










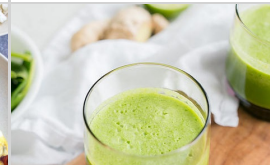






Breakfast Ideas

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pineapple Coconut Overnight Oats	 Cashew Butter & Jelly Overnight Oats	 Banana & Nut Chia Oats	 Pineapple Cucumber Smoothie	 Creamy Blueberry Smoothie	 Blackberry Chia Pudding	 Banana Mango Chia Pudding
Snack 1	 Cinnamon Yogurt Overnight Oats	 Carrot Cake Baked Oatmeal	 Blueberry Chia Baked Oatmeal	 Bacon, Feta & Tomato Egg Muffins	 Green Coconut Ginger Juice	 Blueberry Coconut Smoothie	 Dragon Fruit & Kiwi Smoothie

Fruits

- ☐ 3 1/2 Banana
- ☐ 1 cup Blackberries
- ☐ 1/2 Kiwi
- ☐ 1 Lemon
- ☐ 1 1/2 tsps Lemon Juice
- ☐ 3/4 Lime
- ☐ 1 Mango
- ☐ 1 cup Pineapple
- ☐ 1/3 cup Raspberries

Breakfast

- ☐ 1 1/3 tsps All Natural Peanut Butter
- ☐ 2 tsps Cashew Butter
- ☐ 2/3 cup Maple Syrup
- ☐ 2 tsps Raspberry Jam
- ☐ 2 cups Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1 1/4 cups Chia Seeds
- ☐ 1/8 tsp Cinnamon
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/2 tsp Ground Ginger

Frozen

- ☐ 113 grams Dragon Fruit
- ☐ 1/4 cup Frozen Banana
- ☐ 2 1/2 cups Frozen Blueberries
- ☐ 1 cup Frozen Cauliflower
- ☐ 1/2 cup Frozen Pineapple
- ☐ 5 Ice Cubes

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 2 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 1/4 Cucumber
- ☐ 1 tbsp Ginger
- ☐ 6 stalks Green Onion

Boxed & Canned

- ☐ 3 1/16 cups Canned Coconut Milk
- ☐ 1/4 cup Coconut Cream

Baking

- ☐ 3 1/2 cups Oats
- ☐ 1 tsp Stevia Powder
- ☐ 1/4 cup Unsweetened Applesauce
- ☐ 1/4 cup Unsweetened Shredded Coconut
- ☐ 1 1/4 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 6 slices Bacon
- ☐ 1/3 cup Feta Cheese

Cold

- ☐ 6 Egg
- ☐ 1 1/2 cups Oat Milk
- ☐ 1 1/2 cups Plain Coconut Milk
- ☐ 3 1/4 cups Plain Greek Yogurt
- ☐ 3 1/8 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt
- ☐ 1/2 cup Whipping Cream

Other

- ☐ 1 cup Coconut Water
- ☐ 19 grams Collagen Powder
- ☐ 1 cup Vanilla Protein Powder
- ☐ 5 1/8 cups Water



Pineapple Coconut Overnight Oats

2 servings**8 hours**

Ingredients

1/2 cup Oats
1 cup Canned Coconut Milk
1 tbsp Chia Seeds
1/2 cup Frozen Pineapple
1 tsp Maple Syrup

Directions

1

Whisk all of the ingredients together in a bowl. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Use crushed canned pineapple instead of frozen pineapple.

Additional Toppings: Top with toasted coconut.

Thinner Consistency: Use cow's milk or any other milk alternative.



Cashew Butter & Jelly Overnight Oats

2 servings**8 hours**

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Oats
3 tbsps Unsweetened Almond Milk
2 tsps Chia Seeds
2 tsps Maple Syrup
2 tbsps Cashew Butter
2 tbsps Raspberry Jam
1/3 cup Raspberries

Directions

- 1 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 2 Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

Notes

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

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

Dairy-Free: Use coconut yogurt or other non-dairy yogurt.

Additional Toppings: Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

No Almond Milk: Use cow's milk or any other milk alternative.



Banana & Nut Chia Oats

4 servings

8 hours

Ingredients

2 cups Plain Greek Yogurt
2 cups Unsweetened Almond Milk
1/4 cup Oats (rolled)
1/4 cup Chia Seeds
1 1/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Maple Syrup
2 tsps Vanilla Extract
2 Banana (sliced)

Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana. Serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days.

Nut-Free: Use a nut-free milk such as oat or soy.

More Flavor: Add a pinch of cinnamon.

No Banana: Use mixed berries instead of banana.

Make it Vegan: Use a vegan yogurt.

Consistency: For a thicker consistency, add more chia seeds.



Pineapple Cucumber Smoothie

1 serving

2 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 1/2 cup Water
- 1/4 Cucumber (roughly chopped)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Chia Seeds (optional)
- 1 tsp Ginger (fresh, grated, optional)

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

Likes it Sweet: Add honey, dates, or another sweetener of choice to taste.

More Protein: Add collagen powder or hemp seeds.

No Baby Spinach: Use kale instead.

Pineapple: If using fresh pineapple add ice cubes for a colder smoothie.



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Directions

1

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

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Blackberry Chia Pudding

2 servings

25 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

Directions

- 1 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 2 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 3 Top with additional blackberries if desired. Enjoy!

Notes

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

Additional Toppings: Granola, nuts, seeds, yogurt.

Nut-Free: Use oat milk or coconut milk instead of almond milk.



Banana Mango Chia Pudding

4 servings

30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 3/4 cups Canned Coconut Milk
- 2 1/2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Mango (cubed)
- 1 Banana (sliced)

Directions

- 1 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with mango and banana. Enjoy!

Notes

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

Additional Toppings: Top with coconut flakes.



Cinnamon Yogurt Overnight Oats

1 serving**8 hours**

Ingredients

1/3 cup Oats (rolled)
1 tbsp Chia Seeds
1/8 tsp Cinnamon
1/4 tsp Vanilla Extract
1/2 cup Unsweetened Coconut Yogurt
1/2 cup Plain Coconut Milk (from the carton)
1/2 Banana (sliced)

Directions

- 1 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove from the fridge and enjoy!

Notes

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

Serving Size: One serving is about 1 1/4 cup.

No Coconut Yogurt: Use another type of yogurt.

Additional Toppings: Berries, nuts and/or seeds.



Carrot Cake Baked Oatmeal

4 servings**40 minutes**

Ingredients

2 cups Oats
2 tbsps Ground Flax Seed
1/2 tsp Ground Ginger
2 Carrot (small, peeled and grated)
1 1/2 cups Oat Milk
1/4 cup Maple Syrup (plus extra for drizzling)
1/4 cup Unsweetened Applesauce
1/4 cup Coconut Cream (optional, to garnish)

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, mix together the oats, flax seed, and ground ginger. Stir in the grated carrot, oat milk, maple syrup, and applesauce. Pour the mixture into a baking dish.
- 3 Bake for 30 minutes or until cooked through. Allow it to cool for ten minutes. Serve onto plates, top with coconut cream and maple syrup, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Enjoy cold, or reheat before serving.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

More Flavor: Add grated apple, cinnamon, and/or nutmeg.



Blueberry Chia Baked Oatmeal

12 servings**45 minutes**

Ingredients

3 cups Water
2 cups Steel Cut Oats
1/2 cup Vanilla Protein Powder
1/4 cup Unsweetened Shredded Coconut
3 tbsps Ground Flax Seed
2 tbsps Chia Seeds
1 tsp Stevia Powder
1/2 cup Frozen Blueberries (or fresh)

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.
- 2 In a mixing bowl, gently combine all the ingredients, folding in the blueberries last.
- 3 Transfer to the baking dish and bake until a toothpick comes out clean, about 40 to 45 minutes. Let cool before serving. Enjoy!

Notes

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

Serving Size: One serving equals one square when making 12 servings in a 9 by 13-inch baking dish.

More Flavor: Add vanilla extract, cinnamon, or chopped nuts. Use milk instead of water.

Additional Toppings: Serve it with milk, nut butter, seed butter, honey, or maple syrup.



Bacon, Feta & Tomato Egg Muffins

12 servings**30 minutes**

Ingredients

6 slices Bacon (chopped coarsely)
6 stalks Green Onion (chopped)
1/3 cup Feta Cheese (crumbled coarsely)
1/4 cup Basil Leaves (whole)
1 cup Cherry Tomatoes (halved lengthways)
6 Egg (Large)
1/2 cup Whipping Cream

Directions

- 1 Preheat the oven to 375°F (190°C). Grease or line a muffin tray or use a silicone muffin tray.
- 2 Cook the bacon in a frying pan over medium heat, stirring for five minutes or until crisp. Add the green onions and cook, stirring for another two minutes or until the onion is soft. Drain on a paper towel and set aside.
- 3 Divide the bacon mixture, feta cheese, basil, and tomatoes evenly between the cups of the prepared muffin tray.
- 4 Whisk the eggs and the cream together and pour into the muffin tray.
- 5 Bake for 18 to 20 minutes or until a thin-bladed knife inserted into the center comes out clean. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

Notes

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

Serving Size: One serving is equal to one egg muffin.



Green Coconut Ginger Juice

1 serving

5 minutes

Ingredients

1/3 cup Canned Coconut Milk
2/3 cup Water
1/4 Lime (juiced)
1 cup Baby Spinach
2 tps Ginger (grated)

Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

Notes

Make it Sweeter: Add maple syrup, honey or monk fruit sweetener.

Make it Thicker: Add avocado, greek yogurt or frozen cauliflower.



Blueberry Coconut Smoothie

1 serving

5 minutes

Ingredients

1 cup Coconut Water
1 cup Frozen Blueberries
1/4 cup Frozen Banana
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Make it Vegan: Use coconut or cashew yogurt instead.

More Fiber: Add a combination of chia seeds, hemp seeds, and baby spinach before blending.



Dragon Fruit & Kiwi Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk (unsweetened from the carton)
113 grams Dragon Fruit (red, cubed, fresh or frozen)
1/2 Kiwi
1/2 Lime (juiced)
1 tsp Maple Syrup
19 grams Collagen Powder
5 Ice Cubes

Directions

1

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

Notes

Leftovers: Best enjoyed immediately.

No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

No Red Dragon Fruit: Use a white flesh dragon fruit or strawberries.

Dragon Fruit Size: Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.