



## 7-Day Happy Thyroid Plan

Created by Zest Natural Therapies



# 7-Day Happy Thyroid Plan





7 days




	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Spinach and Sweet Potato Egg Muffins	Spinach and Sweet Potato Egg Muffins	Spinach and Sweet Potato Egg Muffins	Dark Chocolate Berry Chia Pudding	Chocolate Avocado Smoothie	Meal Prep Coconut Flour Pancakes	Eggs in a Butternut Squash Nest
Snack 1	Rice Cakes with Almond Butter & Banana	Brazil Nuts	Rice Cakes, Avocado & Hummus	Hard Boiled Eggs	Brazil Nuts	Collagen Green Smoothie	Double Chocolate Mint Energy Balls
Lunch	Rainbow Chopped Salad Jars	Cleaned Up Chicken Salad	Chicken Shawarma Salad Bowls	Turkey Taco Lettuce Wraps	Beef Burrito Bowl with Cauliflower Rice	BLT Salad Bowls	Vegan Stuffed Mushrooms
Snack 2	Pineapple	Pineapple	Apples & Almonds	Dark Chocolate & Walnuts	Almond Butter Stuffed Dates	Green Pea Hummus Chopped Bell Peppers	Smoked Salmon & Veggie Nori Rolls
Dinner	One Pan Cod and Sweet Potato	Chicken Shawarma Salad Bowls	Turkey Taco Lettuce Wraps	Beef Burrito Bowl with Cauliflower Rice	Grilled Mediterranean Chicken Kabobs	Spicy Shrimp with Pesto Noodles	Turmeric Beef Stew Cauliflower Rice
Snack 3						Almond Butter Coconut Whip with Blueberries	Golden Turmeric Hot Chocolate








## Meal Prep Guide – 7 Day Happy Thyroid Plan.

Remember, the plan is for 2 people – so feel free to adjust to suit your family size and/or appetites!

Day	Task	Notes
0 Sun	 <ul style="list-style-type: none"> <li>Grocery shop.</li> </ul>	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
	 <ul style="list-style-type: none"> <li>Freeze the following meats in these portion sizes:               <ul style="list-style-type: none"> <li>- Beef mince (ground beef) 454g</li> <li>- Chicken breast 227g</li> <li>- Beef steak 227g</li> <li>- Shrimp (prawns) 227g</li> <li>- Bacon 4 slices (if necessary)</li> <li>- Smoked salmon 170g (if necessary)</li> </ul> </li> </ul>	<p>You'll be reminded later on in the week when to set them out to thaw. Leave all other fresh meats in the fridge for the next few days' meals.</p> <p>Check the expiry dates on the packets of bacon and salmon – they may not need to be frozen.</p>
1 Mon	 <ul style="list-style-type: none"> <li>Prepare and serve breakfast.</li> <li>Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Spinach &amp; Sweet Potato Egg Muffins. There should be enough leftover for the next 2 days' breakfasts – store leftovers in a clean container in the fridge.</p> <p>Rice Cakes With Almond Butter &amp; Banana, Rainbow Chopped Salad Jars, Pineapple (divide Pineapple into 2 portions and store 2<sup>nd</sup> portion in fridge for tomorrow).</p>
	 <ul style="list-style-type: none"> <li>Prepare and cook dinner.</li> <li>Cook chicken breasts for tomorrow's lunch.</li> </ul>	<p>One Pan Cod &amp; Sweet Potato.</p> <p>While cooking dinner, bake the chicken breasts for tomorrow's lunch (Cleaned-Up Chicken Salad). When cool, store in fridge overnight.</p>

2 Tue		<ul style="list-style-type: none"> <li>• Prepare and serve breakfast.</li> <li>• Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Leftover Spinach &amp; Sweet Potato Egg Muffins. Serve cold or reheat if desired.</p> <p>Brazil Nuts, Cleaned-Up Chicken Salad, leftover Pineapple.</p>
		<ul style="list-style-type: none"> <li>• Prepare and cook dinner.</li> </ul>	<p>Chicken Shawarma Salad Bowls. This makes enough for 2 meals - divide into 2 portions and store leftovers in fridge for tomorrow's lunch.</p>
3 Wed		<ul style="list-style-type: none"> <li>• Prepare and serve breakfast.</li> <li>• Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Leftover Spinach &amp; Sweet Potato Egg Muffins. Serve cold or reheat if desired.</p> <p>Rice Cakes, Avocado &amp; Hummus, leftover Chicken Shawarma Salad Bowls, Apples &amp; Almonds.</p>
		<ul style="list-style-type: none"> <li>• Prepare and cook dinner.</li> <li>• Remove beef mince (454g pack) from freezer.</li> <li>• Prepare tomorrow's breakfast (except for berries).</li> <li>• Hard-boil eggs (2 per person)</li> </ul>	<p>Turkey Taco Lettuce Wraps. This makes enough for 2 meals – divide into 2 portions and store leftovers in fridge for tomorrow's lunch.</p> <p>Thaw in fridge overnight.</p> <p>Dark Chocolate Berry Chia Pudding. Cover and store in fridge overnight to gel.</p> <p>For tomorrow's snack. Store in fridge when cool.</p>
4 Thu		<ul style="list-style-type: none"> <li>• Prepare and serve breakfast.</li> <li>• Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Dark Chocolate Berry Chia Pudding.</p> <p>Hard-Boiled Eggs, leftover Turkey Taco Lettuce Wraps, Dark Chocolate &amp; Walnuts.</p>
		<ul style="list-style-type: none"> <li>• Prepare and cook dinner.</li> <li>• Remove chicken breast (227g pack) from freezer.</li> </ul>	<p>Beef Burrito Bowl With Cauliflower Rice. This makes enough for 2 meals – divide into 2 portions and store leftovers in fridge for tomorrow's lunch.</p> <p>Thaw in fridge overnight.</p>

5 Fri		<ul style="list-style-type: none"> <li>• Prepare and serve breakfast.</li> <li>• Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Chocolate Avocado Smoothie.</p> <p>Brazil Nuts, leftover Beef Burrito Bowl With Cauliflower Rice, Almond Butter Stuffed Dates.</p>
		<ul style="list-style-type: none"> <li>• Prepare and cook dinner.</li> <li>• If you are going to be on-the-go tomorrow, hard-boil the eggs for tomorrow's lunch.</li> <li>• Place the banana in the freezer.</li> <li>• Place the coconut milk in the fridge.</li> <li>• Remove the following from freezer: <ul style="list-style-type: none"> <li>• Bacon (if necessary)</li> <li>• Prawns (shrimp) 227g pack</li> </ul> </li> </ul>	<p>Grilled Mediterranean Chicken Kabobs.</p> <p>BLT Salad Bowls. Store in fridge when cool.</p> <p>This will be used in the smoothie tomorrow.</p> <p>This will be used in the dessert tomorrow.</p> <p>Thaw in fridge overnight.</p>
6 Sat		<ul style="list-style-type: none"> <li>• Prepare and serve breakfast.</li> <li>• Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Meal Prep Coconut Flour Pancakes.</p> <p>Collagen Green Smoothie, BLT Salad Bowls, Green Pea Hummus With Chopped Bell Peppers (Capsicum).</p>
		<ul style="list-style-type: none"> <li>• Prepare and cook dinner.</li> <li>• Prepare and serve dessert.</li> <li>• Remove the following from freezer: <ul style="list-style-type: none"> <li>- Beef steak (227g pack)</li> <li>- Smoked salmon (if necessary)</li> </ul> </li> </ul>	<p>Spicy Shrimp With Pesto Noodles.</p> <p>Almond Butter Coconut Whip With Blueberries.</p> <p>Thaw in fridge overnight.</p>
7 Sun		<ul style="list-style-type: none"> <li>• Prepare and serve breakfast.</li> <li>• Pack your meals if you are on-the-go, or prepare as needed during the day.</li> </ul>	<p>Eggs In A Butternut Squash Nest.</p> <p>Double Chocolate Mint Energy Balls (there should be extra left over to use as a snack another day), Vegan Stuffed Mushrooms, Smoked Salmon &amp; Veggie Nori Rolls.</p>



- Prepare and cook dinner.
- Prepare and serve dessert.

Turmeric Beef Stew with a side of Cauliflower Rice.

Golden Turmeric Hot Chocolate.

# 7-Day Happy Thyroid Plan

108 items

## Fruits

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- 2 Apple
- 8 Avocado
- 2 Banana
- 1 1/8 cups Blueberries
- 1/4 cup Grapes
- 3 1/16 Lemon
- 1 1/2 tbsps Lemon Juice
- 2 Lime
- 6 cups Pineapple
- 1/2 cup Raspberries
- 1/3 cup Strawberries

## Breakfast

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- 1/2 cup Almond Butter
- 2 1/3 tbsps Maple Syrup
- 6 Plain Rice Cake

## Seeds, Nuts & Spices

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- 1 cup Almonds
- 1 1/2 tsps Black Pepper
- 1 cup Brazil Nuts
- 1/16 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 2 3/4 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 1/8 tbsps Coriander
- 3 1/4 tbsps Cumin
- 1/2 tsp Dried Thyme
- 1 3/4 tsps Garlic Powder
- 1/2 tsp Ground Ginger
- 1 1/8 tbsps Hemp Seeds
- 1 2/3 tbsps Oregano
- 1/4 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 3/4 tbsps Sea Salt
- 1/4 Sea Salt & Black Pepper
- 2 2/3 tbsps Slivered Almonds

## Vegetables

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- 4 cups Arugula
- 15 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 1 1/2 cups Butternut Squash
- 1 Carrot
- 1/2 head Cauliflower
- 4 cups Cauliflower Rice
- 1 stalk Celery
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 6 Cremini Mushrooms
- 1 1/2 Cucumber
- 5 1/4 Garlic
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 1 head Iceberg Lettuce
- 1 Jalapeno Pepper
- 2 cups Kale Leaves
- 2/3 cup Matchstick Carrots
- 1/4 cup Microgreens
- 1/3 cup Parsley
- 2 cups Purple Cabbage
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 8 leaves Romaine
- 3 1/2 Sweet Potato
- 1 tsp Thyme
- 5 Tomato
- 1 2/3 Yellow Bell Pepper
- 2 1/4 Yellow Onion
- 1/2 Yellow Potato
- 2 1/2 Zucchini

## Boxed & Canned

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- 1 cup Beef Broth
- 2 1/2 cups Chickpeas
- 2/3 cup Organic Coconut Milk

## Bread, Fish, Meat & Cheese

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- 907 grams Chicken Breast
- 2 Cod Fillet
- 454 grams Extra Lean Ground Beef
- 454 grams Extra Lean Ground Turkey
- 1/2 cup Hummus
- 4 slices Organic Bacon
- 227 grams Shrimp
- 170 grams Smoked Salmon
- 227 grams Top Sirloin Steak

## Condiments & Oils

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- 1/3 cup Avocado Oil
- 1 1/3 tbsps Coconut Oil
- 1 tsp Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1 1/2 tsps Red Wine Vinegar
- 1/2 cup Tahini

## Cold

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- 1 tsp Coconut Butter
- 27 1/3 Egg
- 4 cups Unsweetened Almond Milk

## Other

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- 4 Barbecue Skewers
- 1/2 cup Chocolate Protein Powder
- 28 grams Collagen Powder
- 2 Nori Sheets
- 4 2/3 cups Water



- 1 1/8 tbsps** Smoked Paprika
- 1 1/2 tsps** Turmeric
- 1 cup** Walnuts

## Frozen

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- 1/3 cup** Frozen Peas

## Baking

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- 2 tsps** Cacao Nibs
- 3 1/3 tbsps** Cacao Powder
- 1 tbsp** Cocoa Powder
- 2/3 cup** Coconut Flour
- 50 grams** Dark Organic Chocolate
- 2 2/3 tbsps** Dried Unsweetened Cranberries
- 1 tsp** Honey
- 1 1/2 tsps** Nutritional Yeast
- 1/3 tsp** Peppermint Extract
- 3/4 cup** Pitted Dates
- 1 1/2 tsps** Tapioca Flour
- 1/4 tsp** Vanilla Extract



# Breakfasts

# Spinach and Sweet Potato Egg Muffins

8 ingredients · 35 minutes · 6 servings



## Directions

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1. Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## Notes

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### Serving Size

One serving is equal to three egg cups.

### Leftovers

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

### No Baby Spinach

Use finely sliced kale or swiss chard instead.

## Ingredients

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- 2 1/4 **tsps** Avocado Oil
- 1 1/2 Sweet Potato (medium, peeled and chopped into cubes)
- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 9 **cups** Baby Spinach
- 12 Egg
- 1/3 **cup** Water
- 3/4 **tsp** Sea Salt
- 3/4 **tsp** Black Pepper



# Dark Chocolate Berry Chia Pudding

7 ingredients · 3 hours · 2 servings



## Directions

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1. In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
2. Cover the bowl and refrigerate for at least 3 hours, or overnight.
3. For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

## Notes

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### No Berries

Use any type of chopped fruit instead.

### Storage

Keeps well in the fridge up to 5 days.

## Ingredients

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- 1/4 cup Chia Seeds
- 1 tbsp Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract
- 1/2 cup Blueberries
- 1/2 cup Raspberries



# Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

### Likes it Sweet

Add frozen banana.

### Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

## Ingredients

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- 1/2 Avocado
- 2 cups Unsweetened Almond Milk
- 2 tbsps Almond Butter
- 2 cups Baby Spinach
- 1/2 cup Chocolate Protein Powder



# Meal Prep Coconut Flour Pancakes

7 ingredients · 20 minutes · 2 servings



## Directions

1. Melt the coconut oil in a large skillet over medium heat.
2. In a bowl, combine the coconut flour, eggs, and avocado oil. Mix well. The dough will be stiff, thick and fluffy, not like typical pancake batter.
3. Scoop out 1/4 cup servings of the dough and form it into small balls. Drop them into the pan and press down gently to form pancakes. Cook for 2 to 3 minutes per side, flipping gently.
4. Top with fresh berries, hemp seeds and any other toppings you'd like. Enjoy!

## Notes

### Recommended Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using a different brand of coconut flour, results may vary.

### Leftovers

Keeps well in the fridge for 3 days.

### Flavoured Pancakes

Mix blueberries, raspberries or chocolate chips into the dough before cooking.

### Additional Toppings

Butter, ghee, coconut oil, maple syrup, honey, fruit or nut butter.

## Ingredients

- 2 **tsps** Coconut Oil
- 2/3 **cup** Coconut Flour
- 5 1/3 **Egg**
- 2 2/3 **tbsps** Avocado Oil
- 1/3 **cup** Blueberries
- 1/3 **cup** Strawberries (sliced)
- 2 **tsps** Hemp Seeds



# Eggs in a Butternut Squash Nest

5 ingredients · 15 minutes · 2 servings



## Directions

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1. Form the spiralized squash noodles into nests, making a small well in the center for the egg.
2. Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
3. Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
4. Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Garnish with microgreens (optional) and enjoy!

## Notes

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### No Squash

Use spiralized sweet potato, beets or zucchini instead.

### Save Time

Use storebought spiralized veggies.

### Spiralizing Squash

Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.

## Ingredients

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- 1 1/2 cups Butternut Squash (spiralized into noodles)
- 2 tsps Coconut Oil
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Microgreens (optional)



## Morning Snacks

# Rice Cakes with Almond Butter & Banana

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Spread almond butter on the rice cake and top with sliced banana. Enjoy!

## Notes

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### No Almond Butter

Use peanut, cashew or sunflower seed butter instead.

### More Flavor

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

### More Fiber

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

## Ingredients

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- 2 Plain Rice Cake
- 2 **tbsps** Almond Butter
- 1 Banana (medium, sliced)



## Brazil Nuts

1 ingredient · 5 minutes · 2 servings



### Directions

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1. Divide into bowls and enjoy!

### Ingredients

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1/2 cup Brazil Nuts



# Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 2 servings



## Directions

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1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

## Notes

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### No Rice Cakes

Use crackers or tortillas instead.

## Ingredients

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- 4 Plain Rice Cake
- 1/2 cup Hummus
- 1 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)



# Hard Boiled Eggs

1 ingredient · 15 minutes · 2 servings



## Directions

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1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## Notes

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### Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

### Easier to Peel

Add salt to the water while boiling.

## Ingredients

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4 Egg



# Collagen Green Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### No Collagen Powder

Omit or use protein powder instead.

### No Spinach

Use kale or romaine lettuce instead.

### Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

### Leftovers

Best enjoyed immediately.

## Ingredients

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**2 cups** Water

**4 cups** Baby Spinach

**1** Avocado

**1** Banana (frozen)

**28 grams** Collagen Powder



# Double Chocolate Mint Energy Balls

7 ingredients · 15 minutes · 4 servings



## Directions

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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

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### 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.

## Ingredients

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- 1/3 cup Pitted Dates
- 1/3 cup Almonds (raw)
- 1 1/3 tbsps Cacao Powder
- 2 tsps Cacao Nibs
- 1/16 tsp Sea Salt
- 1/3 tsp Peppermint Extract
- 2 tsps Water



## Lunches

# Rainbow Chopped Salad Jars

9 ingredients · 30 minutes · 2 servings



## Directions

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1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

## Notes

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### Storage

Keeps well in the fridge for up to 4 days.

### No Tahini

Use a nut butter or sunflower seed butter instead.

## Ingredients

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- 3 1/3 tbsps** Tahini
- 1 1/3** Lemon (juiced)
- 1/3 tsp** Sea Salt
- 1 1/3 tbsps** Water
- 2 cups** Chickpeas (cooked, from the can)
- 2/3 cup** Cherry Tomatoes
- 2/3 cup** Matchstick Carrots
- 2/3** Yellow Bell Pepper (chopped)
- 2 cups** Purple Cabbage (chopped)



# Cleaned Up Chicken Salad

10 ingredients · 30 minutes · 2 servings



## Directions

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1. Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
2. In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
3. Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

## Ingredients

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- 113 grams** Chicken Breast (baked)
- 1 stalk** Celery (diced)
- 1/4 cup** Grapes (halved)
- 2 cups** Kale Leaves (finely sliced into ribbons)
- 2 2/3 tbsps** Slivered Almonds
- 1 1/2 tsps** Hemp Seeds
- 1 tbsp** Dijon Mustard
- 1 tbsp** Extra Virgin Olive Oil
- 1/4** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)



# BLT Salad Bowls

7 ingredients · 15 minutes · 2 servings



## Directions

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1. Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
2. While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
3. To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

## Ingredients

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**2** Egg  
**4 slices** Organic Bacon  
**4 cups** Arugula  
**1 cup** Cherry Tomatoes (halved)  
**1/2** Avocado (sliced)  
**2 tbsps** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## Notes

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### Leftovers

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

### Vegan

Use smokey tempeh slices instead of bacon and omit the egg.

### More Carbs

Serve with toast or quinoa.



# Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

## Notes

### Serving Size

One serving is equal to three stuffed mushrooms.

### No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

### No Thyme

Use another herb like sage or rosemary.

### Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

## Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 Yellow Onion (finely chopped)
- 1/2 **cup** Walnuts (raw, chopped)
- 1 **tsp** Thyme (fresh)
- 1/2 Garlic (clove, minced)
- 1/8 **tsp** Sea Salt
- 2 2/3 **tsps** Dried Unsweetened Cranberries (roughly chopped)
- 6 Cremini Mushrooms (whole, stems and gills removed)
- 1 1/2 **tsps** Nutritional Yeast
- 1 **tbsp** Parsley (chopped)



## Afternoon Snacks

# Pineapple

1 ingredient · 5 minutes · 4 servings



## Directions

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1. Slice into cubes and divide into bowls. Enjoy!

## Notes

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### Extra Sweet

Grill or broil your pineapple and sprinkle with cinnamon.

## Ingredients

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**6 cups** Pineapple



# Apples & Almonds

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Core apple and cut it into slices. Serve with almonds.

## Ingredients

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- 2 Apple (sliced)
- 1/2 cup Almonds



## Dark Chocolate & Walnuts

2 ingredients · 5 minutes · 2 servings



### Directions

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1. Divide dark chocolate and walnuts between bowls. Enjoy!

### Ingredients

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**1/2 cup** Walnuts

**50 grams** Dark Organic Chocolate (at least 70% cacao)



# Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

## Notes

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### Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

### Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

## Ingredients

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**1/2 cup** Pitted Dates

**1/4 cup** Almond Butter



# Green Pea Hummus

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. If mixture is too thick, add 1 tbsp warm water at a time to loosen it up.
2. Serve with veggie sticks for dipping. Store in an airtight container in the fridge up to 1 week.

## Ingredients

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- 1/2 cup** Chickpeas (cooked, drained and rinsed)
- 1/3 cup** Frozen Peas
- 1/4** Garlic (clove, minced)
- 1/4** Lemon (juiced)
- 2 1/4 tsps** Tahini
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/4 tsp** Paprika
- 1/4** Sea Salt & Black Pepper (to taste)



# Chopped Bell Peppers

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container up to 3 to 4 days.

## Ingredients

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1/2 Yellow Bell Pepper

1/2 Green Bell Pepper

1/2 Red Bell Pepper



# Smoked Salmon & Veggie Nori Rolls

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Place the nori sheets on a flat surface. Add the avocado, cucumber, pepper, smoked salmon and mayonnaise. Wrap and enjoy!

## Notes

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### No Smoked Salmon

Use another protein source instead such as tuna or chicken.

### More Veggies

Add microgreens or sprouts to the nori wrap.

### No Mayonnaise

Omit or use another condiment such as hot sauce instead.

### Leftovers

Leftovers aren't recommended as the nori sheet will get soggy. This recipe is best served right away.

## Ingredients

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- 2 Nori Sheets (large, cut in half down the middle)
- 1 Avocado (small, sliced)
- 1/2 Cucumber (medium, sliced into strips)
- 1/2 Red Bell Pepper (sliced into strips)
- 170 grams Smoked Salmon
- 2 tbsps Mayonnaise (optional)



## Dinners

# One Pan Cod and Sweet Potato

10 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
2. Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
3. Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
4. Divide the sweet potato and cod between plates. Serve with a lemon wedge and enjoy!

## Notes

### Cod Fillets

Use cod fillets that are approximately 230 grams or 8 ounces in size.

### No Extra Virgin Olive Oil

Use avocado oil instead.

### Leftovers

Store in the fridge in a sealed container for 2 to 3 days.

### More Veggies

Serve with a side salad or extra veggies of your choice.

### No Cod

Use another type of fish such as haddock, salmon or tilapia

## Ingredients

2 Sweet Potato (medium, cubed)

1 tsp Extra Virgin Olive Oil

1 1/2 tps Smoked Paprika

1/2 tsp Oregano (dried)

1 tsp Chili Powder

1/4 tsp Cumin

1/4 tsp Garlic Powder

1/8 tsp Sea Salt

2 Cod Fillet

1/4 Lemon (sliced into wedges)



# Chicken Shawarma Salad Bowls

14 ingredients · 30 minutes · 4 servings



## Directions

1. Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
2. Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
3. Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
4. Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

## Notes

### Garlic Lover

Serve with hummus or add minced garlic to the tahini dressing.

### Leftovers

Store in the fridge for up to three days.

### Vegan & Vegetarian

Omit the chicken and used cooked chickpeas instead.

## Ingredients

- 567 grams** Chicken Breast (diced into cubes)
- 1/2 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 1/2 tsp** Cinnamon
- 1/2 tsp** Turmeric
- 1 tbsp** Cumin
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 cup** Tahini
- 2 tbsps** Water
- 1/2** Lemon (juiced)
- 8 leaves** Romaine (chopped)
- 2** Tomato (diced)
- 1** Cucumber (diced)
- 1/4 cup** Parsley (chopped)



# Turkey Taco Lettuce Wraps

14 ingredients · 25 minutes · 4 servings



## Directions

1. Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
2. Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
3. Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
4. To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

## Notes

### Optional Toppings

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

### No Iceberg Lettuce

Use romaine leaves, green lettuce or Boston lettuce instead.

### Vegans & Vegetarians

Omit the ground meat and use cooked lentils instead.

## Ingredients

- 1 **tbsp** Avocado Oil
- 1 Yellow Onion (diced)
- 454 grams** Extra Lean Ground Turkey
- 2 tbsps** Chili Powder
- 1 tbsp** Cumin
- 2 tsps** Smoked Paprika
- 1 tsp** Garlic Powder
- 1 tsp** Sea Salt
- 1/2 tsp** Red Pepper Flakes
- 1 Lime (juiced)
- 3** Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head** Iceberg Lettuce (leaves pulled apart and washed)
- 2** Avocado (diced)



# Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



## Directions

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1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

## Notes

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### Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

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- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 454 **grams** Extra Lean Ground Beef
- 1 **tbsp** Cumin (ground)
- 1 **tbsp** Coriander (ground)
- 1 **tbsp** Oregano (dried)
- 1 1/2 **tsps** Sea Salt (divided)
- 1 Lime (juiced)
- 4 **cups** Cauliflower Rice
- 2 Avocado (diced)



# Grilled Mediterranean Chicken Kabobs

10 ingredients · 30 minutes · 2 servings



## Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

## Notes

### Serve Them With

Rice, quinoa, grilled potatoes and/or tzatziki sauce.

### Leftovers

Store covered in an airtight container in the fridge up to three days.

### Serving Size

One serving is equal to approximately two kabobs.

### Vegan & Vegetarian

Omit the chicken and use marinated tofu or whole mushrooms instead.

### Wooden Skewers

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

## Ingredients

- 1/2 Lemon (juiced)
- 1 1/2 **tsps** Red Wine Vinegar
- 1 1/2 **tsps** Oregano (dried)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 227 **grams** Chicken Breast (boneless, skinless, diced into cubes)
- 1/2 Zucchini (large)
- 1/2 Yellow Bell Pepper
- 1/2 **cup** Red Onion
- 1 **cup** Cherry Tomatoes
- 4 Barbecue Skewers



**Turn Them Into a Salad**

Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.



# Spicy Shrimp with Pesto Noodles

16 ingredients · 25 minutes · 2 servings



## Directions

1. In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, half the sea salt, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
2. To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, extra virgin olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
3. Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
4. In the same pan that the shrimp were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto.
5. Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!

## Notes

### Likes it Spicy

Add more cayenne.

### Leftovers

This recipe is best served immediately. Store leftover ingredients separately in the fridge and assemble before cooking.

### Less Watery

To help prevent watery zucchini noodles, remove any noodles that contain fragments of the zucchini seeds. Using smaller-sized zucchini are best to keep seed fragments and water content low.

### Cold Version

This recipe can also be served cold with raw zucchini noodles instead of warm zucchini noodles. Just skip step 5.

## Ingredients

- 227 grams Shrimp (peeled, deveined)
- 1 1/4 tps Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Dried Thyme
- 1/2 tsp Sea Salt (divided)
- 1/16 tsp Cayenne Pepper
- 1 1/2 tps Avocado Oil
- 1 cup Basil Leaves
- 1/2 cup Baby Spinach
- 2 tbsps Almonds
- 1 tbsp Water
- 1/2 Garlic (clove)
- 1 1/2 tbsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 Zucchini (small, spiralized into noodles)
- 1/4 cup Cherry Tomatoes (halved)



# Turmeric Beef Stew

14 ingredients · 55 minutes · 2 servings



## Directions

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1. Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
2. Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
3. Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
4. Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
5. Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
6. Divide into bowls and enjoy!

## Notes

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### Too Thick

If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

### Leftovers

Store in an airtight container in the fridge up to 3 days. Freeze for longer.

### No Beef Broth

Use vegetable or chicken broth instead.

## Ingredients

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- 227 grams** Top Sirloin Steak
- 1 1/2 tsps** Tapioca Flour
- 1/2 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 2 1/4 tsps** Extra Virgin Olive Oil
- 1** Carrot (medium, chopped)
- 1/2** Yellow Potato (large, chopped)
- 1/2 tsp** Turmeric (ground)
- 1/2 tsp** Coriander (ground)
- 1/2 tsp** Cumin (ground)
- 1/2 tsp** Ground Ginger
- 1 cup** Beef Broth
- 2 stalks** Green Onion (green parts only, chopped)
- 1/4 cup** Cilantro (chopped)



# Cauliflower Rice

1 ingredient · 10 minutes · 2 servings



## Directions

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1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

## Notes

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### Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

### No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

### Serving Size

One serving is equal to approximately one cup of cauliflower rice.

### Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

## Ingredients

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**1/2 head** Cauliflower (chopped into small pieces)



## Desserts

# Almond Butter Coconut Whip with Blueberries

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
2. Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
3. Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up to 5 days.

### No Maple Syrup

Use honey or your sweetener of choice.

### No Almond Butter

Use hazelnut, peanut, cashew or sunflower seed butter instead.

### Cake Frosting

This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

### Serving Size

Each serving yields approximately 1/3 cup of almond butter coconut whip.

## Ingredients

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**2/3 cup** Organic Coconut Milk (canned, full fat, refrigerated overnight)

**1 tbsp** Almond Butter

**1 1/3 tbsps** Maple Syrup

**1/3 cup** Blueberries (fresh or frozen)



# Golden Turmeric Hot Chocolate

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

## Notes

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### No Cacao Powder

Use cocoa powder instead.

### No Honey

Use maple syrup or stevia instead.

### Nut-Free

Use oat milk or coconut milk instead.

### No Coconut Butter

Use almond, cashew or sunflower seed butter instead.

## Ingredients

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- 2 tbsps** Cacao Powder
- 1/2 tsp** Turmeric (dried, ground)
- 1/2 tsp** Cinnamon
- 1 tbsps** Coconut Butter
- 1 tsp** Honey
- 2 cups** Water (hot)
- 1 cup** Unsweetened Almond Milk

