



Optimal Health


















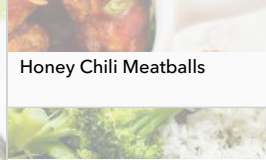












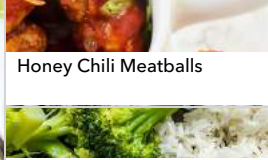











Family Chiropractic & Wellness Centre

Harmonious Balance... to Enjoy Life!

Family-Friendly Program

Gen Drummond

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Baked Oatmeal	 Berry Baked Oatmeal	 Berry Baked Oatmeal	 Eggs & Toast	 Eggs & Toast	 Sweet Potato Pancakes	 Sweet Potato Pancakes
Snack 1	 Hummus & Veggies Snack Box	 Apple with Sunflower Seed Butter	 Hummus & Veggies Snack Box	 Yogurt with Pear	 Yogurt with Pear	 Apple with Sunflower Seed Butter	 Apple with Sunflower Seed Butter
Lunch	 Avocado Egg Salad Sandwich	 Herbed Chicken Tenders with Honey Dijon	 One Pot Taco Pasta	 Broccoli & Rice	 Penne with Red Lentil Bolognese Sauce	 Avocado Egg Salad Sandwich	 Avocado Egg Salad Sandwich
Snack 2	 Deli Snack Box	 Deli Snack Box	 Deli Snack Box	 Hummus Dippers	 Hummus Dippers	 Hummus Dippers	 Hummus Dippers
Dinner	 Herbed Chicken Tenders with Honey Dijon	 One Pot Taco Pasta	 Broccoli & Rice	 Penne with Red Lentil Bolognese Sauce	 Spinach, Tomato & Goat Cheese Pizza	 Classic Tacos	 Sweet Potato Fries Supreme
Snack 3	 Yogurt with Pear	 Yogurt with Pear	 Frozen Yogurt Covered Blueberries	 Frozen Yogurt Covered Blueberries	 Pina Colada Ice Cream	 Pina Colada Ice Cream	 Pina Colada Ice Cream

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 41%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 38%	Fat	<div><div></div></div> 26%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 44%
Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 54%	Carbs	<div><div></div></div> 47%	Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 44%
Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 14%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 12%
Calories	2018	Calories	2130	Calories	2050	Calories	1843	Calories	1988	Calories	1931	Calories	1925
Fat	93g	Fat	93g	Fat	88g	Fat	54g	Fat	88g	Fat	95g	Fat	99g
Saturated	23g	Saturated	23g	Saturated	27g	Saturated	21g	Saturated	24g	Saturated	28g	Saturated	32g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	1g	Trans	0g
Polyunsaturated	25g	Polyunsaturated	19g	Polyunsaturated	22g	Polyunsaturated	11g	Polyunsaturated	21g	Polyunsaturated	20g	Polyunsaturated	21g
Monounsaturated	34g	Monounsaturated	39g	Monounsaturated	29g	Monounsaturated	14g	Monounsaturated	30g	Monounsaturated	38g	Monounsaturated	39g
Carbs	186g	Carbs	211g	Carbs	225g	Carbs	256g	Carbs	236g	Carbs	208g	Carbs	222g
Fiber	34g	Fiber	32g	Fiber	33g	Fiber	32g	Fiber	34g	Fiber	34g	Fiber	43g
Sugar	66g	Sugar	77g	Sugar	63g	Sugar	70g	Sugar	61g	Sugar	79g	Sugar	86g
Protein	114g	Protein	122g	Protein	103g	Protein	92g	Protein	72g	Protein	75g	Protein	58g
Cholesterol	655mg	Cholesterol	427mg	Cholesterol	458mg	Cholesterol	553mg	Cholesterol	411mg	Cholesterol	725mg	Cholesterol	651mg
Sodium	3096mg	Sodium	3223mg	Sodium	3705mg	Sodium	2131mg	Sodium	1678mg	Sodium	1504mg	Sodium	1178mg
Potassium	2793mg	Potassium	2794mg	Potassium	3385mg	Potassium	2817mg	Potassium	2340mg	Potassium	3371mg	Potassium	3762mg
Vitamin A	21415IU	Vitamin A	19680IU	Vitamin A	6663IU	Vitamin A	6711IU	Vitamin A	9055IU	Vitamin A	24829IU	Vitamin A	36941IU
Vitamin C	139mg	Vitamin C	88mg	Vitamin C	232mg	Vitamin C	219mg	Vitamin C	190mg	Vitamin C	251mg	Vitamin C	258mg
Calcium	1178mg	Calcium	1099mg	Calcium	702mg	Calcium	789mg	Calcium	774mg	Calcium	1020mg	Calcium	896mg
Iron	15mg	Iron	16mg	Iron	18mg	Iron	14mg	Iron	13mg	Iron	15mg	Iron	14mg
Vitamin D	249IU	Vitamin D	189IU	Vitamin D	105IU	Vitamin D	197IU	Vitamin D	181IU	Vitamin D	248IU	Vitamin D	253IU
Vitamin E	7mg	Vitamin E	13mg	Vitamin E	9mg	Vitamin E	7mg	Vitamin E	9mg	Vitamin E	13mg	Vitamin E	16mg
Thiamine	1.1mg	Thiamine	0.9mg	Thiamine	1.1mg	Thiamine	3.0mg	Thiamine	2.9mg	Thiamine	1.0mg	Thiamine	1.2mg
Riboflavin	1.9mg	Riboflavin	1.4mg	Riboflavin	1.7mg	Riboflavin	3.7mg	Riboflavin	3.4mg	Riboflavin	2.1mg	Riboflavin	2.1mg
Niacin	25mg	Niacin	30mg	Niacin	26mg	Niacin	29mg	Niacin	23mg	Niacin	15mg	Niacin	11mg
Vitamin B6	2.4mg	Vitamin B6	2.5mg	Vitamin B6	2.4mg	Vitamin B6	4.0mg	Vitamin B6	3.6mg	Vitamin B6	2.5mg	Vitamin B6	2.4mg
Folate	323µg	Folate	274µg	Folate	316µg	Folate	197µg	Folate	246µg	Folate	405µg	Folate	520µg
Vitamin B12	2.0µg	Vitamin B12	3.0µg	Vitamin B12	3.6µg	Vitamin B12	13.0µg	Vitamin B12	12.2µg	Vitamin B12	4.1µg	Vitamin B12	1.6µg
Phosphorous	1432mg	Phosphorous	1502mg	Phosphorous	1417mg	Phosphorous	727mg	Phosphorous	526mg	Phosphorous	1351mg	Phosphorous	1307mg
Magnesium	284mg	Magnesium	327mg	Magnesium	280mg	Magnesium	165mg	Magnesium	199mg	Magnesium	451mg	Magnesium	514mg

magnesium	207mg	magnesium	327mg	magnesium	200mg	magnesium	100mg	magnesium	177mg	magnesium	40mg	magnesium	37mg
Zinc	8mg	Zinc	11mg	Zinc	11mg	Zinc	4mg	Zinc	3mg	Zinc	15mg	Zinc	11mg
Selenium	112µg	Selenium	133µg	Selenium	93µg	Selenium	54µg	Selenium	37µg	Selenium	115µg	Selenium	98µg

Fruits

- ☐ 3 Apple
- ☐ 1 Avocado
- ☐ 2 1/2 Banana
- ☐ 3 2/3 cups Blueberries
- ☐ 1/2 Lemon
- ☐ 2 Pear
- ☐ 1 1/2 cups Pineapple
- ☐ 2 cups Strawberries

Breakfast

- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 1 tbsp Chia Seeds
- ☐ 1 1/16 tsps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 2/3 tsp Cumin
- ☐ 1/3 tsp Garlic Powder
- ☐ 1/8 tsp Ground Mustard
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/2 tsp Onion Powder
- ☐ 1/2 tsp Oregano
- ☐ 1/3 tsp Paprika
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1/16 tsp Red Pepper Flakes
- ☐ 1 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sliced Almonds
- ☐ 2 2/3 tbsps Walnuts

Frozen

- ☐ 1 Brown Rice Tortilla
- ☐ 1 cup Frozen Berries
- ☐ 2 2/3 tbsps Frozen Corn

Vegetables

- ☐ 1 3/4 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 4 Carrot
- ☐ 8 stalks Celery
- ☐ 2 1/16 cups Cherry Tomatoes
- ☐ 1 1/3 tbsps Cilantro
- ☐ 3 Garlic
- ☐ 1/8 head Green Lettuce
- ☐ 1 1/3 stalks Green Onion
- ☐ 1 1/3 Red Bell Pepper
- ☐ 2 2/3 Sweet Potato
- ☐ 3/4 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1/2 cup Black Beans
- ☐ 2/3 cup Brown Rice Pasta Shells
- ☐ 1 2/3 cups Brown Rice Penne
- ☐ 1/3 cup Canned Coconut Milk
- ☐ 1 1/16 cups Chicken Broth
- ☐ 1/4 cup Corn
- ☐ 1/3 cup Dry Red Lentils
- ☐ 1/2 cup Jasmine Rice
- ☐ 1/3 cup Salsa
- ☐ 3 1/8 tbsps Tomato Paste
- ☐ 1 cup Vegetable Broth
- ☐ 150 grams Whole Grain Crackers

Baking

- ☐ 2 tsps Nutritional Yeast
- ☐ 1 1/2 cups Oats
- ☐ 3 1/2 tbsps Raw Honey
- ☐ 1/4 cup Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- ☐ 8 slices Bread
- ☐ 75 grams Cheddar Cheese
- ☐ 227 grams Chicken Breast
- ☐ 2 Corn Tortilla
- ☐ 263 grams Extra Lean Ground Beef
- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 2 tbsps Goat Cheese
- ☐ 1 1/2 cups Hummus
- ☐ 300 grams Sliced Turkey Breast

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 1 1/4 tbsps Avocado Oil
- ☐ 2 tsps Balsamic Vinegar
- ☐ 3 1/3 tbsps Coconut Oil
- ☐ 2 3/4 tbsps Dijon Mustard
- ☐ 2 2/3 tbsps Extra Virgin Olive Oil
- ☐ 1/3 cup Sunflower Seed Butter
- ☐ 1/3 cup Tomato Sauce

Cold

- ☐ 16 Egg
- ☐ 4 1/8 cups Plain Greek Yogurt
- ☐ 3 1/16 cups Unsweetened Almond Milk

Other

- ☐ 2 2/3 tbsps Water



Berry Baked Oatmeal

3 servings

45 minutes

Ingredients

1 cup Oats (quick or traditional)
1 cup Unsweetened Almond Milk
1 tbsp Maple Syrup
1/4 cup Unsweetened Applesauce
1/2 tsp Cinnamon
1 tbsp Chia Seeds
1 cup Frozen Berries
2 tbsps Sliced Almonds

Nutrition

Amount per serving	
Calories	221
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	35g
Fiber	7g
Sugar	11g
Protein	6g
Cholesterol	0mg
Sodium	56mg
Potassium	245mg
Vitamin A	174IU
Vitamin C	14mg
Calcium	222mg
Iron	2mg
Vitamin D	34IU
Vitamin E	0mg
Thiamine	0.1mg
Riboflavin	0.2mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce: Use mashed banana instead.

No Almonds: Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Niacin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Phosphorous	112mg
Magnesium	57mg
Zinc	1mg
Selenium	8µg



Eggs & Toast

1 serving

5 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 Egg
- 1 slice Bread (toasted)

Nutrition

Amount per serving	
Calories	261
Fat	16g
Saturated	7g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	13g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	270mg
Potassium	169mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	71mg
Iron	2mg
Vitamin D	82IU
Vitamin E	1mg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	0mg
Vitamin B6	0.2mg
Folate	47µg
Vitamin B12	0.9µg
Phosphorous	217mg
Magnesium	20mg
Zinc	1mg

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!

Notes

No Coconut Oil: Use olive oil, butter or ghee instead.

Gluten-Free: Use gluten-free bread or serve on sweet potato toast.

Selenium

31µg



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Directions

- 1 Wash the berries and enjoy!

Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	114mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	9µg
Vitamin B12	0µg
Phosphorous	18mg
Magnesium	9mg
Zinc	0mg
Selenium	0µg



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

2 Sweet Potato (small)
4 Egg (whisked)
1 tbsp Coconut Oil
1/2 tsp Cinnamon
2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	369
Fat	16g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	15g
Cholesterol	372mg
Sodium	216mg
Potassium	621mg
Vitamin A	18985IU
Vitamin C	3mg
Calcium	122mg
Iron	3mg
Vitamin D	82IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0.8mg
Niacin	1mg
Vitamin B6	0.5mg
Folate	61µg
Vitamin B12	0.9µg

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Phosphorous	260mg
Magnesium	49mg
Zinc	2mg
Selenium	32µg



Strawberry Banana Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Strawberries
- 1/2 Banana
- 2 tbsps Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 1 tsp Hemp Seeds

Nutrition

Amount per serving	
Calories	221
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	7g
Cholesterol	0mg
Sodium	164mg
Potassium	624mg
Vitamin A	555IU
Vitamin C	90mg
Calcium	489mg
Iron	2mg
Vitamin D	101IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	61µg
Vitamin B12	0µg

Directions

- 1 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 sealed mason jar up to 48 hours.

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

More Fibre: Add ground flax seeds.

Phosphorous	254mg
Magnesium	135mg
Zinc	2mg
Selenium	4µg



Hummus & Veggies Snack Box

2 servings

5 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

Nutrition

Amount per serving	
Calories	201
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Potassium	563mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	89µg
Vitamin B12	0µg
Phosphorous	152mg
Magnesium	65mg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Hummus: Use guacamole or a ready-made dip instead.

Zinc	1mg
Selenium	3µg



Apple with Sunflower Seed Butter

1 serving

5 minutes

Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	292
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	33g
Fiber	6g
Sugar	22g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Potassium	379mg
Vitamin A	115IU
Vitamin C	9mg
Calcium	31mg
Iron	2mg
Vitamin D	0IU
Vitamin E	8mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	81µg
Vitamin B12	0µg
Phosphorous	233mg
Magnesium	109mg
Zinc	2mg
Selenium	33µg

Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

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



Yogurt with Pear

2 servings

5 minutes

Ingredients

- 1 Pear (halved and cored)
- 2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	232
Fat	5g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Potassium	103mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg
Vitamin D	99IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	6µg
Vitamin B12	0µg
Phosphorous	11mg
Magnesium	6mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free: Use coconut or almond yogurt instead of Greek yogurt.

No Pear: Use any type of fresh fruit instead.

Likes it Sweet: Drizzle with honey or maple syrup.



Avocado Egg Salad Sandwich

1 serving

15 minutes

Ingredients

1 1/2 Egg
 1/4 Avocado
 1/4 cup Baby Spinach (chopped)
 3/4 tsp Dijon Mustard
 1/16 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)
 2 slices Bread (toasted)

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Nutrition

Amount per serving	
Calories	348
Fat	19g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	30g
Fiber	6g
Sugar	6g
Protein	14g
Cholesterol	279mg
Sodium	412mg
Potassium	454mg
Vitamin A	1182IU
Vitamin C	8mg
Calcium	86mg
Iron	2mg
Vitamin D	62IU
Vitamin E	2mg
Thiamine	0.2mg
Riboflavin	0.6mg
Niacin	2mg
Vitamin B6	0.3mg

Notes

Less Bread: Make it an open-face sandwich.

Add a Kick: Add red chili flakes or hot sauce.

Vegan: Use mashed chickpeas or white kidney beans instead of eggs.

Folate	91µg
Vitamin B12	0.7µg
Phosphorous	217mg
Magnesium	45mg
Zinc	2mg
Selenium	23µg



Deli Snack Box

3 servings

5 minutes

Ingredients

3/4 cup Pumpkin Seeds
150 grams Whole Grain Crackers
1 1/2 cups Cherry Tomatoes
75 grams Cheddar Cheese (cubed or sliced)
300 grams Sliced Turkey Breast
3 Egg (hard boiled)

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.

Nutrition

Amount per serving	
Calories	683
Fat	40g
Saturated	11g
Trans	0g
Polyunsaturated	12g
Monounsaturated	14g
Carbs	45g
Fiber	7g
Sugar	9g
Protein	38g
Cholesterol	260mg
Sodium	1583mg
Potassium	721mg
Vitamin A	1204IU
Vitamin C	10mg
Calcium	254mg
Iron	7mg
Vitamin D	53IU
Vitamin E	2mg
Thiamine	0.4mg
Riboflavin	0.6mg
Niacin	9mg
Vitamin B6	0.6mg

Folate	97µg
Vitamin B12	1.1µg
Phosphorous	626mg
Magnesium	54mg
Zinc	3mg
Selenium	49µg



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Potassium	443mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	59µg
Vitamin B12	0µg
Phosphorous	137mg
Magnesium	58mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade: Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up: Substitute in different veggies like cucumber or zucchini.

Zinc	1mg
Selenium	3µg



Herbed Chicken Tenders with Honey Dijon

2 servings

40 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless, sliced into strips)
 1 tbsp Avocado Oil (divided)
 1/4 cup Oats (quick)
 1 1/2 tsps Italian Seasoning
 1/4 tsp Sea Salt
 3 Carrot (medium, peeled and sliced into fries)
 2 tsps Dijon Mustard
 1 1/2 tsps Raw Honey

Nutrition

Amount per serving	
Calories	333
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	28g
Fiber	4g
Sugar	16g
Protein	28g
Cholesterol	82mg
Sodium	575mg
Potassium	707mg
Vitamin A	15320IU
Vitamin C	5mg
Calcium	41mg
Iron	1mg
Vitamin D	1IU
Vitamin E	1mg

Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

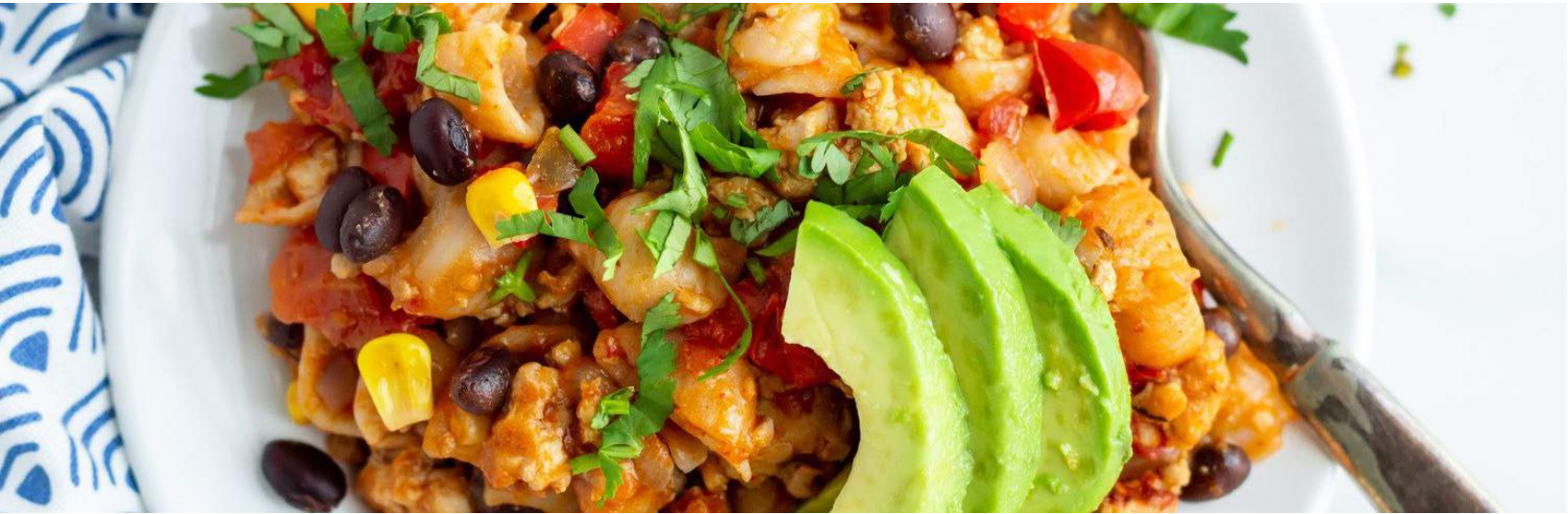
Notes

No Quick Oats: Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian: Use tofu strips instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.

Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	12mg
Vitamin B6	1.1mg
Folate	31µg
Vitamin B12	0.2µg
Phosphorous	314mg
Magnesium	57mg
Zinc	1mg
Selenium	29µg



One Pot Taco Pasta

2 servings

40 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
151 grams Extra Lean Ground Beef
1 1/3 stalks Green Onion (finely chopped)
2/3 Garlic (cloves, minced)
1/3 tsp Cumin (ground)
1/3 tsp Chili Powder
1/16 tsp Sea Salt
1/3 Tomato (large, diced)
2 2/3 tbsps Frozen Corn (thawed)
2 2/3 tbsps Black Beans (cooked, from the can)
1/3 Red Bell Pepper (diced)
3/4 cup Chicken Broth
1/3 cup Salsa
2/3 cup Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

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

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Cholesterol	51mg
Sodium	865mg
Potassium	639mg
Vitamin A	1595IU
Vitamin C	31mg
Calcium	44mg
Iron	3mg
Vitamin D	2IU
Vitamin E	2mg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	7mg
Vitamin B6	0.5mg
Folate	50µg
Vitamin B12	1.7µg
Phosphorous	206mg
Magnesium	44mg
Zinc	4mg
Selenium	14µg



Honey Chili Meatballs

2 servings

30 minutes

Ingredients

227 grams Extra Lean Ground Chicken
 1/4 Yellow Onion (medium, chopped)
 1 Garlic (cloves, minced)
 1/2 Egg
 1/2 tsp Sea Salt (divided)
 1/8 tsp Black Pepper
 1 tbsp Coconut Oil
 1/4 cup Chicken Broth
 2 1/2 tbsps Tomato Paste
 2 tbsps Raw Honey
 1 1/2 tps Apple Cider Vinegar
 3/4 tsp Chili Powder
 1/8 tsp Paprika
 1/8 tsp Ground Mustard

Nutrition

Amount per serving	
Calories	332
Fat	17g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g
Cholesterol	145mg
Sodium	833mg
Potassium	872mg
Vitamin A	742IU

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Likes it Spicy: Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

Serve Them With: Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

Leftovers: Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

Slow Cooker Version: Add formed meatballs with sauce and cook on low for 6-8 hours.

Serving Size: A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.

Vitamin C	5mg
Calcium	35mg
Iron	3mg
Vitamin D	10IU
Vitamin E	2mg
Thiamine	0.2mg
Riboflavin	0.4mg
Niacin	7mg
Vitamin B6	0.7mg
Folate	10µg
Vitamin B12	0.8µg
Phosphorous	252mg
Magnesium	37mg
Zinc	2mg
Selenium	17µg



Broccoli & Rice

2 servings

25 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
 2 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	191
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Potassium	288mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	57µg
Vitamin B12	0µg
Phosphorous	60mg
Magnesium	19mg
Zinc	0mg
Selenium	2µg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!

Notes

No Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Storage: Refrigerate in an airtight container up to 4 days.

Serving Size: One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.



Penne with Red Lentil Bolognese Sauce

2 servings

40 minutes

Ingredients

1/8 Yellow Onion (finely chopped)
1 1/3 Garlic (clove, minced)
1 1/3 tbsps Water
1/2 tsp Oregano
1/8 tsp Sea Salt
1/16 tsp Red Pepper Flakes
1/3 cup Dry Red Lentils (rinsed)
2 tps Tomato Paste
1 cup Vegetable Broth
1/3 cup Tomato Sauce
2 tps Balsamic Vinegar (divided)
1 2/3 cups Brown Rice Penne
2 tps Nutritional Yeast (optional)

Nutrition

Amount per serving	
Calories	520
Fat	4g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	102g
Fiber	12g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	542mg
Potassium	771mg
Vitamin A	558IU
Vitamin C	5mg

Directions

- 1 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

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

More Flavor: Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings: Top with extra red pepper flakes or fresh oregano.

No Penne: Use your favorite noodles or spiralized vegetables instead.

Calcium	33mg
Iron	5mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	2.4mg
Riboflavin	2.5mg
Niacin	19mg
Vitamin B6	2.6mg
Folate	5µg
Vitamin B12	11.3µg
Phosphorous	23mg
Magnesium	12mg
Zinc	0mg
Selenium	1µg



Spinach, Tomato & Goat Cheese Pizza

1 serving
20 minutes

Ingredients

2 2/3 tbsps Walnuts
 2 tbsps Extra Virgin Olive Oil
 1/4 Lemon (juiced)
 1 cup Baby Spinach (divided)
 1/4 cup Basil Leaves
 1/16 tsp Sea Salt
 1/8 tsp Black Pepper
 1 Brown Rice Tortilla
 1/4 cup Cherry Tomatoes (halved)
 2 tbsps Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	574
Fat	46g
Saturated	7g
Trans	0g
Polyunsaturated	12g
Monounsaturated	21g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	10g
Cholesterol	5mg
Sodium	410mg
Potassium	393mg
Vitamin A	3685IU
Vitamin C	20mg
Calcium	84mg
Iron	3mg
Vitamin D	0IU
Vitamin E	5mg

Directions

- 1 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 2 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 3 Take the remaining baby spinach and finely chop.
- 4 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein: Add diced chicken, lentils or chickpeas.

Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	93µg
Vitamin B12	0µg
Phosphorous	100mg
Magnesium	68mg
Zinc	1mg
Selenium	1µg



Classic Tacos

1 serving

25 minutes

Ingredients

- 2 Corn Tortilla
- 3/4 tsp Avocado Oil
- 113 grams Extra Lean Ground Beef
- 1/4 tsp Onion Powder
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1/8 tsp Cumin
- 1/8 head Green Lettuce (small, finely chopped)
- 1/2 Tomato (medium, diced)

Nutrition

Amount per serving	
Calories	384
Fat	16g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	7g
Carbs	31g
Fiber	3g
Sugar	0g
Protein	26g
Cholesterol	74mg
Sodium	395mg
Potassium	503mg
Vitamin A	1072IU
Vitamin C	9mg
Calcium	222mg
Iron	4mg
Vitamin D	3IU
Vitamin E	0mg

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

Serving Size: One serving is equal to two tacos.

Storage: Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings: Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef: Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian: Use lentils instead of ground meat.

Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	6mg
Vitamin B6	0.5mg
Folate	25µg
Vitamin B12	2.5µg
Phosphorous	230mg
Magnesium	29mg
Zinc	6mg
Selenium	19µg



Sweet Potato Fries Supreme

1 serving

30 minutes

Ingredients

2/3 Sweet Potato
2 tps Coconut Oil (melted)
1/8 tsp Paprika
1/8 tsp Cumin
1/8 tsp Onion Powder
1/8 tsp Garlic Powder
1/3 cup Black Beans (cooked, drained and rinsed)
1 1/3 tbsps Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/8 Avocado
1/16 Lemon (juiced)
1 tsp Extra Virgin Olive Oil
1 1/3 tbsps Water (hot)
1/4 cup Corn
1/3 cup Cherry Tomatoes (cut into quarters)
1 1/3 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	378
Fat	20g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	45g
Fiber	12g
Sugar	7g

Directions

- 1 Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
- 2 Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25 to 30 minutes, flipping halfway.
- 3 Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
- 4 Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
- 5 In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
- 6 Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

Notes

Crispier Fries: Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

More Greens: Turn it into a salad by serving it over a bed of greens.

Meat Lover: Top with cooked ground chicken, ground turkey, lean ground beef, or bacon.

Protein	9g
Cholesterol	0mg
Sodium	69mg
Potassium	894mg
Vitamin A	13184IU
Vitamin C	16mg
Calcium	98mg
Iron	3mg
Vitamin D	8IU
Vitamin E	3mg
Thiamine	0.3mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	140µg
Vitamin B12	0µg
Phosphorous	186mg
Magnesium	92mg
Zinc	2mg
Selenium	2µg

Less Work: Skip steps 3 and 4. Add black beans and diced avocado to tomato corn salsa.



Frozen Yogurt Covered Blueberries

2 servings

40 minutes

Ingredients

1 cup Blueberries (fresh or frozen, not wild)

2 tbsps Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	53
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	2mg
Sodium	9mg
Potassium	57mg
Vitamin A	118IU
Vitamin C	8mg
Calcium	36mg
Iron	0mg
Vitamin D	6IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	4µg
Vitamin B12	0µg
Phosphorous	9mg
Magnesium	4mg
Zinc	0mg

Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly: Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan: Use a dairy-free yogurt such as coconut or almond.

Selenium

0µg



Pina Colada Ice Cream

3 servings

5 minutes

Ingredients

- 1 1/2 Banana (sliced and frozen)
- 1 1/2 cups Pineapple (cut into chunks and frozen)
- 1/3 cup Canned Coconut Milk

Nutrition

Amount per serving	
Calories	147
Fat	6g
Saturated	5g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	25g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Potassium	347mg
Vitamin A	86IU
Vitamin C	45mg
Calcium	15mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	27µg
Vitamin B12	0µg
Phosphorous	20mg
Magnesium	26mg

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere: Add rum.

Zinc	0mg
Selenium	1µg