 1 1/3 tbsps Cumin
- 2 1/3 tbsps Ground Flax Seed
- 1 tbsp Italian Seasoning
- 2 tsps Oregano
- 1 1/3 tbsps Paprika
- 1 cup Pistachios
- 1 tbsp Poppy Seeds
- 2 tbsps Poultry Seasoning
- 3 3/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds

Frozen

- 1/2 cup Frozen Cherries
- 1 cup Frozen Strawberries

Vegetables

- 1 Acorn Squash
- 14 cups Baby Spinach
- 2 cups Bok Choy
- 14 Carrot
- 10 stalks Celery
- 2 1/2 cups Cherry Tomatoes
- 1 1/2 cups Cilantro
- 13 cups Green Beans
- 2 Green Bell Pepper
- 4 stalks Green Onion
- 2 Jalapeno Pepper
- 2 bunches Rapini
- 11 Red Bell Pepper
- 1 cup Shiitake Mushrooms
- 1 Sweet Onion
- 6 Sweet Potato
- 1/4 cup Thyme
- 4 Tomato
- 1 Yellow Bell Pepper
- 2 Yellow Onion

Boxed & Canned

- 4 cups Black Beans
- 2 cups Canned Coconut Milk
- 4 cups Crushed Tomatoes
- 4 cups Diced Tomatoes
- 3 1/2 cups Red Kidney Beans

Baking

- 2 1/3 cups All Purpose Gluten-Free Flour
- 1 1/8 tbsps Baking Powder
- 2/3 cup Cocoa Powder
- 1/2 cup Coconut Flour
- 1 3/4 lbs Dark Chocolate
- 1/2 cup Dark Chocolate Chips
- 1 cup Pitted Dates
- 1/2 cup Unsweetened Coconut Flakes
- 1/2 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 2 lbs Chicken Drumsticks
- 4 Cod Fillet
- 4 lbs Extra Lean Ground Turkey
- 3 1/2 lbs Salmon Fillet
- 1 1/2 lbs Turkey Breast, Cooked
- 8 lbs Whole Roasting Chicken

Condiments & Oils

- 1/3 cup Avocado Oil
- 1/2 cup Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 1 1/2 tbsps Tamari

Cold

- 24 Egg
- 1 cup Plain Coconut Milk
- 1 cup Plain Greek Yogurt
- 2/3 cup Unsweetened Cashew Milk

Other

- 1 1/3 cups Pearl Barley
- 14 cups Water



Vegan Banana Bread

2 servings

50 minutes

Ingredients

- 1/2 Banana (ripe, divided)
- 2 1/2 tsps Extra Virgin Olive Oil
- 2 tsps Maple Syrup
- 1 1/3 tbsps Unsweetened Cashew Milk (or almond milk)
- 1 tsp Ground Flax Seed
- 1/3 cup All Purpose Gluten-Free Flour
- 1/2 tsp Baking Powder
- 1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	195
Fat	6g
Carbs	33g
Fiber	5g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	176mg
Vitamin A	40IU
Vitamin C	3mg
Calcium	82mg
Iron	1mg
Vitamin D	6IU
Vitamin E	1mg
Vitamin K	4µg
Vitamin B6	0.1mg
Folate	7µg
Vitamin B12	0.2µg
Magnesium	11mg
Selenium	1µg

Directions

- 1 Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
- 2 In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
- 3 In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
- 4 Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
- 5 Let cool completely before slicing. Enjoy!

Notes

Serving Size: One serving is equal to one slice of banana bread.

Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

Add-Ins: Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

Storage: Keeps well in the fridge for 5 days or in the freezer for a few months.



Green Egg Scramble

1 serving
10 minutes

Ingredients

- 2 Egg
- 1 cup Baby Spinach
- 1/4 tsp Sea Salt
- 1 1/2 tps Coconut Oil

Nutrition

Amount per serving	
Calories	211
Fat	16g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	13g
Cholesterol	372mg
Sodium	756mg
Vitamin A	3353IU
Vitamin C	8mg
Calcium	86mg
Iron	3mg
Vitamin D	82IU
Vitamin E	2mg
Vitamin K	145µg
Vitamin B6	0.2mg
Folate	105µg
Vitamin B12	0.9µg
Magnesium	36mg
Selenium	31µg

Directions

- 1 Place eggs, spinach and salt in a blender and blend until well combined.
- 2 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 3 Divide onto plates and enjoy!

Notes

No Coconut Oil: Use butter, ghee or avocado oil.

Serve it With: Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.



Taco Breakfast Bowl

4 servings

30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 2 tsbps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Water
- 4 Egg (fried)
- 4 cups Baby Spinach (chopped)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (mashed)

Nutrition

Amount per serving	
Calories	370
Fat	24g
Carbs	11g
Fiber	7g
Sugar	2g
Protein	31g
Cholesterol	270mg
Sodium	895mg
Vitamin A	4965IU
Vitamin C	42mg
Calcium	120mg
Iron	5mg
Vitamin D	57IU
Vitamin E	4mg
Vitamin K	166µg

Directions

- 1 Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 2 Fry your eggs and set aside.
- 3 Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Notes

Vegans and Vegetarians: Use lentils or quinoa instead of ground meat and omit the fried egg(s).

On-the-Go: Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.



Vitamin B6	0.9mg
Folate	143µg
Vitamin B12	1.8µg
Magnesium	84mg
Selenium	38µg



Melon Breakfast Bowls

2 servings

10 minutes

Ingredients

- 1 Cantaloupe (small)
- 1 cup Plain Greek Yogurt
- 1 cup Raspberries
- 1/4 cup Granola

Nutrition

Amount per serving	
Calories	291
Fat	7g
Carbs	44g
Fiber	8g
Sugar	30g
Protein	16g
Cholesterol	17mg
Sodium	119mg
Vitamin A	9982IU
Vitamin C	125mg
Calcium	302mg
Iron	2mg
Vitamin D	50IU
Vitamin E	2mg
Vitamin K	13µg
Vitamin B6	0.3mg
Folate	84µg
Vitamin B12	0µg
Magnesium	72mg
Selenium	5µg

Directions

- 1 Cut the cantaloupe in half and scoop out the seeds.
- 2 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt such as coconut.

Likes it Sweet: Add a drizzle of honey or maple syrup on top.

No Raspberries: Use strawberries, blueberries or blackberries instead.

No Granola: Use nuts or seeds instead.



Asian Veggie Omelette

1 serving
20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Tamari
- 2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	339
Fat	21g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	23g
Cholesterol	558mg
Sodium	1019mg
Vitamin A	4898IU
Vitamin C	35mg
Calcium	175mg
Iron	4mg
Vitamin D	143IU
Vitamin E	2mg
Vitamin K	70µg
Vitamin B6	0.6mg
Folate	142µg
Vitamin B12	1.4µg
Magnesium	51mg
Selenium	65µg

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy: Whisk unsweetened almond milk into your egg mixture.

More Flavour: Whisk sesame oil into your egg mixture.

Mix it Up: Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy: Serve with hot sauce.



Chocolate Avocado Pudding

3 servings

10 minutes

Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

Nutrition

Amount per serving	
Calories	353
Fat	22g
Carbs	45g
Fiber	14g
Sugar	26g
Protein	5g
Cholesterol	0mg
Sodium	19mg
Vitamin A	281IU
Vitamin C	13mg
Calcium	127mg
Iron	2mg
Vitamin D	17IU
Vitamin E	3mg
Vitamin K	29µg
Vitamin B6	0.4mg
Folate	116µg
Vitamin B12	0.5µg
Magnesium	100mg
Selenium	3µg

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of pudding.

More Flavor: Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings: Fresh berries or toasted coconut.

Dates: Medjool dates were used to create this recipe.

No Coconut Milk: Use another non-dairy or dairy milk instead.

No Food Processor: Use a blender instead.



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

- 2 Banana (sliced and frozen)
- 1 cup Frozen Strawberries

Nutrition

Amount per serving	
Calories	144
Fat	1g
Carbs	37g
Fiber	5g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	3mg
Vitamin A	125IU
Vitamin C	56mg
Calcium	24mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	3µg
Vitamin B6	0.5mg
Folate	42µg
Vitamin B12	0µg
Magnesium	44mg
Selenium	2µg

Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky: Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

7 1/16 ozs Dark Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	449
Fat	32g
Carbs	35g
Fiber	9g
Sugar	18g
Protein	8g
Cholesterol	2mg
Sodium	12mg
Vitamin A	99IU
Vitamin C	5mg
Calcium	58mg
Iron	7mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	4µg
Vitamin B6	0.3mg
Folate	8µg
Vitamin B12	0.1µg
Magnesium	133mg
Selenium	4µg

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Chocolate Stuffed Raspberries

4 servings

5 minutes

Ingredients

2 cups Raspberries (washed)
1/4 cup Dark Chocolate Chips

Directions

- 1 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	122
Fat	5g
Carbs	15g
Fiber	4g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	20IU
Vitamin C	16mg
Calcium	15mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	5µg
Vitamin B6	0mg
Folate	13µg
Vitamin B12	0µg
Magnesium	14mg
Selenium	0µg



Peach Ice Cream

3 servings

5 minutes

Ingredients

- 2 Peach (sliced and frozen)
- 1/2 cup Macadamia Nut Butter

Nutrition

Amount per serving	
Calories	299
Fat	27g
Carbs	15g
Fiber	4g
Sugar	10g
Protein	6g
Cholesterol	0mg
Sodium	0mg
Vitamin A	326IU
Vitamin C	7mg
Calcium	113mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	3µg
Vitamin B6	0mg
Folate	4µg
Vitamin B12	0µg
Magnesium	9mg
Selenium	0µg

Directions

- 1 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 2 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade: Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy: Use sunflower seed butter instead.

Make it Sweeter: Add 1 tbs of honey or maple syrup when blending, or drizzle on top before serving



Turkey Chili

8 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (chopped)
- 2 cups Diced Tomatoes
- 2 cups Crushed Tomatoes
- 2 cups Black Beans (cooked, rinsed)
- 1 3/4 cups Red Kidney Beans (cooked, rinsed)
- 2 Carrot (chopped)
- 5 stalks Celery (chopped)
- 1 Red Bell Pepper (chopped)
- 1 Jalapeno Pepper (chopped)
- 3 tbsps Chili Powder
- 1 tsp Cumin
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	7g
Carbs	31g
Fiber	12g
Sugar	7g
Protein	20g
Cholesterol	42mg
Sodium	577mg
Vitamin A	4462IU
Vitamin C	35mg
Calcium	114mg
Iron	5mg
Vitamin D	8IU

Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

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

More Flavor: Add a pinch of cayenne.

Additional Toppings: Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

More Veggies: Add sliced mushrooms, sliced kale, or baby spinach.



Vitamin E	3mg
Vitamin K	19µg
Vitamin B6	0.5mg
Folate	125µg
Vitamin B12	0.7µg
Magnesium	85mg
Selenium	13µg



One Pan Chicken, Grapes & Veggies

2 servings

30 minutes

Ingredients

- 1 lb Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	563
Fat	28g
Carbs	34g
Fiber	8g
Sugar	14g
Protein	46g
Cholesterol	209mg
Sodium	552mg
Vitamin A	2040IU
Vitamin C	42mg
Calcium	144mg
Iron	5mg
Vitamin D	5IU
Vitamin E	2mg
Vitamin K	102µg
Vitamin B6	1.3mg
Folate	94µg
Vitamin B12	1.2µg
Magnesium	131mg
Selenium	48µg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil otop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

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

Serving Size: One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor: Add your choice of herbs and spices, or balsamic vinegar.



Turkey & Barley Soup

6 servings

30 minutes

Ingredients

- 6 1/2 cups Water
- 5 Carrot (medium, diced)
- 1/2 Sweet Onion (diced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt (to taste)
- 2/3 cup Pearl Barley (uncooked)
- 12 ozs Turkey Breast, Cooked (roughly chopped)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	187
Fat	2g
Carbs	25g
Fiber	5g
Sugar	4g
Protein	20g
Cholesterol	40mg
Sodium	510mg
Vitamin A	9440IU
Vitamin C	7mg
Calcium	72mg
Iron	2mg
Vitamin D	6IU
Vitamin E	1mg
Vitamin K	56µg
Vitamin B6	0.7mg
Folate	46µg
Vitamin B12	1.0µg
Magnesium	55mg
Selenium	26µg

Directions

- 1 In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
- 2 Stir in the barley and cook for 15 more minutes.
- 3 Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Gluten-Free: Use quinoa, gluten-free pasta, or rice instead of barley and adjust cooking time accordingly.

More Flavor: Sauté the onions and carrots in your choice of cooking oil. Add minced garlic or ginger. Use broth instead of water.

Additional Toppings: Add parsley, sliced green onion, or red pepper flakes.

Make it Vegan: Use tofu, edamame, chickpeas, or lentils instead of turkey breast.



One Pan Hawaiian Salmon

4 servings

35 minutes

Ingredients

- 4 Red Bell Pepper (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 cups Pineapple (cored and sliced into rounds)

Nutrition

Amount per serving	
Calories	263
Fat	11g
Carbs	18g
Fiber	4g
Sugar	13g
Protein	24g
Cholesterol	62mg
Sodium	56mg
Vitamin A	3819IU
Vitamin C	191mg
Calcium	33mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	8µg
Vitamin B6	1.4mg
Folate	98µg
Vitamin B12	3.6µg
Magnesium	57mg
Selenium	42µg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 3 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 4 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Salmon: Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.



Roasted Chicken

4 servings

2 hours

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Poultry Seasoning
- 2 tsps Paprika

Nutrition

Amount per serving	
Calories	541
Fat	16g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	93g
Cholesterol	295mg
Sodium	931mg
Vitamin A	801IU
Vitamin C	0mg
Calcium	61mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	23µg
Vitamin B6	1.9mg
Folate	34µg
Vitamin B12	1.6µg
Magnesium	109mg
Selenium	77µg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Notes

Roasting Times: If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers: Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste: Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time: Buy a pre-roasted chicken.



Roasted Sweet Potatoes & Rapini

4 servings

25 minutes

Ingredients

- 3 Sweet Potato (medium, peeled and cubed)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1 bunch Rapini (chopped, divided)

Nutrition

Amount per serving	
Calories	141
Fat	4g
Carbs	23g
Fiber	6g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	410mg
Vitamin A	18785IU
Vitamin C	43mg
Calcium	158mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	283µg
Vitamin B6	0.4mg
Folate	88µg
Vitamin B12	0µg
Magnesium	54mg
Selenium	2µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place the sweet potato on the baking sheet and toss with oil and salt until evenly coated. Bake for 20 minutes, or until tender when pierced with a fork.
- 3 Meanwhile, add the rapini stems to a large pan with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes, or until tender.
- 4 Divide the sweet potatoes and rapini onto plates or into containers if on-the-go. Enjoy!

Notes

Less Bitter Rapini: Sauté the rapini in your choice of oil and seasoning after boiling.

Storage: Refrigerate in an airtight container up to 3 days.

Protein: Pair this dish with your favorite protein such as chicken, turkey, beef, pork or tofu.



One Pan Salmon with Green Beans & Roasted Tomato

4 servings

25 minutes

Ingredients

- 4 cups Green Beans (washed and trimmed)
- 2 cups Cherry Tomatoes
- 1 tbsp Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 1 1/4 lbs Salmon Fillet

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	31g
Cholesterol	78mg
Sodium	72mg
Vitamin A	1367IU
Vitamin C	22mg
Calcium	61mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	51µg
Vitamin B6	1.4mg
Folate	80µg
Vitamin B12	4.5µg
Magnesium	74mg
Selenium	52µg

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

- 3 tbsps Lemon Juice
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Cilantro (finely chopped, divided)
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

Nutrition

Amount per serving	
Calories	411
Fat	23g
Carbs	8g
Fiber	2g
Sugar	2g
Protein	43g
Cholesterol	99mg
Sodium	743mg
Vitamin A	2353IU
Vitamin C	145mg
Calcium	52mg
Iron	2mg
Vitamin D	83IU
Vitamin E	2mg
Vitamin K	20µg
Vitamin B6	0.8mg
Folate	66µg
Vitamin B12	2.1µg
Magnesium	90mg
Selenium	77µg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size: Each cod fillet is equal to 231 grams or 8 ounces.

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

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.



Inside Out Almond Joys

24 servings

15 minutes

Ingredients

- 4 1/4 ozs Dark Chocolate (at least 70% cacao, chopped)
- 1 tsp Coconut Oil
- 1 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	72
Fat	6g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	20mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Magnesium	27mg
Selenium	1µg

Directions

- 1 Microwave dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
- 2 Meanwhile, line a baking sheet with parchment paper.
- 3 Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
- 4 Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
- 5 Remove from the freezer and enjoy!

Notes

No Almonds: Use hazelnuts, peanuts or dried fruit instead.

No Coconut: Use hemp seeds instead.

Spread the Love: Package them in a tin or jar lined with parchment paper to give as a gift.

Serving Size: One serving is equal to one cluster.

Keto-Friendly: Use 90% cacao dark chocolate.



Coconut Whipped Cream

6 servings

10 minutes

Ingredients

1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

Nutrition

Amount per serving	
Calories	106
Fat	11g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	15mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	2mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	0mg
Selenium	0µg

Directions

- 1 Chill a mixing bowl in the fridge for about 10 minutes before whipping.
- 2 Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
- 3 Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
- 4 Enjoy!

Notes

Serve it With: Fresh fruit like berries or peaches.

Likes it Sweet: Add a splash of maple syrup and vanilla extract while whipping.

Leftovers: Store sealed in an airtight container in the fridge up to 4 days.



Lemon Poppy Seed Muffins

9 servings

45 minutes

Ingredients

- 1/2 cup Coconut Flour
- 1/3 cup Maple Syrup
- 6 Egg
- 1/3 cup Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1 Lemon (zested and juiced)
- 1 tbsp Poppy Seeds

Nutrition

Amount per serving	
Calories	183
Fat	12g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	5g
Cholesterol	124mg
Sodium	128mg
Vitamin A	180IU
Vitamin C	2mg
Calcium	46mg
Iron	2mg
Vitamin D	27IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0.1mg
Folate	17µg
Vitamin B12	0.3µg
Magnesium	11mg
Selenium	10µg

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- 2 In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
- 3 Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
- 4 Remove from oven and let cool. Enjoy!

Notes

Make it sweeter: Serve with a drizzle of raw honey.



Cherry Blueberry Coconut Popsicles

6 servings

4 hours

Ingredients

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Canned Coconut Milk

Nutrition

Amount per serving	
Calories	48
Fat	4g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	0g
Cholesterol	0mg
Sodium	5mg
Vitamin A	119IU
Vitamin C	1mg
Calcium	3mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	3µg
Vitamin B6	0mg
Folate	1µg
Vitamin B12	0µg
Magnesium	2mg
Selenium	0µg

Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy: Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk: Use almond milk or any other dairy milk alternative.



Dark Chocolate Love Bites

15 servings

20 minutes

Ingredients

- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1/4 cup Pomegranate Seeds
- 1/4 cup Slivered Almonds

Nutrition

Amount per serving	
Calories	56
Fat	4g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	11mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	15mg
Selenium	0µg

Directions

- 1 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 2 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 3 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 4 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!



One Pan Salmon with Green Beans & Roasted Tomato

1 serving
25 minutes

Ingredients

- 1 cup Green Beans (washed and trimmed)
- 1/2 cup Cherry Tomatoes
- 3/4 tsp Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 5 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	31g
Cholesterol	78mg
Sodium	72mg
Vitamin A	1367IU
Vitamin C	22mg
Calcium	61mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	51µg
Vitamin B6	1.4mg
Folate	80µg
Vitamin B12	4.5µg
Magnesium	74mg
Selenium	52µg

Directions

- 1 Preheat oven to 450°F
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.