


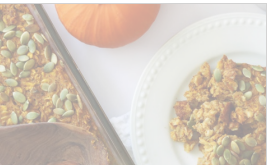
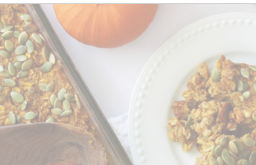
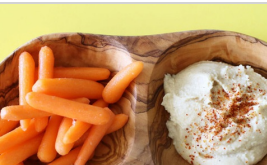
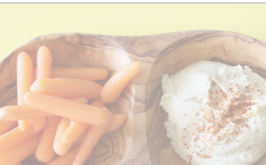








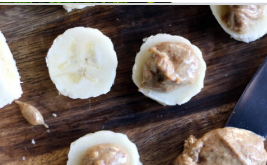
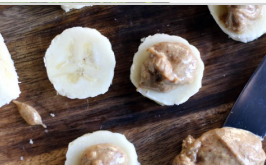










	Mon	Tue	Wed	Thu	Fri
Breakfast	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Pumpkin Pie Baked Oatmeal	 Pumpkin Pie Baked Oatmeal	 Pumpkin Pie Baked Oatmeal
Snack 1	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Apple with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter
Lunch	 Lentil & Feta Tabbouleh	 Lentil & Feta Tabbouleh	 Cajun Turkey with Green Beans & Rice	 Curried Chicken Slow Cooker Stew	 Cajun Turkey with Green Beans & Rice
Snack 2	 Banana with Almond Butter	 Banana with Almond Butter	 Dried Mango & Brazil Nuts	 Dried Mango & Brazil Nuts	 Dried Mango & Brazil Nuts
Dinner	 Thai Basil Turkey with Bok Choy & Rice	 Thai Basil Turkey with Bok Choy & Rice	 Curried Chicken Slow Cooker Stew	 Cajun Turkey with Green Beans & Rice	 Curried Chicken Slow Cooker Stew

Mon		Tue		Wed		Thu		Fri	
Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 33%
Carbs	<div><div></div></div> 41%	Carbs	<div><div></div></div> 41%	Carbs	<div><div></div></div> 49%	Carbs	<div><div></div></div> 49%	Carbs	<div><div></div></div> 49%
Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 18%
Calories	1509	Calories	1509	Calories	1518	Calories	1518	Calories	1518
Fat	69g	Fat	69g	Fat	58g	Fat	58g	Fat	58g
Saturated	15g	Saturated	15g	Saturated	11g	Saturated	11g	Saturated	11g
Carbs	163g	Carbs	163g	Carbs	198g	Carbs	198g	Carbs	198g
Fiber	35g	Fiber	35g	Fiber	34g	Fiber	34g	Fiber	34g
Sugar	46g	Sugar	46g	Sugar	80g	Sugar	80g	Sugar	80g
Protein	79g	Protein	79g	Protein	72g	Protein	72g	Protein	72g
Sodium	1667mg	Sodium	1667mg	Sodium	1002mg	Sodium	1002mg	Sodium	1002mg
Vitamin C	263mg	Vitamin C	263mg	Vitamin C	39mg	Vitamin C	39mg	Vitamin C	39mg
Calcium	865mg	Calcium	865mg	Calcium	567mg	Calcium	567mg	Calcium	567mg
Iron	18mg	Iron	18mg	Iron	12mg	Iron	12mg	Iron	12mg
Magnesium	410mg	Magnesium	410mg	Magnesium	466mg	Magnesium	466mg	Magnesium	466mg
Zinc	10mg	Zinc	10mg	Zinc	7mg	Zinc	7mg	Zinc	7mg

Fruits

- ☐ 12 Apple
- ☐ 12 Banana
- ☐ 8 Kiwi
- ☐ 1 Lemon

Breakfast

- ☐ 2 1/2 cups Almond Butter
- ☐ 60 pieces Dried Unsweetened Mango
- ☐ 1 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 3 cups Brazil Nuts
- ☐ 1/3 cup Cajun Spice
- ☐ 1/2 cup Chia Seeds
- ☐ 1 1/3 tbsps Cinnamon
- ☐ 2 tsps Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 cup Frozen Corn
- ☐ 24 cups Frozen Green Beans
- ☐ 1 cup Frozen Peas
- ☐ 16 Ice Cubes

Vegetables

- ☐ 6 cups Baby Carrots
- ☐ 10 cups Baby Spinach
- ☐ 2 cups Basil Leaves
- ☐ 8 cups Bok Choy
- ☐ 12 Garlic
- ☐ 12 stalks Green Onion
- ☐ 8 cups Parsley
- ☐ 1 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 4 Thai Chili
- ☐ 4 Tomato

Boxed & Canned

- ☐ 4 cups Chickpeas
- ☐ 5 cups Jasmine Rice
- ☐ 4 cups Lentils
- ☐ 4 cups Vegetable Broth

Baking

- ☐ 1 1/2 tsps Baking Powder
- ☐ 5 cups Oats
- ☐ 2 tbsps Pumpkin Pie Spice
- ☐ 4 cups Pureed Pumpkin
- ☐ 2 tbsps Raw Honey
- ☐ 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 454 grams Chicken Breast
- ☐ 907 grams Extra Lean Ground Turkey
- ☐ 1 1/3 cups Feta Cheese
- ☐ 1.4 kilograms Turkey Breast

Condiments & Oils

- ☐ 1/3 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 1/3 tbsps Sesame Oil
- ☐ 1/3 cup Tamari

Cold

- ☐ 4 Egg
- ☐ 2 cups Hummus
- ☐ 2 cups Unsweetened Almond Milk

Other

- ☐ 2 cups Vanilla Protein Powder
- ☐ 8 cups Water



Kiwi Green Smoothie

4 servings

5 minutes

Ingredients

4 Kiwi (small, peeled)
2 Banana (frozen)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
5 cups Baby Spinach
4 cups Water
8 Ice Cubes

Directions

1

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

Notes

No Chia Seeds: Use flax seed instead.

No Protein Powder: Use hemp seeds instead.

Nutrition

Amount per serving	
Calories	245
Fat	5g
Saturated	1g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	23g
Sodium	77mg
Vitamin C	80mg
Calcium	278mg
Iron	3mg
Magnesium	109mg
Zinc	2mg



Pumpkin Pie Baked Oatmeal

12 servings

45 minutes

Ingredients

4 cups Pureed Pumpkin
 4 Egg
 1 cup Maple Syrup
 2 tbsps Pumpkin Pie Spice
 2 tpsps Vanilla Extract
 1 1/2 tpsps Baking Powder
 1 tsp Sea Salt
 2 cups Unsweetened Almond Milk
 5 cups Oats (rolled or quick)
 1/2 cup Ground Flax Seed
 1/2 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	312
Fat	9g
Saturated	2g
Carbs	50g
Fiber	7g
Sugar	19g
Protein	10g
Sodium	318mg
Vitamin C	4mg
Calcium	199mg
Iron	4mg
Magnesium	109mg
Zinc	2mg

Directions

- 1 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage: Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free: Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins: Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.



Baby Carrots & Hummus

8 servings

5 minutes

Ingredients

6 cups Baby Carrots

2 cups Hummus

Nutrition

Amount per serving	
Calories	190
Fat	11g
Saturated	2g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	5g
Sodium	359mg
Vitamin C	9mg
Calcium	89mg
Iron	3mg
Magnesium	46mg
Zinc	1mg

Directions

1

Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots: Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy: Top with a pinch of cayenne pepper or chili powder.



Apple with Almond Butter

4 servings
5 minutes

Ingredients

- 4 Apple
- 1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Saturated	1g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Sodium	4mg
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Magnesium	96mg
Zinc	1mg

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Lentil & Feta Tabbouleh

8 servings

10 minutes

Ingredients

- 4 cups Lentils (cooked)
- 4 Tomato (medium, diced)
- 1 1/3 cups Feta Cheese (crumbled)
- 8 cups Parsley (chopped)
- 1 cup Red Onion (finely diced)
- 1/2 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 1/3 tbsps Cinnamon (ground)
- Sea Salt & Black Pepper (to taste)

Directions

- 1
- Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.
Storage: Store in an airtight container in the fridge up to 3 days.

Nutrition

Amount per serving	
Calories	344
Fat	20g
Saturated	5g
Carbs	30g
Fiber	11g
Sugar	3g
Protein	15g
Sodium	345mg
Vitamin C	95mg
Calcium	247mg
Iron	8mg
Magnesium	78mg
Zinc	3mg



Cajun Turkey with Green Beans & Rice

12 servings

30 minutes

Ingredients

3 cups Jasmine Rice (dry)
 1.4 kilograms Turkey Breast
 3 tbsps Coconut Oil (divided)
 1/3 cup Cajun Spice
 24 cups Frozen Green Beans (thawed)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	395
Fat	6g
Saturated	3g
Carbs	55g
Fiber	9g
Sugar	5g
Protein	33g
Sodium	417mg
Vitamin C	11mg
Calcium	124mg
Iron	3mg
Magnesium	82mg
Zinc	2mg

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 3 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 4 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

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

Low Carb: Use cauliflower rice instead of jasmine rice.

No Turkey Breast: Use chicken breast or ground meat instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.



Banana with Almond Butter

4 servings

2 minutes

Ingredients

4 Banana
1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Saturated	1g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Sodium	3mg
Vitamin C	10mg
Calcium	114mg
Iron	1mg
Magnesium	119mg
Zinc	1mg

Directions

- 1 Slice the banana and dip it in almond butter. Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Dried Mango & Brazil Nuts

12 servings
3 minutes

Ingredients

- 60 pieces Dried Unsweetened Mango (large)
- 3 cups Brazil Nuts

Nutrition

Amount per serving	
Calories	339
Fat	22g
Saturated	5g
Carbs	36g
Fiber	4g
Sugar	31g
Protein	7g
Sodium	1mg
Vitamin C	12mg
Calcium	73mg
Iron	1mg
Magnesium	125mg
Zinc	1mg

Directions

- 1 Divide dried mango and brazil nuts between bowls. Enjoy!



Thai Basil Turkey with Bok Choy & Rice

8 servings

25 minutes

Ingredients

2 cups Jasmine Rice (dry)
 2 tbsps Coconut Oil
 4 Thai Chili (stems removed and finely sliced)
 12 stalks Green Onion (finely diced)
 8 Garlic (cloves, minced)
 907 grams Extra Lean Ground Turkey
 2 tbsps Raw Honey
 1/3 cup Tamari
 2 cups Basil Leaves (fresh, chopped)
 1 1/3 tbsps Sesame Oil
 8 cups Bok Choy (sliced in half lengthwise)

Nutrition

Amount per serving	
Calories	433
Fat	15g
Saturated	6g
Carbs	49g
Fiber	3g
Sugar	7g
Protein	28g
Sodium	883mg
Vitamin C	69mg
Calcium	137mg
Iron	3mg
Magnesium	58mg
Zinc	3mg

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

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

Low Carb: Use cauliflower rice instead of jasmine rice.

Make it Faster: Use green peas instead of bok choy.

No Thai Chili: If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the ground turkey with roasted chickpeas or warm lentils.



Curried Chicken Slow Cooker Stew

12 servings
6 hours

Ingredients

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

Nutrition

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

Directions

- 1 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.
- 2 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.
- 3 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.