



# Genevieve - Low Cal Smoothie and Soup ideas

LISA HAYNE



## MON



**BREAKFAST**  
Blueberry Granola Smoothie Bowl



**LUNCH**  
Blended Chickpea Tomato Soup



**DINNER**  
Moroccan Chicken Stew

## TUE



**BREAKFAST**  
Dragon Fruit & Kiwi Smoothie



**SNACK 1**  
Glowing Green Mango Energy Smoothie



**LUNCH**  
Creamy White Bean Soup



**DINNER**  
Slow Cooker Burrito Soup

## WED



**BREAKFAST**  
Pineapple Cucumber Smoothie



**LUNCH**  
Turmeric & Ginger Butternut Squash Stew



**DINNER**  
Lentil Masala Soup

## THU



**BREAKFAST**  
Golden Smoothie



**SNACK 1**  
Blackberry Chia Pudding



**LUNCH**  
Beef Ramen



**DINNER**  
Slow Cooker Chicken Soup

## FRI



**BREAKFAST**  
Berry Coconut Smoothie



**SNACK 1**  
Chocolate Strawberry Chia Pudding



**LUNCH**  
Tomato Chickpea Soup



**DINNER**  
Curried Chicken Slow Cooker Stew

## SAT



**BREAKFAST**  
Berry Beet Smoothie Bowl



**LUNCH**  
Pressure Cooker Sweet Potato & Peanut Soup



**DINNER**  
Roasted Red Pepper & Tomato Lentil Soup

## SUN



**BREAKFAST**  
Mango Oat Smoothie



**SNACK 1**  
Blueberry Detox Smoothie



**LUNCH**  
Spicy Coconut Lentil Soup



**DINNER**  
Mushroom Miso Soup

## MON

**FAT 36%** **CARBS 49%** **PROTEIN 15%**

**Calories** 1163  
**Fat** 49g  
**Saturated** 19g  
**Carbs** 150g  
**Fiber** 34g  
**Sugar** 73g  
**Protein** 48g

**Cholesterol** 52mg  
**Sodium** 1754mg  
**Vitamin C** 96mg  
**Calcium** 591mg  
**Iron** 16mg  
**Magnesium** 317mg  
**Zinc** 7mg

## TUE

**FAT 19%** **CARBS 65%** **PROTEIN 16%**

**Calories** 986  
**Fat** 22g  
**Saturated** 8g  
**Carbs** 164g  
**Fiber** 32g  
**Sugar** 67g  
**Protein** 40g

**Cholesterol** 0mg  
**Sodium** 1694mg  
**Vitamin C** 179mg  
**Calcium** 929mg  
**Iron** 11mg  
**Magnesium** 273mg  
**Zinc** 3mg

## WED

**FAT 32%** **CARBS 54%** **PROTEIN 14%**

**Calories** 1006  
**Fat** 37g  
**Saturated** 30g  
**Carbs** 140g  
**Fiber** 26g  
**Sugar** 38g  
**Protein** 36g

**Cholesterol** 0mg  
**Sodium** 1504mg  
**Vitamin C** 182mg  
**Calcium** 370mg  
**Iron** 14mg  
**Magnesium** 191mg  
**Zinc** 3mg

## THU

**FAT 35%** **CARBS 46%** **PROTEIN 19%**

**Calories** 1237  
**Fat** 49g  
**Saturated** 18g  
**Carbs** 147g  
**Fiber** 21g  
**Sugar** 43g  
**Protein** 61g

**Cholesterol** 165mg  
**Sodium** 1733mg  
**Vitamin C** 123mg  
**Calcium** 550mg  
**Iron** 11mg  
**Magnesium** 231mg  
**Zinc** 8mg

## FRI

**FAT 39%** **CARBS 41%** **PROTEIN 20%**

**Calories** 923  
**Fat** 41g  
**Saturated** 22g  
**Carbs** 96g  
**Fiber** 23g  
**Sugar** 23g  
**Protein** 46g

**Cholesterol** 29mg  
**Sodium** 1623mg  
**Vitamin C** 67mg  
**Calcium** 555mg  
**Iron** 10mg  
**Magnesium** 196mg  
**Zinc** 3mg

## SAT

**FAT 43%** **CARBS 44%** **PROTEIN 13%**

**Calories** 923  
**Fat** 46g  
**Saturated** 21g  
**Carbs** 106g  
**Fiber** 22g  
**Sugar** 44g  
**Protein** 30g

**Cholesterol** 0mg  
**Sodium** 1743mg  
**Vitamin C** 162mg  
**Calcium** 481mg  
**Iron** 10mg  
**Magnesium** 183mg  
**Zinc** 2mg

## SUN

**FAT 24%** **CARBS 62%** **PROTEIN 14%**

**Calories** 960  
**Fat** 28g  
**Saturated** 5g  
**Carbs** 161g  
**Fiber** 29g  
**Sugar** 68g  
**Protein** 37g

**Cholesterol** 0mg  
**Sodium** 2782mg  
**Vitamin C** 114mg  
**Calcium** 1455mg  
**Iron** 11mg  
**Magnesium** 340mg  
**Zinc** 6mg

## FRUITS

- 1 Apple
- 1 1/4 Avocado
- 3 1/2 Banana
- 1 cup Blackberries
- 1/2 Kiwi
- 1 1/4 Lemon
- 1 1/2 tps Lemon Juice
- 1 1/2 Lime
- 1 cup Pineapple
- 1 cup Strawberries

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Granola
- 1 1/3 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/2 tsp Cardamom
- 1/4 cup Cashews
- 1/4 tsp Cayenne Pepper
- 2/3 cup Chia Seeds
- 1 tsp Chili Flakes
- 2 1/3 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 1 1/2 tbsps Cumin
- 1 tbsp Curry Powder
- 1 tbsp Garam Masala
- 2 tbsps Hemp Seeds
- 1 1/3 tbsps Italian Seasoning
- 2 tps Oregano
- 1/2 cup Raw Peanuts
- 2 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tbsps Smoked Paprika
- 1 1/2 tbsps Turmeric

## FROZEN

## VEGETABLES

- 15 cups Baby Spinach
- 1 Beet
- 5 cups Butternut Squash
- 4 Carrot
- 7 stalks Celery
- 2 1/4 cups Cilantro
- 3/4 Cucumber
- 24 Garlic
- 2 1/8 tbsps Ginger
- 1/2 Green Bell Pepper
- 6 stalks Green Onion
- 2 Jalapeno Pepper
- 10 cups Kale Leaves
- 1/2 cup Parsley
- 3 Red Bell Pepper
- 1/2 cup Red Onion
- 1 tbs Rosemary
- 1 1/2 cups Shiitake Mushrooms
- 2 Sweet Onion
- 3 Sweet Potato
- 5 Tomato
- 1/4 White Onion
- 5 1/2 Yellow Onion
- 1/2 Zucchini

## BOXED & CANNED

- 4 cups Beef Broth
- 2 cups Black Beans
- 1/2 cup Brown Basmati Rice
- 1 cup Brown Rice
- 1 cup Brown Rice Fusilli
- 5 1/2 cups Canned Coconut Milk
- 2 1/2 cups Cannellini Beans
- 3 2/3 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 6 3/4 cups Diced Tomatoes
- 1 cup Dry Green Lentils

## BREAD, FISH, MEAT & CHEESE

- 737 grams Chicken Breast
- 454 grams Chicken Thighs
- 170 grams Tofu
- 340 grams Top Sirloin Steak

## CONDIMENTS & OILS

- 1 tsp Avocado Oil
- 1/3 cup Coconut Oil
- 3 2/3 tbsps Extra Virgin Olive Oil
- 1 tbs Fish Sauce
- 3 tbsps Miso Paste
- 1/4 cup Sun Dried Tomatoes
- 1 1/2 tbsps Sunflower Seed Butter
- 2 tbsps Tamari

## COLD

- 3/4 cup Oat Milk
- 3 cups Plain Coconut Milk
- 6 cups Unsweetened Almond Milk

## OTHER

- 1/4 cup Chocolate Protein Powder
- 38 grams Collagen Powder
- 1 tsp Schisandra Berry Powder
- 28 1/2 cups Water



- 113 grams Dragon Fruit
- 1/2 cup Frozen Berries
- 3 cups Frozen Blueberries
- 1/2 cup Frozen Cauliflower
- 1 1/2 cups Frozen Corn
- 4 1/2 cups Frozen Mango
- 1/2 cup Frozen Peas
- 1 cup Frozen Pineapple
- 1 cup Frozen Raspberries
- 5 Ice Cubes
- 1/2 cup Dry Lentils
- 2 cups Dry Red Lentils
- 2 1/2 cups Fire Roasted Diced Tomatoes
- 369 grams Gluten-Free Ramen Noodles
- 1 cup Lite Coconut Milk
- 1/4 cup Salsa
- 14 cups Vegetable Broth
- 8 cups Vegetable Broth, Low Sodium

#### BAKING

- 1/4 cup Oats
- 1 tbsp Pitted Dates
- 1/3 cup Raisins
- 2 tbsps Raw Honey
- 1/3 cup Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

# Blueberry Granola Smoothie Bowl

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Blueberries  
1/2 cup Frozen Cauliflower  
3/4 cup Oat Milk  
1 1/2 tbsps Sunflower Seed Butter  
1/4 cup Granola  
1 tbsp Unsweetened Shredded Coconut

## NUTRITION

### AMOUNT PER SERVING

Calories	517	Cholesterol	0mg
Fat	29g	Sodium	104mg
Saturated	6g	Vitamin C	33mg
Carbs	58g	Calcium	329mg
Fiber	13g	Iron	3mg
Sugar	28g	Magnesium	142mg
Protein	13g	Zinc	3mg

## DIRECTIONS

- 01 Add the blueberries, cauliflower, milk, and sunflower seed butter and blend until smooth (scraping down the sides of the blender with a spatula or adding another splash of milk if needed as the smoothie should be thick).
- 02 Transfer the smoothie to a bowl and top with the granola and coconut. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately equal to 1 1/2 cups.

### ADDITIONAL TOPPINGS

Chopped nuts, seeds or sliced fruit, like strawberries or bananas.

### LIKES IT SWEET

Add maple syrup, honey, or dates to taste.

### NO OAT MILK

Use another milk instead, like almond or coconut.

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	5g	Sodium	75mg
Saturated	5g	Vitamin C	41mg
Carbs	33g	Calcium	504mg
Fiber	4g	Iron	2mg
Sugar	23g	Magnesium	58mg
Protein	18g	Zinc	0mg

## DIRECTIONS

01 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.

# 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)

## NUTRITION

### AMOUNT PER SERVING

Calories	134	Cholesterol	0mg
Fat	2g	Sodium	30mg
Saturated	0g	Vitamin C	92mg
Carbs	29g	Calcium	109mg
Fiber	5g	Iron	2mg
Sugar	18g	Magnesium	74mg
Protein	3g	Zinc	1mg

## DIRECTIONS

01 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.



# Golden Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Lite Coconut Milk  
1 cup Frozen Pineapple  
1/2 Banana (frozen)  
1/2 Zucchini (chopped and peeled, frozen)  
1 1/2 tsps Ginger (fresh, minced)  
1 tsp Turmeric

## NUTRITION

### AMOUNT PER SERVING

Calories	314	Cholesterol	0mg
Fat	16g	Sodium	72mg
Saturated	12g	Vitamin C	102mg
Carbs	44g	Calcium	46mg
Fiber	6g	Iron	3mg
Sugar	29g	Magnesium	61mg
Protein	3g	Zinc	1mg

## DIRECTIONS

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

## NOTES

### NO ZUCCHINI

Omit or replace with frozen cauliflower or diced avocado.

### NO FRESH GINGER

Use powdered ginger instead, reduce to 1/2 tsp per serving.

# Berry Coconut Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Canned Coconut Milk (full fat)  
1/2 cup Frozen Berries  
1/4 Avocado  
19 grams Collagen Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	304	Cholesterol	0mg
Fat	25g	Sodium	51mg
Saturated	20g	Vitamin C	12mg
Carbs	10g	Calcium	20mg
Fiber	3g	Iron	1mg
Sugar	5g	Magnesium	9mg
Protein	10g	Zinc	0mg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately 3/4 cup.

### MORE FLAVOR

Add baby spinach, hemp seeds, and/or chia seeds before blending.

### MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

# Berry Beet Smoothie Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 Beet (medium, peeled and diced)  
1 cup Frozen Mango  
1 cup Frozen Raspberries  
1 tbsp Pitted Dates  
1 tsp Schisandra Berry Powder  
1 cup Unsweetened Almond Milk

## DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

## NOTES

### TOPPING IDEAS

Blueberries, raspberries, strawberries, mango, chia seeds, or shredded coconut.

### NO SCHISANDRA BERRY POWDER

Leave it out, or use acai powder instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	136	Cholesterol	0mg
Fat	2g	Sodium	116mg
Saturated	0g	Vitamin C	44mg
Carbs	29g	Calcium	263mg
Fiber	6g	Iron	1mg
Sugar	22g	Magnesium	44mg
Protein	3g	Zinc	0mg

# Mango Oat Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Mango  
1 Banana  
1/4 cup Oats  
2 cups Unsweetened Almond Milk  
2 tbsps Hemp Seeds  
1/4 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	275	Cholesterol	0mg
Fat	9g	Sodium	164mg
Saturated	1g	Vitamin C	68mg
Carbs	47g	Calcium	485mg
Fiber	7g	Iron	2mg
Sugar	30g	Magnesium	134mg
Protein	8g	Zinc	2mg

## DIRECTIONS

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

## NOTES

### NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

### STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours.

### MORE PROTEIN

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

### MORE FIBER

Add ground flax seed.

### MORE LIKE MANGO LASSI

Reduce almond milk and add coconut yogurt.



# Glowing Green Mango Energy Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

4 cups Baby Spinach  
1/2 Cucumber  
1 Lime (juiced)  
1 Lemon (juiced)  
1 Apple (skin removed and diced)  
1 1/2 cups Frozen Mango  
2 cups Water

## DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	157	Cholesterol	0mg
Fat	1g	Sodium	56mg
Saturated	0g	Vitamin C	84mg
Carbs	40g	Calcium	119mg
Fiber	6g	Iron	2mg
Sugar	29g	Magnesium	82mg
Protein	4g	Zinc	1mg

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	194	Cholesterol	0mg
Fat	10g	Sodium	82mg
Saturated	0g	Vitamin C	15mg
Carbs	24g	Calcium	391mg
Fiber	10g	Iron	3mg
Sugar	10g	Magnesium	95mg
Protein	6g	Zinc	1mg

## DIRECTIONS

- 01 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 02 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.
- 03 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.

# Chocolate Strawberry Chia Pudding

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Chia Seeds  
1 cup Plain Coconut Milk (unsweetened, from the carton)  
1/4 cup Chocolate Protein Powder  
1 cup Strawberries (halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	225	Cholesterol	2mg
Fat	11g	Sodium	38mg
Saturated	2g	Vitamin C	42mg
Carbs	20g	Calcium	428mg
Fiber	8g	Iron	3mg
Sugar	7g	Magnesium	103mg
Protein	14g	Zinc	1mg

## DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the strawberries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### NO PROTEIN POWDER

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

### LIKES IT SWEET

Add a drizzle of maple syrup or honey.

### LIKES IT THICKER

Use full fat coconut milk instead.

### ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Blueberries  
2 cups Baby Spinach  
2 Banana (peeled, chopped and frozen)  
2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Cholesterol	0mg
Fat	8g	Sodium	187mg
Saturated	0g	Vitamin C	23mg
Carbs	53g	Calcium	566mg
Fiber	12g	Iron	3mg
Sugar	28g	Magnesium	115mg
Protein	6g	Zinc	0mg

## DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## NOTES

### MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

### STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.



# Blended Chickpea Tomato Soup

1 SERVING 25 MINUTES



## INGREDIENTS

1 1/2 cups Crushed Tomatoes (from the can)  
1/4 White Onion (small, chopped)  
2 Garlic (clove)  
2/3 cup Chickpeas (cooked, rinsed)  
1 tsp Smoked Paprika  
1/2 tsp Cumin (ground)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	326	Cholesterol	0mg
Fat	4g	Sodium	688mg
Saturated	1g	Vitamin C	39mg
Carbs	63g	Calcium	209mg
Fiber	17g	Iron	9mg
Sugar	23g	Magnesium	137mg
Protein	17g	Zinc	3mg

## DIRECTIONS

- 01 Add the crushed tomatoes, onion, and garlic to a saucepan. Bring to a boil. Reduce the heat to simmer and let it simmer uncovered for about 10 minutes.
- 02 Add chickpeas, paprika, and cumin. Stir well, cover with a lid, and let simmer for another 15 minutes.
- 03 Season with salt and pepper. Use an immersion blender and blend the soup until it is smooth. Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add lemon juice and coconut milk.

### ADDITIONAL TOPPINGS

Fresh herbs.

### MAKE IT SPICY

Add chili flakes.

### CONSISTENCY

This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.

# Creamy White Bean Soup

4 SERVINGS 45 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, chopped)  
3 stalks Celery (chopped)  
Sea Salt & Black Pepper (to taste)  
4 Garlic (cloves, minced)  
2 1/2 cups Cannellini Beans (drained, rinsed)  
4 cups Vegetable Broth, Low Sodium  
1 cup Plain Coconut Milk (from the carton)  
1 tbsp Italian Seasoning  
2 cups Baby Spinach (packed)

## NUTRITION

### AMOUNT PER SERVING

Calories	245	Cholesterol	0mg
Fat	9g	Sodium	581mg
Saturated	2g	Vitamin C	8mg
Carbs	34g	Calcium	176mg
Fiber	9g	Iron	3mg
Sugar	7g	Magnesium	16mg
Protein	7g	Zinc	0mg

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the onion and sauté for three to four minutes. Add the celery, salt, and pepper, and sauté for another three to four minutes.
- 02 Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the vegetables don't burn.
- 03 Add the beans, broth, coconut milk, and Italian seasoning. Stir to combine and bring to a boil.
- 04 Reduce the heat to low and simmer for about 15 minutes.
- 05 Remove from the heat and use an immersion blender or a high-powered blender to blend the soup until it is smooth.
- 06 Heat the soup again and bring it to a simmer. Add the spinach and cook until slightly wilted.
- 07 Divide evenly between bowls and season with additional salt and pepper if desired. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### NO COCONUT MILK

Any other alternative milk.

### ADDITIONAL TOPPINGS

Fresh herbs, parmesan cheese.

# Turmeric & Ginger Butternut Squash Stew

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil  
3 Garlic (cloves, minced)  
1 tbsp Ginger (freshly grated)  
1 Yellow Onion (chopped)  
5 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)  
1 tsp Turmeric (dried)  
Sea Salt & Black Pepper (to taste)  
1 3/4 cups Canned Coconut Milk  
4 cups Vegetable Broth, Low Sodium  
1 cup Dry Green Lentils (rinsed)  
3 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	481	Cholesterol	0mg
Fat	21g	Sodium	166mg
Saturated	19g	Vitamin C	48mg
Carbs	61g	Calcium	143mg
Fiber	10g	Iron	6mg
Sugar	11g	Magnesium	103mg
Protein	16g	Zinc	2mg

## DIRECTIONS

- 01 In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
- 02 Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
- 03 Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two cups of stew.

### ADDITIONAL TOPPINGS

Top with chili flakes.



# Beef Ramen

4 SERVINGS 25 MINUTES



## INGREDIENTS

2 tps Extra Virgin Olive Oil (divided)  
340 grams Top Sirloin Steak  
1/2 tsp Sea Salt (to taste)  
4 stalks Green Onion (sliced, white and green parts divided)  
2 Garlic (cloves, minced)  
4 cups Beef Broth  
2 cups Water  
1 tbsp Fish Sauce  
1 tbsp Tamari  
369 grams Gluten-Free Ramen Noodles (dry)  
1 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	568	Cholesterol	66mg
Fat	19g	Sodium	1442mg
Saturated	5g	Vitamin C	3mg
Carbs	73g	Calcium	54mg
Fiber	3g	Iron	3mg
Sugar	1g	Magnesium	35mg
Protein	28g	Zinc	4mg

## DIRECTIONS

- 01 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 02 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 03 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 04 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

### SERVING SIZE

One serving equals approximately three cups.

### MORE FLAVOR

Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

### ADDITIONAL TOPPINGS

Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

### NO RAMEN NOODLES

Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



# Tomato Chickpea Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

4 cups Vegetable Broth (divided)  
1/2 Yellow Onion (finely chopped)  
1 Carrot (small, peeled, finely chopped)  
2 Garlic (large cloves, minced)  
1 cup Chickpeas (cooked, rinsed)  
3/4 cup Diced Tomatoes  
1 tsp Italian Seasoning  
1 tsp Sea Salt  
1 cup Brown Rice Fusilli  
1 cup Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	2g	Sodium	1272mg
Saturated	0g	Vitamin C	9mg
Carbs	40g	Calcium	55mg
Fiber	6g	Iron	3mg
Sugar	6g	Magnesium	30mg
Protein	7g	Zinc	1mg

## DIRECTIONS

- 01 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
- 02 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 03 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 04 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

### SERVING SIZE

One serving is approximately 1 1/4 cups.

### MORE FAT

Sauté the vegetables in extra virgin olive oil instead of the broth.

### ADDITIONAL TOPPINGS

Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

### NO FUSILLI

Use another short-cut pasta.

NO CANNED DICED TOMATOES

Use fresh instead.

# Pressure Cooker Sweet Potato & Peanut Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 tsp Avocado Oil  
1/2 Yellow Onion (diced)  
2 Sweet Potato (medium-sized, peeled and cut into cubes)  
2 Garlic (cloves, minced)  
2 tsps Smoked Paprika  
1/2 tsp Turmeric  
1 tsp Chili Flakes (optional)  
2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)  
1/4 cup Sun Dried Tomatoes (drained)  
1/2 cup Raw Peanuts  
1/2 tsp Sea Salt  
1 3/4 cups Canned Coconut Milk  
1 cup Water  
1/4 cup All Natural Peanut Butter  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	514	Cholesterol	0mg
Fat	37g	Sodium	731mg
Saturated	20g	Vitamin C	15mg
Carbs	35g	Calcium	160mg
Fiber	7g	Iron	4mg
Sugar	14g	Magnesium	97mg

## DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
- 02 Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 03 Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to about 1 1/4 cups soup.

### NO PEANUTS

Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

### NO FIRE ROASTED TOMATOES

Use diced tomatoes instead.

### ADDITIONAL TOPPINGS

Top with additional peanuts.

Protein            13g   Zinc            1mg



# Spicy Coconut Lentil Soup

4 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Brown Basmati Rice (uncooked)  
1/2 cup Dry Lentils (uncooked)  
1/4 cup Unsweetened Shredded Coconut  
2 tsps Smoked Paprika  
1 tsp Chili Powder  
1/4 tsp Turmeric (ground)  
1 tsp Cumin (ground)  
1/2 tsp Sea Salt  
7 cups Water  
1/4 cup Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Cholesterol	0mg
Fat	4g	Sodium	328mg
Saturated	3g	Vitamin C	1mg
Carbs	35g	Calcium	61mg
Fiber	4g	Iron	3mg
Sugar	1g	Magnesium	25mg
Protein	8g	Zinc	1mg

## DIRECTIONS

- 01 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 02 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of soup.

### MEAL PREP

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

### LEFTOVERS

Store in the fridge for up to 5 days. Freeze for up to 3 months.

### LIKES IT CREAMY

Swap out some of the water for coconut milk.

### LIKES IT REALLY SPICY

Add cayenne pepper.

### NO SMOKED PAPRIKA

Use regular paprika.

### MORE VEGGIES

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

# Moroccan Chicken Stew

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Coconut Oil  
283 grams Chicken Breast (skinless, boneless, diced into chunks)  
2 Yellow Onion (medium, diced)  
1 tsp Turmeric  
1/2 tsp Cinnamon  
1/2 tsp Cardamom  
1/4 tsp Cayenne Pepper  
1 1/2 tsps Sea Salt  
3 Tomato (large, diced)  
1/2 cup Parsley (finely chopped and divided)  
2 tbsps Raw Honey  
1/3 cup Raisins

## NUTRITION

### AMOUNT PER SERVING

Calories	320	Cholesterol	52mg
Fat	16g	Sodium	962mg
Saturated	12g	Vitamin C	24mg
Carbs	29g	Calcium	53mg
Fiber	4g	Iron	4mg
Sugar	22g	Magnesium	38mg
Protein	18g	Zinc	1mg

## DIRECTIONS

- 01 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 02 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 03 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

## NOTES

### SERVE IT WITH

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

### STORAGE

Refrigerate in an airtight container up to 3 days, or freeze if longer.

### MAKE IT VEGAN OR VEGETARIAN

Use chickpeas instead of chicken and maple syrup instead of honey.



# Slow Cooker Burrito Soup

6 SERVINGS 4 HOURS



## INGREDIENTS

2 cups Black Beans (cooked, drained and rinsed)  
3 cups Diced Tomatoes  
1 Sweet Onion (diced)  
1 cup Frozen Corn  
1/2 Green Bell Pepper (diced)  
2 Jalapeno Pepper (de-seeded and diced)  
2 tbsps Chili Powder  
2 tsps Cumin  
1 tsp Oregano  
1/2 tsp Black Pepper  
2 tsps Sea Salt  
1 cup Brown Rice (uncooked)  
4 cups Water  
4 cups Kale Leaves (chopped)  
1 Avocado (peeled and diced)  
1/4 cup Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	330	Cholesterol	0mg
Fat	7g	Sodium	982mg
Saturated	1g	Vitamin C	46mg
Carbs	57g	Calcium	130mg
Fiber	13g	Iron	4mg

## DIRECTIONS

- 01 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 02 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 03 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of salsa and avocado. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is roughly 2 cups.

Sugar	8g	Magnesium	117mg
Protein	11g	Zinc	2mg



# Lentil Masala Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil  
1/2 cup Red Onion (finely diced)  
4 Garlic (cloves, minced)  
1 tsp Turmeric  
1 tbsp Garam Masala  
1 tsp Sea Salt  
1 cup Cilantro (finely diced)  
4 cups Vegetable Broth  
3 cups Diced Tomatoes  
1 cup Dry Red Lentils  
1 cup Canned Coconut Milk (full fat)  
4 cups Kale Leaves (finely sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Cholesterol	0mg
Fat	14g	Sodium	1308mg
Saturated	11g	Vitamin C	42mg
Carbs	50g	Calcium	118mg
Fiber	11g	Iron	6mg
Sugar	9g	Magnesium	14mg
Protein	17g	Zinc	0mg

## DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

# Slow Cooker Chicken Soup

6 SERVINGS 6 HOURS



## INGREDIENTS

1 Yellow Onion (diced)  
4 stalks Celery (diced)  
3 Carrot (medium, chopped)  
1 tbsp Rosemary (fresh)  
227 grams Chicken Breast (boneless, skinless)  
454 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
6 cups Water (or broth)

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Cholesterol	99mg
Fat	4g	Sodium	137mg
Saturated	1g	Vitamin C	3mg
Carbs	6g	Calcium	59mg
Fiber	2g	Iron	2mg
Sugar	3g	Magnesium	40mg
Protein	24g	Zinc	2mg

## DIRECTIONS

- 01 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 02 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## NOTES

### MORE CARBS

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

### LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

# Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



## INGREDIENTS

1 Sweet Potato (large, diced)  
2 cups Chickpeas (cooked, drained and rinsed)  
1/2 cup Frozen Corn  
1/2 cup Frozen Peas  
1 tsp Cumin (ground)  
1 tbsp Curry Powder  
2 Garlic (cloves, minced)  
2 cups Vegetable Broth (or any type of broth)  
227 grams Chicken Breast

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Cholesterol	27mg
Fat	3g	Sodium	262mg
Saturated	0g	Vitamin C	4mg
Carbs	26g	Calcium	52mg
Fiber	6g	Iron	3mg
Sugar	5g	Magnesium	54mg
Protein	15g	Zinc	1mg

## DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

### MORE CARBS

Serve it over brown rice.

### MORE PROTEIN

Serve it over quinoa.

### VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

### TURN IT INTO A SOUP

Double up on the broth.

### MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



# Roasted Red Pepper & Tomato Lentil Soup

5 SERVINGS 45 MINUTES



## INGREDIENTS

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (halved and seeds removed)
- 1 Sweet Onion (coarsely chopped)
- 3 Garlic (cloves)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Dry Red Lentils (uncooked)
- 3 cups Water
- 3 cups Vegetable Broth
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tsp Oregano
- 1/4 cup Cashews (raw, unsalted)

## NUTRITION

### AMOUNT PER SERVING

Calories	273	Cholesterol	0mg
Fat	7g	Sodium	896mg
Saturated	1g	Vitamin C	103mg
Carbs	42g	Calcium	58mg
Fiber	9g	Iron	5mg
Sugar	8g	Magnesium	42mg
Protein	14g	Zinc	1mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 02 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 03 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 04 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 05 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

## NOTES

### ADD SOME GREENS

Top with chopped baby spinach.



# Mushroom Miso Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Water  
1 cup Vegetable Broth  
1 1/2 cups Shiitake Mushrooms (sliced)  
170 grams Tofu (drained, rinsed and cut into cubes)  
1 tsp Ginger  
1 tbsp Tamari  
3 tbsps Miso Paste  
2 cups Kale Leaves (roughly chopped)  
2 stalks Green Onion (optional, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	199	Cholesterol	0mg
Fat	7g	Sodium	2103mg
Saturated	1g	Vitamin C	22mg
Carbs	26g	Calcium	343mg
Fiber	6g	Iron	3mg
Sugar	9g	Magnesium	66mg
Protein	15g	Zinc	3mg

## DIRECTIONS

- 01 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 02 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 03 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 04 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 2 cups.

### MORE FLAVOR

Add sesame oil once finished cooking.

### ADDITIONAL TOPPINGS

Add noodles, or some nori to the soup when finished cooking.

### NO VEGETABLE BROTH

Use water instead and increase the amount of miso slightly for more flavor.

### MISO PASTE

This recipe was developed and tested using white miso.