



Healthy and Yummy Snacks For The Supermom

NourishedSupermom Certified Nutritionist
& Holistic Health Coach

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

This collection is to reassure you that you can have yummy snacks the healthy way.

Wishing You The Best In Health,

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Certified Holistic Wellness Coach

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Coconut Brownie Bites

14 servings

15 minutes

Ingredients

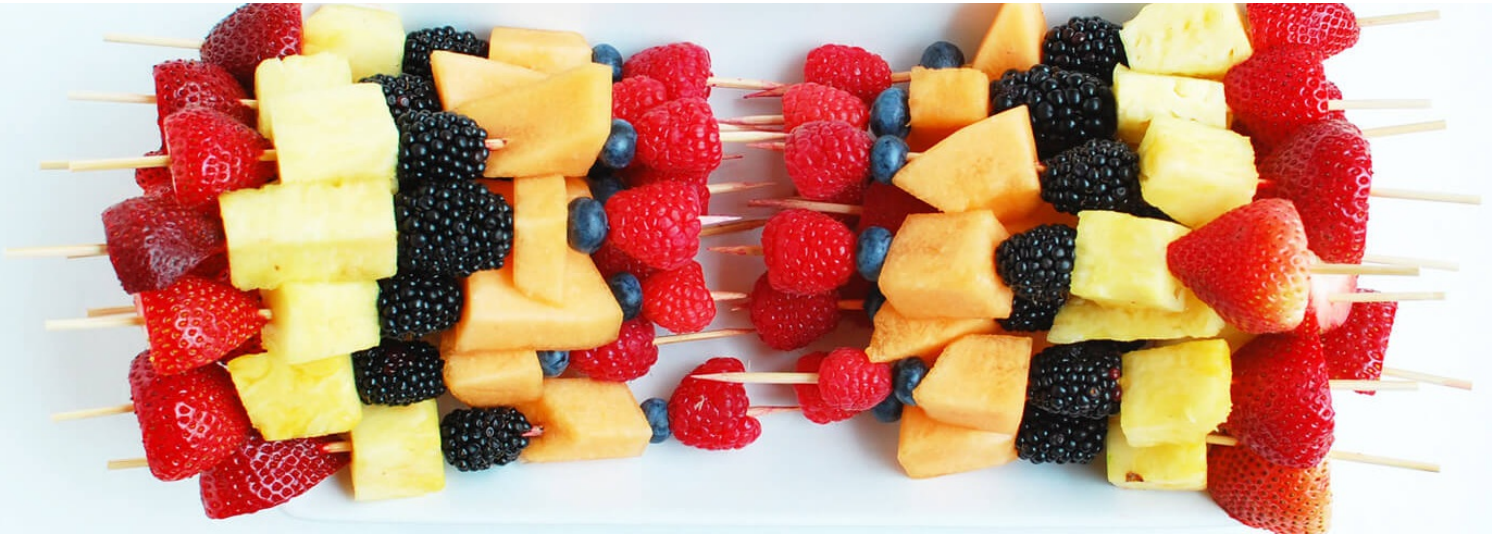
- 1 cup Almonds
- 1/4 cup Cocoa Powder
- 1/2 cup Unsweetened Coconut Flakes (divided)
- 1 cup Pitted Dates (soaked and drained)
- 1 1/2 tbsps Coconut Oil
- 1 tbsp Raw Honey

Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

Nutrition

Amount per serving	
Calories	129
Fat	9g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	34mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	7µg
Vitamin B12	0µg
Magnesium	40mg
Selenium	1µg



Fruit Kabobs

8 servings

15 minutes

Ingredients

- 1 cup Strawberries (halved)
- 1 cup Pineapple (cubed)
- 1 cup Blackberries
- 1/2 Cantaloupe (cubed)
- 1 cup Blueberries
- 1 cup Raspberries
- 16 Barbecue Skewers

Directions

- 1 Wash fruit.
- 2 Slide one piece of each type of fruit onto the skewer and set aside.
- 3 Repeat using the same pattern until all ingredients are used up. Cover and store in the fridge until ready to serve. Enjoy!

Nutrition

Amount per serving	
Calories	54
Fat	0g
Carbs	13g
Fiber	3g
Sugar	9g
Protein	1g
Cholesterol	0mg
Sodium	6mg
Vitamin A	1234IU
Vitamin C	43mg
Calcium	19mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	10µg
Vitamin B6	0.1mg
Folate	24µg
Vitamin B12	0µg
Magnesium	17mg
Selenium	0µg

Notes

Added Touch: Drizzle with melted dark chocolate.

Mix it Up: Use whatever fruit you have on hand. Watermelon, honeydew, banana and orange slices all work great!



Peanut Butter Rice Krispies

6 servings

30 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 cup Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 1/2 cups Rice Puffs Cereal

Nutrition

Amount per serving	
Calories	242
Fat	13g
Carbs	28g
Fiber	1g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	7mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	0µg
Vitamin B6	0.1mg
Folate	20µg
Vitamin B12	0µg
Magnesium	43mg
Selenium	2µg

Directions

- 1 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 2 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 3 Add puffed rice and gently mix with a spatula until evenly coated.
- 4 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

Notes

No Peanut Butter: Use any nut or seed butter instead.

No Maple Syrup: Use raw honey instead.

Storage: Freeze in an airtight container



Chocolate Dipped Watermelon Slices

4 servings

15 minutes

Ingredients

- 1/2 Seedless Watermelon (medium size)
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1/2 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	319
Fat	12g
Carbs	54g
Fiber	5g
Sugar	41g
Protein	5g
Cholesterol	1mg
Sodium	306mg
Vitamin A	3223IU
Vitamin C	46mg
Calcium	58mg
Iron	4mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	2µg
Vitamin B6	0.3mg
Folate	17µg
Vitamin B12	0.1µg
Magnesium	113mg
Selenium	4µg

Directions

- 1 Slice your watermelon into rounds and then into quarters. Pat as dry as possible with a cloth or paper towel.
- 2 Spread a large piece of parchment paper across a large baking sheet.
- 3 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. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the watermelon by the rind and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with sea salt immediately (optional).
- 5 Transfer the chocolate dipped watermelon slices to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

No Sea Salt: Eat as is or sprinkle chocolate with crushed nuts or coconut flakes.



Pumpkin Tahini Energy Balls

15 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour (Bob's Red Mill)
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Pureed Pumpkin
- 1/4 cup Tahini
- 3 tbsps Maple Syrup
- 2 tpsps Cinnamon
- 1/4 cup Sesame Seeds

Nutrition

Amount per serving	
Calories	84
Fat	6g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	2g
Cholesterol	0mg
Sodium	14mg
Vitamin A	1275IU
Vitamin C	0mg
Calcium	50mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Vitamin B6	0mg
Folate	7µg
Vitamin B12	0µg
Magnesium	15mg
Selenium	2µg

Directions

- 1 In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- 2 Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
- 3 Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- 4 Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini: Use any type of nut or seed butter.

No Sesame Seeds: Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results: This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



Golden Turmeric Latte

2 servings

10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	281
Fat	25g
Carbs	14g
Fiber	1g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	34mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	26mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	1µg
Vitamin B12	0µg
Magnesium	7mg
Selenium	0µg

Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

- Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan:** Use maple syrup to sweeten instead of honey.



Chewy Gingerbread Cookies

12 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

Nutrition

Amount per serving	
Calories	140
Fat	9g
Carbs	14g
Fiber	2g
Sugar	10g
Protein	3g
Cholesterol	16mg
Sodium	75mg
Vitamin A	23IU
Vitamin C	0mg
Calcium	80mg
Iron	1mg
Vitamin D	3IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0.1mg
Folate	2µg
Vitamin B12	0µg
Magnesium	47mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
- 3 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to six months.

Serving Size: One serving is equal to one cookie.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Selenium

3µg



Chocolate Chip Cookies

12 servings

20 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 3 tsbps Coconut Oil (melted)
- 3 tsbps Maple Syrup
- 1 tsp Vanilla Extract
- 2 tsbps Unsweetened Almond Milk
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	165
Fat	13g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	63mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	74mg
Iron	1mg
Vitamin D	1IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	41mg
Selenium	0µg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 Remove from oven and let cool. Enjoy!

Notes

Leftovers: Store at room temperature for 2 to 3 days, or freeze in an airtight container for up to three months.

No Chocolate Chips: Use chopped dark chocolate or cacao nibs instead.

No Maple Syrup: Use honey instead.

Serving Size: A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

- 2 cups Frozen Cauliflower
- 2 Banana (frozen)
- 2 tbsps Almond Butter
- 1/4 cup Cacao Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Maca Powder

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg
Vitamin D	101IU
Vitamin E	4mg
Vitamin K	22µg
Vitamin B6	0.8mg
Folate	114µg
Vitamin B12	0.6µg
Magnesium	236mg
Selenium	9µg



Tropical Matcha Smoothie

2 servings

5 minutes

Ingredients

- 1 Zucchini (chopped and frozen)
- 1 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Hemp Seeds
- 2 cups Unsweetened Almond Milk

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add honey or pitted dates.

More Protein: Add vanilla protein powder.

Nutrition

Amount per serving	
Calories	208
Fat	13g
Carbs	18g
Fiber	5g
Sugar	11g
Protein	10g
Cholesterol	0mg
Sodium	206mg
Vitamin A	4965IU
Vitamin C	70mg
Calcium	546mg
Iron	4mg
Vitamin D	101IU
Vitamin E	1mg
Vitamin K	222µg
Vitamin B6	0.5mg
Folate	148µg
Vitamin B12	0µg
Magnesium	220mg
Selenium	1µg



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	312
Fat	10g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	317mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	925mg
Iron	4mg
Vitamin D	151IU
Vitamin E	1mg
Vitamin K	21µg
Vitamin B6	0.4mg
Folate	131µg
Vitamin B12	0.6µg
Magnesium	159mg
Selenium	8µg



Banana Chia Crisps

1 serving
25 minutes

Ingredients

- 1 Banana (medium, ripe)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	351
Fat	16g
Carbs	49g
Fiber	16g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	1mg
Vitamin A	83IU
Vitamin C	10mg
Calcium	300mg
Iron	5mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Vitamin B6	0.4mg
Folate	24µg
Vitamin B12	0µg
Magnesium	174mg
Selenium	1µg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 5 days or freeze.

Serving Size: One serving is equal to approximately 12 small crisps.



Cinnamon Raisin Protein Cookies

8 servings

30 minutes

Ingredients

- 3 Banana (ripe)
- 3/4 cup Egg Whites
- 1/4 cup Tahini
- 1 cup Vanilla Protein Powder (plant-based)
- 1 cup Oats (rolled or quick)
- 1 tsp Cinnamon
- 1/2 cup Raisins
- 1/2 cup Ground Flax Seed

Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g
Cholesterol	2mg
Sodium	69mg
Vitamin A	34IU
Vitamin C	4mg
Calcium	118mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Vitamin B6	0.3mg
Folate	25µg
Vitamin B12	0.3µg
Magnesium	63mg
Selenium	14µg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

Leftovers: Store in the fridge up to 4 days, or in the freezer for up to 6 months.

No Tahini: Use sunflower seed butter, almond butter or peanut butter instead.

No Raisins: Use dried cranberries, chocolate chips or cacao nibs instead.



Chocolate Zucchini Muffins

12 servings

30 minutes

Ingredients

- 2 cups Almond Flour
- 1/4 cup Cocoa Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Soda
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 3 Egg
- 1 Zucchini (medium, grated)

Nutrition

Amount per serving	
Calories	188
Fat	15g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	6g
Cholesterol	47mg
Sodium	96mg
Vitamin A	100IU
Vitamin C	3mg
Calcium	59mg
Iron	1mg
Vitamin D	10IU
Vitamin E	1mg
Vitamin K	3µg
Vitamin B6	0.1mg
Folate	10µg
Vitamin B12	0.1µg
Magnesium	68mg
Selenium	4µg

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size: One serving is equal to one muffin.

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.

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



Avocado Brownies

12 servings

30 minutes

Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	177
Fat	12g
Carbs	14g
Fiber	3g
Sugar	9g
Protein	3g
Cholesterol	39mg
Sodium	234mg
Vitamin A	69IU
Vitamin C	2mg
Calcium	23mg
Iron	1mg
Vitamin D	7IU
Vitamin E	0mg
Vitamin K	4µg
Vitamin B6	0.1mg
Folate	17µg
Vitamin B12	0.1µg

Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

Notes

Avocado: One medium avocado is equal to approximately one cup of mashed avocado.

No Ghee: Use coconut oil or coconut butter instead.

Pan Size: For 12 servings, we used a 9 x 9-inch pan.



Magnesium	46mg
Selenium	3µg



Cucumber Mojito Blender Juice with Aloe

4 servings

15 minutes

Ingredients

- 2 cups Water
- 4 Lime (juiced)
- 3 fl ozs Pure Aloe Juice
- 1/4 cup Maple Syrup
- 2 Cucumber (large, peeled, seeded and chopped)
- 1 cup Mint Leaves (loosely packed)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	91
Fat	0g
Carbs	24g
Fiber	2g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	103mg
Vitamin A	452IU
Vitamin C	19mg
Calcium	96mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	25µg
Vitamin B6	0.1mg
Folate	22µg
Vitamin B12	0µg
Magnesium	40mg
Selenium	1µg

Directions

- 1 Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
- 2 Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
- 3 Serve over ice and enjoy!

Notes

No Aloe: Use extra lime juice instead.

Storage: Juice will keep in the fridge for one day.

No Maple Syrup: Use honey or a few drops of stevia to taste instead.



Double Chocolate Mint Energy Balls

6 servings

15 minutes

Ingredients

- 1/2 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 2 tbsps Cacao Powder
- 1 tbsp Cacao Nibs
- 1/8 tsp Sea Salt
- 1/2 tsp Peppermint Extract
- 1 tbsp Water

Nutrition

Amount per serving	
Calories	124
Fat	7g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	50mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	41mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	8µg
Vitamin B12	0µg
Magnesium	51mg
Selenium	1µg

Directions

- 1 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds: Use raw cashews instead.

Serving Size: One serving is equal to two balls.

Storage: Store in the fridge up to five days, or in the freezer for up to three months.



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.



Chocolate Coconut Fat Bombs

8 servings
30 minutes

Ingredients

- 3/4 cup Coconut Oil
- 1/3 cup Cacao Powder
- 2 tbsps Monk Fruit Sweetener
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	205
Fat	22g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	38mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	7mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	27mg
Selenium	0µg

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener: Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil: Use coconut butter instead.

Likes it Sweet: Add more sweetener as desired.

No Silicone Mold: Use parchment-lined mini muffin molds.

Serving Size: One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Lemon Blueberry Muffins

12 servings

30 minutes

Ingredients

- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 Lemon (zest and juice)
- 3 Egg
- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

Nutrition

Amount per serving	
Calories	158
Fat	11g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	6g
Cholesterol	47mg
Sodium	120mg
Vitamin A	81IU
Vitamin C	4mg
Calcium	55mg
Iron	1mg
Vitamin D	10IU
Vitamin E	0mg
Vitamin K	2µg
Vitamin B6	0.1mg
Folate	9µg
Vitamin B12	0.1µg
Magnesium	60mg
Selenium	4µg

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

Notes

Serving Size: One serving is equal to one muffin.

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

Almond Flour: This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana: One medium banana is equal to 1/2 cup mashed banana.



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	356
Fat	28g
Carbs	21g
Fiber	10g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	44mg
Vitamin A	289IU
Vitamin C	58mg
Calcium	220mg
Iron	4mg
Vitamin D	25IU
Vitamin E	6mg
Vitamin K	16µg
Vitamin B6	0.2mg
Folate	69µg
Vitamin B12	0µg
Magnesium	170mg
Selenium	2µg

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Buckwheat Chocolate Chip Cookies

6 servings

15 minutes

Ingredients

- 1 cup Buckwheat Flour
- 1/2 cup Coconut Sugar
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Unsweetened Applesauce
- 1 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 tsp Apple Cider Vinegar
- 1 1/4 ozs Dark Chocolate (roughly chopped)

Nutrition

Amount per serving	
Calories	228
Fat	12g
Carbs	30g
Fiber	3g
Sugar	14g
Protein	3g
Cholesterol	0mg
Sodium	106mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	11mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	13mg
Selenium	0µg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a mixing bowl, combine the buckwheat flour, sugar, coconut oil, applesauce, vanilla and baking soda. When well combined, mix in the apple cider vinegar. Gently fold in the chocolate.
- 3 Scoop the dough using a tablespoon and transfer to the baking sheet. Bake for 10 minutes and let cool before serving. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for 5 to 7 days or freeze if longer. For firmer cookies, keep in the fridge or freezer.

Serving Size: One serving equals one cookie.

More Flavor: Add cinnamon.

No Applesauce: Double the coconut oil and add a few tablespoons of water, or until the dough sticks together.

No Chocolate: Use chocolate chips, chopped nuts or raisins instead.



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.



Pineapple Fruit Salad

4 servings

10 minutes

Ingredients

- 2 cups Pineapple (diced)
- 1 cup Strawberries (stems removed, diced)
- 1 cup Blueberries
- 2 Kiwi (peeled, diced)
- 1/2 tsp Cinnamon
- 2 tsps Lemon Juice

Nutrition

Amount per serving	
Calories	96
Fat	1g
Carbs	24g
Fiber	4g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	103IU
Vitamin C	97mg
Calcium	34mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	23µg
Vitamin B6	0.1mg
Folate	35µg
Vitamin B12	0µg
Magnesium	23mg
Selenium	0µg

Directions

- 1 Add all the ingredients to a mixing bowl and toss until well combined. Divide into small bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/4 cup.

Additional Toppings: Serve it with nuts, cottage cheese, yogurt, oatmeal, cereal, or ice cream.



Chewy Almond & Prune Bites

6 servings

15 minutes

Ingredients

- 1 cup Pitted Prunes
- 1/4 cup Cocoa Powder
- 1/4 cup Almond Butter
- 1 tsp Cinnamon
- 3 tbsps Hemp Seeds

Directions

- 1 Add the prunes, cocoa powder, almond butter, and cinnamon to a food processor and blend until well mixed and sticky.
- 2 Form into even balls with your hands, roughly one-inch in diameter. Roll each ball in the hemp seeds until evenly coated. Store in the fridge or freezer until ready to enjoy.

Nutrition

Amount per serving	
Calories	170
Fat	9g
Carbs	23g
Fiber	5g
Sugar	12g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Vitamin A	228IU
Vitamin C	0mg
Calcium	61mg
Iron	2mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	17µg
Vitamin B6	0.1mg
Folate	13µg
Vitamin B12	0µg
Magnesium	94mg
Selenium	1µg

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: One serving equals approximately two balls.

Nut-Free: Use sunflower seed butter, pumpkin seed butter, or tahini instead of almond butter.

More Flavor: Vanilla extract and/or your sweetener of choice.



Lightly Salted Plantain Chips

4 servings

30 minutes

Ingredients

- 2 Plantain (medium, slightly ripe)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	196
Fat	4g
Carbs	43g
Fiber	2g
Sugar	24g
Protein	2g
Cholesterol	0mg
Sodium	153mg
Vitamin A	1521IU
Vitamin C	25mg
Calcium	4mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	39µg
Vitamin B6	0.3mg
Folate	30µg
Vitamin B12	0µg
Magnesium	49mg
Selenium	2µg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the bias for bigger chips. Gently toss the slices in oil and season with salt. Arrange in an even layer on the baking sheet then bake for 20 to 30 minutes, flipping at the halfway point. (Note: chips are done when they start to brown around the edges.)
- 3 Remove from the oven and let cool on a baking rack lined with a towel to soak up any excess oil. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for one to two days. If they get soggy, crisp them back up by placing them in the oven at 350°F (177°C) for five to 10 minutes.

More Flavor: Add cinnamon or nutmeg.

Additional Toppings: Serve as is or with guacamole, hummus, salsa, or baba ganoush.

No Avocado Oil: Use ghee or coconut oil instead.

Plantain: Use green plantains that are just starting to turn yellow for the best results.



Peanut Butter Breakfast Bars

9 servings

25 minutes

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1/2 tsp Baking Soda
- 2 tbsps Stevia Powder
- 3 Egg
- 1/4 cup Coconut Oil (melted, then measured)
- 1 tsp Vanilla Extract
- 1/4 cup All Natural Peanut Butter (runny, chunky)
- 1/4 cup Dark Chocolate Chips (or chunks)
- 1/4 cup Oats (rolled)

Nutrition

Amount per serving	
Calories	233
Fat	14g
Carbs	24g
Fiber	3g
Sugar	4g
Protein	5g
Cholesterol	62mg
Sodium	95mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	14mg
Iron	1mg
Vitamin D	14IU
Vitamin E	1mg
Vitamin K	0µg
Vitamin B6	0.1mg
Folate	15µg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a mixing bowl, stir together the flour, baking soda, and stevia. Then stir in the eggs, coconut oil, and vanilla extract.
- 3 Transfer the mixture to the baking dish and spread into an even layer. Drop the peanut butter in dollops across the top, then sprinkle the chocolate chips and oats across the top. Bake for about 12 to 15 minutes or until lightly golden brown and cooked through. Let cool before slicing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: A 8 by 8-inch baking dish was used to make 9 servings.

Flour: This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.



Vitamin B12	0.2µg
Magnesium	17mg
Selenium	6µg



Italian Chicken Meal Prep Bowls

4 servings

30 minutes

Ingredients

- 1 lb Chicken Breast (skinless, boneless)
- 2 tbsps Italian Seasoning
- 1 cup Jasmine Rice (uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 leaves Romaine (chopped)
- 2 stalks Celery (medium, sliced)
- 1 Carrot (medium, shredded)
- 2 cups Cherry Tomatoes (halved)
- 1/2 cup Red Onion (small, thinly sliced)

Nutrition

Amount per serving	
Calories	392
Fat	10g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	85mg
Vitamin A	5731IU
Vitamin C	14mg
Calcium	40mg
Iron	1mg
Vitamin D	1IU
Vitamin E	2mg
Vitamin K	47µg
Vitamin B6	1.1mg
Folate	73µg
Vitamin B12	0.2µg

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 Whisk together the oil, red wine vinegar, and salt and black pepper.
- 5 Divide the romaine lettuce, rice, celery, carrot, tomatoes, chicken, and red onion into bowls. Drizzle the dressing over top and enjoy!

Notes

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

More Flavor: Add your choice of additional herbs and spices or substitute your favorite salad dressing.

Additional Toppings: Add olives, avocado, cheese, sauerkraut, or kimchi.

Make it Vegan: Use chickpeas, black beans, tofu, or tempeh instead of chicken.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



Magnesium	50mg
Selenium	26µg



Papaya with Cottage Cheese

1 serving

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 1 cup Papaya (peeled, seeds removed, chopped)

Nutrition

Amount per serving	
Calories	266
Fat	9g
Carbs	22g
Fiber	2g
Sugar	17g
Protein	24g
Cholesterol	36mg
Sodium	673mg
Vitamin A	294IU
Vitamin C	85mg
Calcium	202mg
Iron	1mg
Vitamin D	6IU
Vitamin E	1mg
Vitamin K	4µg
Vitamin B6	0.2mg
Folate	77µg
Vitamin B12	0.9µg
Magnesium	46mg
Selenium	21µg

Directions

- 1 Serve the cottage cheese with chopped papaya. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



Broccoli Pesto Pasta

4 servings

20 minutes

Ingredients

- 3 cups Brown Rice Fusilli (uncooked)
- 1 cup Basil Leaves
- 1 1/2 tbsps Pine Nuts
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided, to taste)
- 1/4 cup Nutritional Yeast (plus more for garnish)
- 2 tbsps Water
- 3 1/2 cups Broccoli (chopped into florets)
- 1 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	497
Fat	16g
Carbs	75g
Fiber	10g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	348mg
Vitamin A	1988IU
Vitamin C	111mg
Calcium	65mg
Iron	3mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	134µg
Vitamin B6	7.9mg
Folate	72µg
Vitamin B12	33.8µg

Directions

- 1 Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
- 3 In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
- 4 Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

Notes

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

Serving Size: One serving equals approximately 2 1/2 cups.

Nut-Free: Use sunflower seeds instead of pine nuts.

More Flavor: Add garlic and toast the pine nuts.

Additional Toppings: Add red pepper flakes, lemon juice, black pepper, or chopped parsley.



Magnesium	35mg
Selenium	2µg



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings

30 minutes

Ingredients

- 2 Sweet Potato (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	478
Fat	21g
Carbs	33g
Fiber	6g
Sugar	7g
Protein	39g
Cholesterol	94mg
Sodium	473mg
Vitamin A	19239IU
Vitamin C	90mg
Calcium	108mg
Iron	3mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	132µg
Vitamin B6	1.9mg
Folate	119µg
Vitamin B12	5.4µg
Magnesium	103mg
Selenium	65µg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

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

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Thai Red Lentil & Spinach Curry

2 servings

25 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/4 cup Thai Red Curry Paste
- 1 1/2 cups Vegetable Broth
- 1 cup Canned Coconut Milk
- 1/2 cup Dry Red Lentils (rinsed)
- 2 cups Baby Spinach (chopped)
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	508
Fat	26g
Carbs	51g
Fiber	9g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	1367mg
Vitamin A	9213IU
Vitamin C	16mg
Calcium	68mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	146µg
Vitamin B6	0.1mg
Folate	60µg
Vitamin B12	0µg
Magnesium	28mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

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

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

Additional Toppings: Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

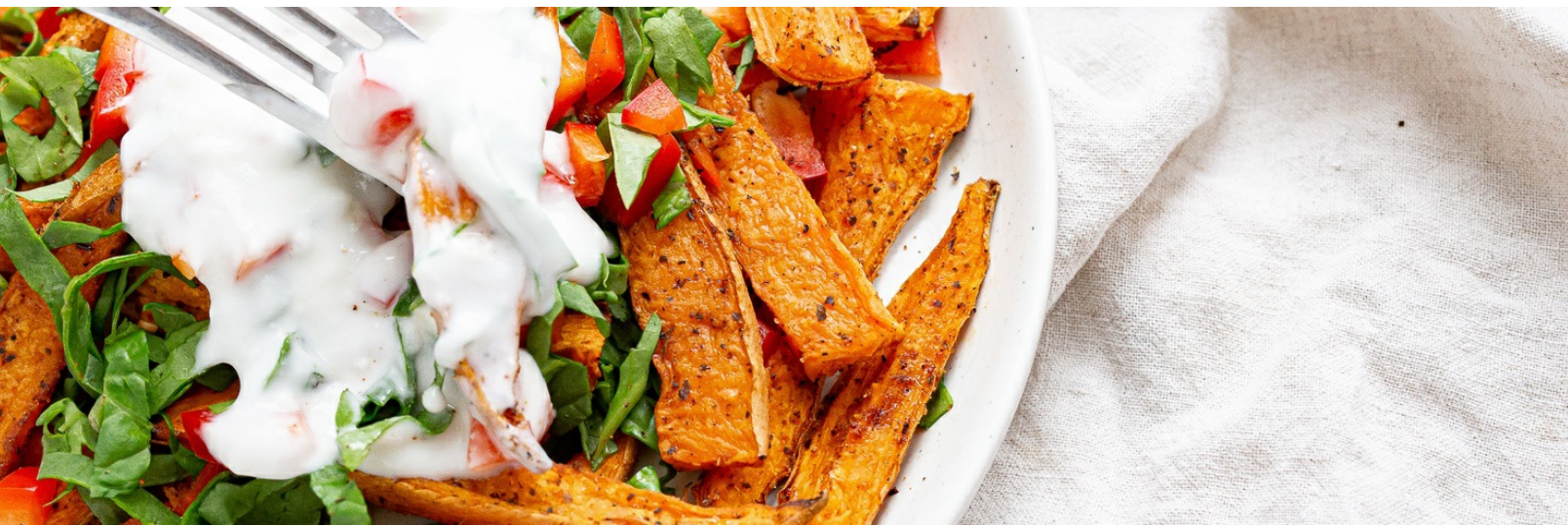
Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With: Rice, quinoa or cauliflower rice.



Selenium

1µg



Mexican-Style Fries Supreme

1 serving
30 minutes

Ingredients

- 2 Sweet Potato (medium, sliced into 1/4-inch strips)
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach (thinly sliced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/4 cup Unsweetened Coconut Yogurt (optional)

Nutrition

Amount per serving	
Calories	409
Fat	16g
Carbs	64g
Fiber	11g
Sugar	15g
Protein	6g
Cholesterol	0mg
Sodium	680mg
Vitamin A	40156IU
Vitamin C	86mg
Calcium	242mg
Iron	3mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	88µg
Vitamin B6	0.7mg
Folate	85µg
Vitamin B12	0.7µg
Magnesium	84mg
Selenium	2µg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 3 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Additional Toppings: Tomatoes, ground beef, shredded cheese, or green onions.



Coconut Curried Shrimp with Broccoli

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (minced or grated)
- 1 tbsp Curry Powder
- 1/4 tsp Sea Salt
- 1 cup Canned Coconut Milk
- 2 cups Broccoli (cut into florets)
- 12 ozs Shrimp (raw, deveined, peeled and tails removed)
- 1/2 Lime (optional)

Nutrition

Amount per serving	
Calories	479
Fat	30g
Carbs	16g
Fiber	5g
Sugar	6g
Protein	39g
Cholesterol	274mg
Sodium	562mg
Vitamin A	573IU
Vitamin C	86mg
Calcium	191mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	96µg
Vitamin B6	0.2mg
Folate	61µg
Vitamin B12	0µg

Directions

- 1 Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
- 2 Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
- 3 Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
- 4 Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices like cumin, chili powder, or coriander.

Additional Toppings: Serve with cilantro, red pepper flakes, or extra lime wedges.

More Veggies: Add carrots and spinach.

Serve it With: Cauliflower rice, brown rice, jasmine rice, or quinoa.



Magnesium	90mg
Selenium	4µg



Pan Seared Salmon with Lemony Cabbage & Carrots

2 servings

25 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Green Cabbage (thinly sliced)
- 1 Carrot (medium, cut into matchsticks)
- 2 tbsps Water
- 1/4 tsp Sea Salt (divided)
- 1 Lemon (large, divided)
- 12 ozs Salmon Fillet (boneless, skinless)
- 1/2 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	396
Fat	21g
Carbs	15g
Fiber	5g
Sugar	8g
Protein	36g
Cholesterol	94mg
Sodium	424mg
Vitamin A	5339IU
Vitamin C	76mg
Calcium	105mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	145µg
Vitamin B6	1.7mg
Folate	130µg
Vitamin B12	5.4µg
Magnesium	77mg
Selenium	63µg

Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat.
- 2 Add cabbage and carrot. Stir to coat in the oil and saute for a minute then add the water and cover with the lid. Steam for five to eight minutes or until the cabbage wilts down and the carrot is just tender, stirring once if needed. Season with half of the salt and the juice from half of the lemon. Transfer to a bowl to keep warm.
- 3 Meanwhile, pat the salmon fillets dry and season both sides with the garlic powder and the remaining salt. Cut the remaining lemon into wedges and set aside.
- 4 Carefully wipe the skillet clean with a paper towel then add the remaining oil. Add the seasoned salmon fillets to the pan and cook for four to five minutes per side or until the salmon is cooked through and browned. Season with additional salt if needed.
- 5 Divide the cabbage, salmon, and lemon wedges between plates. Squeeze the lemon wedges over top just before serving. Enjoy!

Notes

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

More Flavor: Season the salmon with other dried herbs and spices, like onion powder or smoked paprika.

No Salmon: Use another fish like trout or cod instead.

No Green Cabbage: Use purple cabbage instead.

Serving Size: One serving is equal to 6 ounces of salmon and 1.5 cups of the cabbage and carrot mix.



Peach & Almonds

1 serving

5 minutes

Ingredients

1 Peach (whole, halved or sliced)

1/4 cup Almonds

Nutrition

Amount per serving	
Calories	265
Fat	18g
Carbs	22g
Fiber	7g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	0mg
Vitamin A	490IU
Vitamin C	10mg
Calcium	105mg
Iron	2mg
Vitamin D	0IU
Vitamin E	10mg
Vitamin K	4µg
Vitamin B6	0.1mg
Folate	22µg
Vitamin B12	0µg
Magnesium	110mg
Selenium	2µg

Directions

- 1 Serve the peach with the almonds and enjoy!

Notes

Leftovers: Store peach and almonds separately until ready to serve.

Nut-Free: Use pumpkin seeds or sunflower seeds instead.



Peach Strawberry Smoothie

1 serving

5 minutes

Ingredients

- 1 Peach (large, ripe and chopped)
- 1 cup Frozen Strawberries
- 1/2 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	191
Fat	4g
Carbs	40g
Fiber	8g
Sugar	23g
Protein	3g
Cholesterol	0mg
Sodium	29mg
Vitamin A	588IU
Vitamin C	101mg
Calcium	294mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	9µg
Vitamin B6	0.1mg
Folate	44µg
Vitamin B12	1.4µg
Magnesium	38mg
Selenium	2µg

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Green: Add spinach or kale.

Likes it Sweet: Sweeten with honey or maple syrup.

Consistency: Adjust consistency to your liking by adding water to the blender.



Vegan Lentil Keema

4 servings

25 minutes

Ingredients

- 2 cups Water
- 1 3/4 cups Canned Coconut Milk (divided)
- 2 Yellow Potato (small, cubed)
- 1 cup Dry Green Lentils
- 1 tbsp Coconut Oil
- 2 tsps Coriander
- 2 tsps Cumin
- 3 Garlic (cloves, minced)
- 1 Yellow Onion (medium, diced)
- 3 Tomato (medium, halved)
- 2 cups Frozen Peas
- 1 tbsp Lime Juice

Nutrition

Amount per serving	
Calories	565
Fat	23g
Carbs	71g
Fiber	13g
Sugar	9g
Protein	21g
Cholesterol	0mg
Sodium	134mg
Vitamin A	2962IU
Vitamin C	46mg
Calcium	100mg
Iron	7mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	24µg

Directions

- 1 In a large pot, add the water, half the coconut milk, potatoes, and lentils. Bring to a boil, then lower to a simmer. Cook for 20 minutes uncovered, or until tender. Do not drain. Set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the coriander, cumin, and garlic, and cook for one minute. Stir in the onions for about five minutes, or until translucent. Add the tomato and cook for another five minutes.
- 3 Stir in the remaining coconut milk. Use a hand-held immersion blender to blend until smooth.
- 4 Add the peas, lime juice, potatoes, and lentils (with the liquid). Gently simmer for about five minutes or until warmed through. Enjoy!

Notes

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

Serving Size: Each serving equals approximately 1 3/4 cups.

More Flavor: Add garlic, chopped bell pepper, cauliflower, or green chilies. Season further with turmeric, cinnamon, cayenne, salt, or pepper to taste.

Additional Toppings: Top with cilantro. Serve with rice or naan.

No Green Lentils: Use brown lentils instead.

No Coconut Oil: Use ghee or butter instead.



Vitamin B6	0.8mg
Folate	318µg
Vitamin B12	0µg
Magnesium	81mg
Selenium	2µg



Sheet Pan Pesto Chicken, Potatoes & Veggies

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (skinless, boneless)
- 2 cups Mini Potatoes (halved)
- 2 cups Broccoli (cut into florets)
- 1 Carrot (medium, sliced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper
- 3 tbsps Pesto

Nutrition

Amount per serving	
Calories	483
Fat	23g
Carbs	38g
Fiber	7g
Sugar	6g
Protein	34g
Cholesterol	82mg
Sodium	254mg
Vitamin A	6064IU
Vitamin C	113mg
Calcium	149mg
Iron	3mg
Vitamin D	1IU
Vitamin E	5mg
Vitamin K	141µg
Vitamin B6	1.6mg
Folate	100µg
Vitamin B12	0.2µg
Magnesium	100mg
Selenium	29µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

Additional Toppings: Add red pepper flakes, parmesan, or nutritional yeast.



Beef Chow Mein

4 servings

20 minutes

Ingredients

- 1 1/2 tpsps Extra Virgin Olive Oil
- 1 Sweet Onion (large, diced)
- 3 Garlic (cloves, minced)
- 1 lb Stewing Beef (sliced or cubed)
- 1 tsp Ginger (peeled, grated)
- 1/2 tsp Sea Salt (to taste)
- 3 tbsps Coconut Aminos (to taste)
- 5 cups Broccoli Slaw

Nutrition

Amount per serving	
Calories	240
Fat	7g
Carbs	17g
Fiber	3g
Sugar	9g
Protein	28g
Cholesterol	71mg
Sodium	631mg
Vitamin A	7508IU
Vitamin C	87mg
Calcium	61mg
Iron	3mg
Vitamin D	5IU
Vitamin E	0mg
Vitamin K	3µg
Vitamin B6	0.8mg
Folate	23µg
Vitamin B12	2.6µg
Magnesium	32mg
Selenium	27µg

Directions

- 1 Heat the oil in a large pan over medium-high heat. Cook the onions and garlic for two to three minutes. Add the beef, ginger, and salt. Cook for six to eight minutes, or until cooked through.
- 2 Stir in the coconut aminos and broccoli slaw. Cook for two minutes, or until warmed through. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

Stewing Beef: This recipe was tested with stewing beef sliced into 1/2 cm pieces. Adjust the cooking time as needed based on the thickness of the beef slices/cubes.

More Flavor: Add a splash of orange juice and/or fish sauce.

Additional Toppings: Top with roasted cashews or peanuts.

Make it Vegan: Use crumbled tofu or tempeh instead of beef.

No Coconut Aminos: Use tamari or soy sauce instead.



Tropical Breakfast Bowl

2 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pineapple (chopped)
- 1/2 Mango (peeled and chopped)
- 1 Kiwi (peeled and chopped)
- 1/2 cup Granola

Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g
Cholesterol	25mg
Sodium	115mg
Vitamin A	1906IU
Vitamin C	94mg
Calcium	424mg
Iron	2mg
Vitamin D	75IU
Vitamin E	5mg
Vitamin K	19µg
Vitamin B6	0.3mg
Folate	78µg
Vitamin B12	0µg
Magnesium	70mg
Selenium	8µg

Directions

- 1 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

Notes

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

Additional Toppings: Chopped nuts, seeds, shredded coconut, and/or honey.

Fruit: Add banana and/or berries.

Dairy-Free: Use coconut yogurt instead.

Grain-Free: Omit the granola.



Mushroom & Sole Fried Rice

4 servings

30 minutes

Ingredients

- 1 cup Jasmine Rice (dry, uncooked)
- 2 tbsps Fish Sauce
- 2 tsps Cane Sugar (to taste)
- 2 tsps Lime Juice (to taste)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 12 Cremini Mushrooms (sliced)
- 1 lb Sole Fillet (boneless)
- 1 cup Frozen Peas

Nutrition

Amount per serving	
Calories	326
Fat	6g
Carbs	49g
Fiber	3g
Sugar	5g
Protein	21g
Cholesterol	51mg
Sodium	1074mg
Vitamin A	882IU
Vitamin C	7mg
Calcium	40mg
Iron	1mg
Vitamin D	132IU
Vitamin E	1mg
Vitamin K	12µg
Vitamin B6	0.2mg
Folate	44µg
Vitamin B12	1.4µg
Magnesium	50mg
Selenium	36µg

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 In a small saucepan over medium heat, whisk the fish sauce and cane sugar together until dissolved. Remove from heat and add the lime juice. Set aside.
- 3 In a large nonstick pan, heat half the oil over medium-high heat. Cook the mushrooms until soft, about five minutes. Transfer to a bowl.
- 4 Heat the remaining oil in the same pan over medium-high heat. Cook the sole fillets for one to two minutes per side or until opaque and cooked through.
- 5 Use your spatula to break up the sole into chunks. Stir in the mushroom, peas, cooked rice, and lime-fish sauce until well combined. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 to 2 cups.

More Flavor: Add your choice of dried or fresh herbs.

Additional Toppings: Add scrambled eggs, corn, or green onions.



Strawberry Kiwi Salad

2 servings

5 minutes

Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Calories	230
Fat	15g
Carbs	23g
Fiber	5g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	38mg
Vitamin A	69IU
Vitamin C	114mg
Calcium	87mg
Iron	2mg
Vitamin D	0IU
Vitamin E	5mg
Vitamin K	36µg
Vitamin B6	0.1mg
Folate	53µg
Vitamin B12	0µg
Magnesium	33mg
Selenium	7µg

Directions

- 1 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

Additional Toppings: Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

More Protein: Top with cooked chicken, shrimp, fish, or tofu.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds, or chopped nuts instead.



Strawberry Kiwi Salad with Chicken

2 servings

5 minutes

Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 5 ozs Chicken Breast, Cooked (sliced)

Nutrition

Amount per serving	
Calories	337
Fat	17g
Carbs	23g
Fiber	5g
Sugar	13g
Protein	26g
Cholesterol	74mg
Sodium	75mg
Vitamin A	92IU
Vitamin C	114mg
Calcium	90mg
Iron	2mg
Vitamin D	1IU
Vitamin E	5mg
Vitamin K	36µg
Vitamin B6	1.0mg
Folate	53µg
Vitamin B12	0.2µg
Magnesium	57mg
Selenium	27µg

Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

Additional Toppings: Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

No Chicken: Top with cooked shrimp, fish, or tofu instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds, or chopped nuts instead.



Baked Chicken with Kiwi Avocado Salsa

2 servings

30 minutes

Ingredients

- 10 ozs Chicken Breast
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Kiwi (peeled and chopped)
- 1 Avocado (chopped)
- 1/4 cup Red Onion
- 1/2 Lime (large, juiced)
- 3 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	446
Fat	26g
Carbs	22g
Fiber	9g
Sugar	8g
Protein	35g
Cholesterol	103mg
Sodium	75mg
Vitamin A	356IU
Vitamin C	79mg
Calcium	50mg
Iron	1mg
Vitamin D	1IU
Vitamin E	5mg
Vitamin K	58µg
Vitamin B6	1.5mg
Folate	118µg
Vitamin B12	0.3µg
Magnesium	84mg
Selenium	33µg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with 1/2 of the oil and season with 1/2 of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
- 4 To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days and the salsa up to one day.

Serving Size: One serving is approximately 5 oz chicken and 1/2 cup of salsa.

More Flavor: Add fresh garlic, jalapeno, or ground cumin to the salsa. Season the chicken with other dried herbs and spices.

No Red Onion: Use yellow onion or green onion instead.

No Chicken: Serve with fish, shrimp, or tofu.

Make it a Meal: Serve with quinoa, rice, cauliflower rice, salad or steam vegetables.