



Light & Delicious Meal Guide

Our easy-to-follow Light and Delicious meal guide takes the guesswork out of mealtime and keeps your clean eating on track.



CREATED BY LEAGUE MARKETPLACE

Grocery List



95 ingredients

FRUITS

- 5 1/2 Avocado
- 4 Banana
- 1/2 cup Blueberries
- 2 Kiwi
- 2 1/4 Lemon
- 1/3 Lemon Juice
- 3 Lime
- 1/4 Lime Juice

BREAKFAST

- 2 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tpsps Maple Syrup

BOXED & CANNED

- 2 cups Black Beans
- 3 1/2 ozs Buckwheat Soba Noodles
- 6 ozs Chickpea Pasta
- 2 1/2 cups Chickpeas
- 1 3/4 cups Diced Tomatoes
- 1/3 cup Organic Salsa
- 1 3/4 cups Quinoa
- 2 cups White Navy Beans

FROZEN

- 1 cup Frozen Cauliflower
- 2 cups Frozen Mango

CONDIMENTS & OILS

- 1/3 cup Avocado Oil
- 2 tpsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/2 cup Pesto
- 1 2/3 tbsps Sesame Oil
- 1/4 cup Sun Dried Tomatoes
- 1/3 cup Tahini
- 1/4 cup Tamari

VEGETABLES

- 15 cups Baby Spinach
- 8 cups Buk Choy
- 1 Carrot
- 1 head Cauliflower
- 9 cups Cauliflower Rice
- 1/2 cup Cilantro
- 1 1/2 Cucumber
- 3 Garlic
- 1 Green Bell Pepper
- 2 stalks Green Onion
- 10 3/4 cups Kale Leaves
- 1/4 Microgreens
- 2 cups Mini Potatoes
- 1/4 cup Mint Leaves
- 1/4 cup Parsley
- 1/3 cup Radishes
- 3 Red Bell Pepper
- 1/4 cup Red Onion
- 8 leaves Romaine
- 1 Spaghetti Squash
- 1 Sweet Potato
- 2 Tomato
- 1/4 cup Watermelon Radish
- 7 Yellow Bell Pepper
- 2 Yellow Onion

COLD

- 2 tbsps Coconut Butter
- 14 Egg
- 3 1/2 cups Unsweetened Almond Milk

OTHER

- 2 Ice Cubes
- 4 Nori Sheets
- 1/4 cup Vanilla Protein Powder
- 6 1/2 cups Water

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 3/4 cup Cashews
- 1/8 tps Cayenne Pepper
- 2 1/6 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 2 tbsps Cumin
- 1/2 cup Hemp Seeds
- 1 1/2 tpsps Paprika
- 3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tbsps Sesame Seeds
- 2 tbsps Slivered Almonds
- 1/2 tsp Smoked Paprika
- 1/2 tsp Turmeric

BREAD, FISH, MEAT & CHEESE

- 1 1/2 ozs Cheddar Cheese
- 2 2/3 lbs Chicken Breast
- 2 Cod Fillet
- 22 Corn Tortillas
- 1 lb Extra Lean Ground Turkey
- 1/3 cup Feta Cheese
- 1/3 cup Hummus
- 4 slices Organic Bacon
- 4 Rainbow Trout Fillet
- 4 1/4 ozs Sliced Turkey Breast
- 8 ozs Smoked Salmon
- 16 ozs Tofu

BAKING

- 1/4 cup Coconut Flour
- 1 1/2 tbsps Coconut Sugar
- 2 tbsps Nutritional Yeast
- 3/4 cup Oats
- 2 tbsps Unsweetened Coconut Flakes
- 1/2 cup Unsweetened Shredded Coconut

Plan Calendar

	BREAKFAST	LUNCH	DINNER
MONDAY	Breakfast Protein Bowl	Easy Chicken Fajitas	Spaghetti Squash with Spinach & Chickpeas
TUESDAY	Breakfast Potato & Egg Tacos	Mexican Black Bean Salad	Crispy Peanut Tofu with Cauliflower Rice
WEDNESDAY	Mango Oat Smoothie	Chicken Shawarma Salad Bowls	Sesame Trout, Bok Choy & Quinoa
THURSDAY	Spinach and Sweet Potato Egg Muffins	Kale & White Bean Caesar Salad	Creamy Pasta with Kale
FRIDAY	Oatmeal with Blueberries	Turkey Kale Wraps	Turkey Taco Skillet with Cauliflower Rice
SATURDAY	Green Smoothie Bowl	Deconstructed Sushi Bowl	Coconut Cod Tacos
SUNDAY	Lemon Tart Smoothie	Cold Noodle Salad with Tahini Dressing	Pesto-Chicken Stuffed Peppers



Breakfast Protein Bowl



7 ingredients



25 minutes



1 serving

DIRECTIONS

1. Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
2. Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
3. Add the spinach to the same pan and heat over low until wilted. Remove from heat.
4. Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

NOTES

Prep Ahead

Make the quinoa in advance and used hard boiled eggs to save time.

Extra Nutrients

Top with sprouts or microgreens.

INGREDIENTS

- 1/4 cup** Quinoa (dry, uncooked)
- 3/4 cup** Water
- 2** Egg
- 2 cups** Baby Spinach
- 1/3 cup** Cherry Tomatoes (halved)
- 1/2** Avocado (mashed)
- 1/8 tsp** Sea Salt (or more to taste)

NUTRITION

Amount per serving

Calories	485	Cholesterol	372mg
Fat	27g	Sodium	500mg
Carbs	41g	Vitamin A	6732IU
Fiber	12g	Vitamin C	34mg
Sugar	3g	Calcium	171mg
Protein	23g	Iron	6mg



Breakfast Potato & Egg Tacos



12 ingredients



40 minutes



3 servings

DIRECTIONS

1. Preheat the oven to 425°F (218°C). Add the potatoes, onion, bell pepper, sea salt, paprika and avocado oil in a baking dish. Toss well to coat. Bake for 30 minutes, until the potatoes are cooked through.
2. Heat a skillet over medium heat and scramble the eggs until cooked through. Set aside.
3. Top each tortilla with potato mix, eggs, and salsa. Add shredded cheese, sliced avocado, and microgreens (optional). Enjoy!

NOTES

No White Potatoes

Use dice sweet potato instead.

Dairy-Free

Omit the cheese.

Prep Ahead

Cook the potatoes ahead of time. Scramble the eggs just before serving.

Serving Size

One serving is equal to two filled tacos.

Make it Vegan

Omit the cheese and use tofu instead of eggs.

INGREDIENTS

- 2 cups Mini Potatoes (quartered)
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/8 tsp Sea Salt
- 1/2 tsp Smoked Paprika
- 1 tsp Avocado Oil
- 3 Egg
- 6 Corn Tortilla
- 1/3 cup Organic Salsa
- 1 1/2 ozs Cheddar Cheese (shredded)
- 1 Avocado (optional, sliced)
- 1 1/4 cup Microgreens (optional)

NUTRITION

Amount per serving

Calories	498	Cholesterol	200mg
Fat	22g	Sodium	506mg
Carbs	59g	Vitamin A	2127IU
Fiber	11g	Vitamin C	81mg
Sugar	6g	Calcium	370mg
Protein	16g	Iron	3mg



Mango Oat Smoothie



6 ingredients



5 minutes



2 servings

DIRECTIONS

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses 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 Fibre

Add ground flax seed.

More Like Mango Lassi

Reduce almond milk and add greek yogurt.

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	276	Cholesterol	0mg
Fat	9g	Sodium	165mg
Carbs	47g	Vitamin A	2323IU
Fiber	7g	Vitamin C	68mg
Sugar	30g	Calcium	485mg
Protein	8g	Iron	2mg



Spinach & Sweet Potato Egg Muffins



8 ingredients



35 minutes



4 servings

DIRECTIONS

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

NOTES

Serving Size

One serving is equal to 3 egg cups.

Leftovers

Store in the fridge in an airtight container up to 3 days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach

Use finely sliced kale or swiss chard instead.

INGREDIENTS

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

NUTRITION

		Amount per serving	
Calories	229	Cholesterol	372mg
Fat	15g	Sodium	491mg
Carbs	9g	Vitamin A	9372IU
Fiber	2g	Vitamin C	13mg
Sugar	2g	Calcium	1145mg
Protein	14g	Iron	2mg



Oatmeal with Blueberries



3 ingredients



10 minutes



1 serving

DIRECTIONS

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

NOTES

Extra Toppings

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds,, yogurt, honey, maple syrup or granola.

No Blueberries

Top with raspberries, strawberries, peaches or bananas.

No Stove Top

Cook oats in the microwave instead.

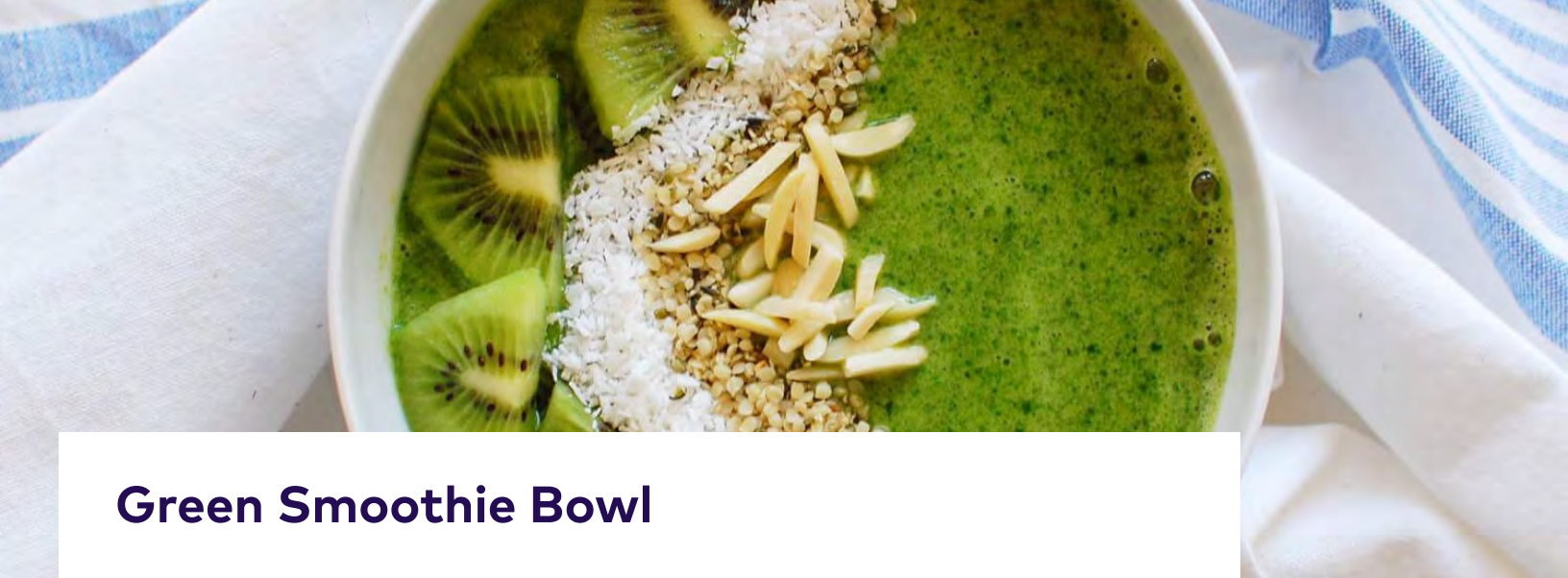
INGREDIENTS

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Blueberries (fresh or frozen)

NUTRITION

Amount per serving

Calories	196	Cholesterol	0mg
Fat	3g	Sodium	8mg
Carbs	38g	Vitamin A	40IU
Fiber	6g	Vitamin C	7mg
Sugar	8g	Calcium	50mg
Protein	6g	Iron	2mg



Green Smoothie Bowl



8 ingredients



10 minutes



2 servings

DIRECTIONS

1. Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

INGREDIENTS

- 2 Banana (chopped and frozen)
- 4 cups Baby Spinach
- 1 1/2 cups Water
- 2 Cubes
- 2 Kiwi (peeled and chopped)
- 2 tbsps Unsweetened Coconut Flakes
- 2 tbsps Slivered Almonds
- 2 tbsps Hemp Seeds

NUTRITION

Amount per serving

Calories	290	Cholesterol	0mg
Fat	13g	Sodium	60mg
Carbs	43g	Vitamin A	5763IU
Fiber	8g	Vitamin C	91mg
Sugar	22g	Calcium	129mg
Protein	9g	Iron	3mg



Lemon Tart Smoothie



6 ingredients



10 minutes



1 serving

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Enjoy!

NOTES

What is Coconut Butter?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

INGREDIENTS

- 1 Lemon (juiced)
- 1 Banana (frozen)
- 1 cup Frozen Cauliflower
- 2 tbsps Coconut Butter
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk

NUTRITION

Amount per serving

Calories	289	Cholesterol	4mg
Fat	26g	Sodium	322mg
Carbs	48g	Vitamin A	846IU
Fiber	15g	Vitamin C	85mg
Sugar	20g	Calcium	830mg
Protein	27g	Iron	3mg



Easy Chicken Fajitas



9 ingredients



20 minutes



4 servings

DIRECTIONS

1. Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
2. To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
3. Divide chicken and peppers between tortillas. Enjoy!

NOTES

Optional Toppings

Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

Vegetarian Option

Use sliced mushrooms instead of chicken.

Grain-Free

Use lettuce wraps instead of corn tortillas.

No Chicken Breast

Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

Leftovers

Store chicken and peppers in an airtight container in the fridge for up to 3 days. Reheat, then serve with tortillas.

Serving Size

One serving is equal to 2 fajitas.

INGREDIENTS

- 2 tbsps Avocado Oil
- 14 ozs Chicken Breast (sliced into strips)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Green Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 Yellow Onion (sliced)
- 8 Corn Tortillas

NUTRITION

Amount per serving

Calories	390	Cholesterol	103mg
Fat	12g	Sodium	408mg
Carbs	36g	Vitamin A	838IU
Fiber	4g	Vitamin C	112mg
Sugar	3g	Calcium	237mg
Protein	34g	Iron	3mg



Mexican Black Bean Salad



8 ingredients



15 minutes



4 servings

DIRECTIONS

1. In a large mixing bowl combine the black beans, pepper, onion and avocado
2. Add the lime juice, chili powder, cumin and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy!

NOTES

More Flavours

Add cilantro, tomato, corn or hot sauce.

Leftovers

Salad will keep in the fridge for up to 3 days.

No Black Beans

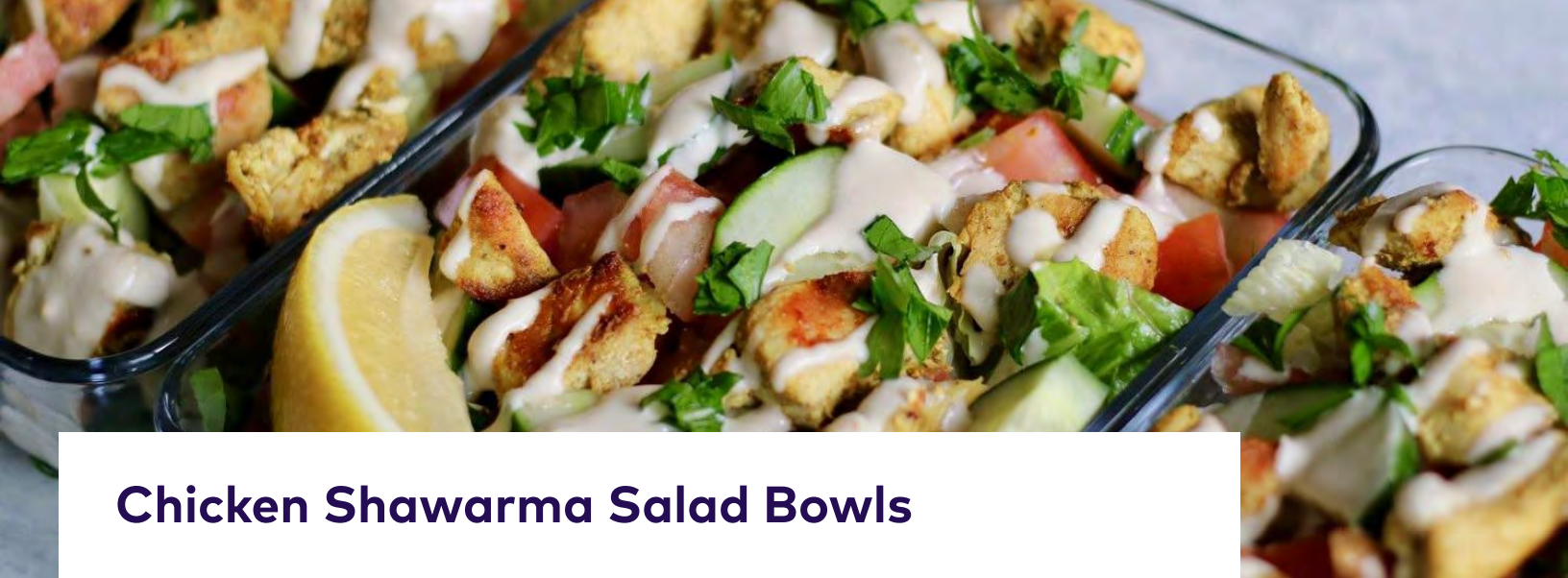
Use cooked lentils or chickpeas instead

INGREDIENTS

- 2 cups** Black Beans (cooked)
- 1** Red Bell Pepper (chopped)
- 1/4 cup** Red Onion (chopped)
- 1** Avocado (diced)
- 1/4 cup** Lime Juice
- 1/4 tsp** Chili Powder
- 1/4 tsp** Cumin
- 1/8 tsp** Sea Salt

NUTRITION

		Amount per serving	
Calories	210	Cholesterol	0mg
Fat	8g	Sodium	85mg
Carbs	29g	Vitamin A	1069IU
Fiber	4g	Vitamin C	48mg
Sugar	3g	Calcium	37mg
Protein	9g	Iron	2mg



Chicken Shawarma Salad Bowls



14 ingredients



30 minutes



4 servings

DIRECTIONS

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

NOTES

Garlic Lover

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

Leftovers

Store in the fridge for up to 3 days.

Vegan & Vegetarian

Omit the chicken and use cooked chickpeas instead.

INGREDIENTS

- 1 cup Chicken Breast (diced into cubes)
- 1 cup Sea Salt
- 1 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/2 tsp Turmeric
- 3/4 tsp Cumin
- 1/2 tsp Extra Virgin Olive Oil
- 1 tsp Tahini
- 1 tbsp Water
- 1/3 cup Lemon (juiced)
- 1 lb Romaine (chopped)
- 1/2 tsp Tomato (diced)
- 1 tbsp Cucumber (diced)
- 2 tbsps Parsley (chopped)

NUTRITION

Amount per serving

Calories	404	Cholesterol	147mg
Fat	20g	Sodium	420mg
Carbs	12g	Vitamin A	6182IU
Fiber	4g	Vitamin C	21mg
Sugar	2g	Calcium	130mg
Protein	48g	Iron	5mg



Kale & White Bean Caesar Salad



9 ingredients



25 minutes



3 servings

DIRECTIONS

1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

NOTES

Vegan and Vegetarian

Omit the bacon, or use coconut bacon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

INGREDIENTS

- 4 slices Organic Bacon
- 1/4 cup Hemp Seeds
- 2 tbsps Water
- 1 tbsp Nutritional Yeast
- 1/2 Lemon (juiced)
- 1 Garlic (clove, peeled)
- 6 cups Kale Leaves (chopped)
- 2 cups White Navy Beans (cooked)
- Sea Salt & Black Pepper (to taste)

NUTRITION

		Amount per serving	
Calories	382	Cholesterol	12mg
Fat	12g	Sodium	352mg
Carbs	46g	Vitamin A	13006IU
Fiber	18g	Vitamin C	23mg
Sugar	1g	Calcium	258mg
Protein	23g	Iron	7mg



Turkey Kale Wraps



4 ingredients



10 minutes



1 serving

DIRECTIONS

1. Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
2. Roll the leaves into a wrap. Enjoy!

NOTES

No Kale

Use another large leafy green such as collard or lettuce.

Leftovers

Store the leftovers in a container in the fridge for up to 3 days. Pierce the wraps with a toothpick to hold them together during storage.

No Turkey

Use sliced chicken breast instead.

No Hummus

Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor

Sprinkle with sea salt, black pepper, paprika or your favorite spices.

INGREDIENTS

- 3/4 cup** Kale Leaves (whole, lacinato, washed and dried)
- 1/3 cup** Hummus
- 4 1/4 ozs** Sliced Turkey Breast
- 2 tbsps** Radishes (thinly sliced)

NUTRITION

Amount per serving

Calories	350	Cholesterol	59mg
Fat	19g	Sodium	1474mg
Carbs	20g	Vitamin A	4895IU
Fiber	6g	Vitamin C	9mg
Sugar	2g	Calcium	119mg
Protein	26g	Iron	4mg



Deconstructed Sushi Bowl



10 ingredients



20 minutes



2 servings

DIRECTIONS

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
2. Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori, and smoked salmon. Garnish with sesame seeds.
3. Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

Leftovers

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

No Coconut Aminos

Use tamari or soy sauce instead.

INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

NUTRITION

Amount per serving

Calories	491	Cholesterol	32mg
Fat	34g	Sodium	989mg
Carbs	23g	Vitamin A	1180IU
Fiber	14g	Vitamin C	18mg
Sugar	7g	Calcium	125mg
Protein	30g	Iron	3mg



Cold Noodle Salad with Tahini Dressing



12 ingredients



20 minutes



2 servings

DIRECTIONS

1. Make the noodles according to the directions on the package, drain and rinse with cold water. Return to the pot (but don't heat).
2. Combine the tahini, olive oil, lime juice, tamari, sesame oil, maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce.
3. Add the sauce to the noodles and toss to coat.
4. Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!

NOTES

No Buckwheat Soba Noodles

Use brown rice noodles or any type of noodle instead.

Lower Carb

Use zucchini noodles instead of soba noodles.

Leftovers

Best enjoyed cold or at room temperature. Store in the fridge up to 3 to 4 days. Add extra lime juice or olive oil to loosen it up if it sticks after being refrigerated.

No Olive Oil

Use avocado oil instead.

Sticky Noodle Prevention

Toss the noodles in a splash of oil after cooking.

Extra Garnish

Sprinkle with sesame seeds.

No Tamari

Use coconut aminos or soy sauce instead.

INGREDIENTS

- 3 1/2 ozs Buckwheat Soba Noodles
- 2 tbsps Tahini
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tbsp Tamari
- 2 tsps Sesame Oil
- 1 1/2 tsps Maple Syrup
- 3 tbsps Water
- 1/4 cup Radishes (thinly sliced)
- 1 Carrot (medium, thinly sliced into ribbons)
- 1/4 cup Mint Leaves (finely chopped)
- 1/2 cup Chickpeas (cooked, from the can)

NUTRITION

Amount per serving

Calories	589	Cholesterol	0mg
Fat	28g	Sodium	703mg
Carbs	60g	Vitamin A	5262IU
Fiber	7g	Vitamin C	12mg
Sugar	7g	Calcium	118mg
Protein	14g	Iron	3mg



Spaghetti Squash with Spinach & Chickpeas



9 ingredients



50 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes. Remove the squash from the oven and let cool. Use a fork to shred the flesh into noodles.
3. In a pan over medium-low heat, add half of the extra virgin olive oil and sauté the garlic for 30 seconds. Then add the sun dried tomatoes and spinach. Sauté until the spinach is wilted. Add the chickpeas, lemon juice, sea salt, black pepper, remaining olive oil and the squash noodles. Toss to coat.
4. Divide the noodle mixture between plates and add the feta cheese on top. Serve and enjoy!

NOTES

Dairy-Free

Use capers or nutritional yeast instead of feta cheese.

No Spinach

Use kale or Swiss chard instead.

No Sun Dried Tomatoes

Use sliced oils instead.

Leftovers

Store in an airtight container in the fridge for 3 to 4 days.

INGREDIENTS

- 1 Spaghetti Squash (medium)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (cloved, minced)
- 1/4 cup Sun dried Tomatoes (drained)
- 3 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Feta Cheese (optional, crumbled)

NUTRITION

Amount per serving

Calories	286	Cholesterol	11mg
Fat	12g	Sodium	173mg
Carbs	37g	Vitamin A	2610IU
Fiber	9g	Vitamin C	22mg
Sugar	5g	Calcium	165mg
Protein	11g	Iron	4mg



Crispy Peanut Tofu with Cauliflower Rice



7 ingredients



40 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
2. While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
3. Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
4. Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

NOTES

No Tamari

Use soy sauce or coconut aminos.

No Cauliflower

Use regular rice instead.

Nut-Free

Use sunflower seed butter instead of peanut butter.

No Coconut Sugar

Use another type of sweetener such as honey or brown sugar.

Likes it Spicy

Garnish with red pepper flakes.

Herb Lover

Garnish with fresh mint.

INGREDIENTS

- 2 cups Tofu (extra firm, drained)
- 1 Sesame Oil
- 1/4 cup Tamari
- 1 Coconut Sugar
- 1/4 cup All Natural Peanut Butter
- 1/4 tsp Cauliflower (medium, grated into rice)
- 1/4 tsp Lime (sliced into wedges)

NUTRITION

Amount per serving

Calories	243	Cholesterol	0mg
Fat	25g	Sodium	804mg
Carbs	16g	Vitamin A	6IU
Fiber	5g	Vitamin C	74mg
Sugar	8g	Calcium	361mg
Protein	18g	Iron	3mg



Sesame Trout, Bok Choy & Quinoa



7 ingredients



20 minutes



4 servings

DIRECTIONS

1. Preheat oven to 425°F (218°C).
2. Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
3. Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
4. Divide the quinoa, trout and bok choy onto plates. Enjoy!

NOTES

Trout Fillets

Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout

No salmon instead.

Save Time

Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

Storage

Refrigerate in an airtight container up to 2 to 3 days

Serving Size

One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.

INGREDIENTS

- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 4 Trout Fillet
- 8 cups Bok Choy (baby, halved)
- 2 tbsps Avocado Oil
- 1/2 tsp Sea Salt
- 1 tbsp Sesame Seeds

NUTRITION

Amount per serving

Calories	439	Cholesterol	94mg
Fat	16g	Sodium	441mg
Carbs	31g	Vitamin A	6361IU
Fiber	5g	Vitamin C	67mg
Sugar	2g	Calcium	309mg
Protein	41g	Iron	5mg



Creamy Pasta with Kale



9 ingredients



40 minutes



3 servings

DIRECTIONS

1. Cook pasta according to the directions on the package and set aside.
2. Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat
3. In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
4. Toss the pasta with the cream sauce and enjoy!

NOTES

No Kale

Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers

Store leftovers in the fridge in an airtight container for up to 3 days. Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta

Use lentil, quinoa, brown rice or whole wheat pasta instead.

INGREDIENTS

- 6 ozs Chickpea Pasta
- 4 cups Kale Leaves (sliced thin into ribbons)
- 1 Garlic (clove, minced)
- 3/4 cup Cashews (soaked for 30 minutes and drained)
- 1/2 cup Water
- 1 tbsp Nutritional Yeast (optional)
- 1 tbsp Lemon Juice
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

NUTRITION

Amount per serving

Calories	521	Cholesterol	0mg
Fat	28g	Sodium	143mg
Carbs	52g	Vitamin A	8667IU
Fiber	12g	Vitamin C	14mg
Sugar	7g	Calcium	168mg
Protein	23g	Iron	10mg



Turkey Taco Skillet with Cauliflower Rice



13 ingredients



30 minutes



4 servings

DIRECTIONS

1. Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
2. Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

NOTES

Cauliflower Rice

Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

Vegan & Vegetarian

Use cooked lentils instead of ground turkey.

Save Time

Use pre-riced cauliflower.

Dairy-Lover

Top the Greek yogurt or grated cheese.

No Avocado Oil

Use coconut or olive oil instead.

INGREDIENTS

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (from the can)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

NUTRITION

Amount per serving

Calories	343	Cholesterol	84mg
Fat	19g	Sodium	335mg
Carbs	20g	Vitamin A	2569IU
Fiber	9g	Vitamin C	141mg
Sugar	8g	Calcium	97mg
Protein	27g	Iron	4mg



Coconut Cod Tacos



12 ingredients



35 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
3. Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
4. Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

NOTES

Cod Fillets

We recommend using cod fillets that are approx. 230 grams or 8 ounces in size each.

Serving Size

One serving is equal to two tacos.

No Tortillas

Use lettuce as a wrap.

No Watermelon Radish

Omit or use regular radish.

Likes it Spicy

Add hot sauce or cayenne pepper to the assembled tacos.

Leftovers

Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

INGREDIENTS

- 1 Egg
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Flour
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 2 Cod fillet (cut into small pieces)
- 8 Corn Tortilla
- 1 Yellow Bell Pepper (sliced thinly)
- 1/4 cup Watermelon Radish (thinly sliced)
- 1 Lime (juiced)
- 1/4 cup Cilantro (optional, roughly chopped)
- 1 Avocado (cubed)

NUTRITION

Amount per serving

Calories	447	Cholesterol	96mg
Fat	18g	Sodium	253mg
Carbs	43g	Vitamin A	494IU
Fiber	10g	Vitamin C	97mg
Sugar	2g	Calcium	241mg
Protein	27g	Iron	3mg



Pesto Chicken Stuffed Peppers



8 ingredients



50 minutes



4 servings

DIRECTIONS

1. Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
2. While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
3. Preheat your oven to 375°F (191°C).
4. Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
5. While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
6. With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
7. Remove the stuffed peppers from the oven and enjoy!

NOTES

Additional Toppings

Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

Tipsy Bell Pepper

If your bell peppers are tipsy and do not stand upright on their own, try slicing the bottom of them to create a flat surface.

Make it Vegetarian

Swap out the chicken for cooked lentils.

INGREDIENTS

- 8 ozs Chicken Breast
- 1/2 cup Quinoa (dry, uncooked)
- 4 Yellow Bell Pepper (large)
- 2 tbsps Water
- 2 stalks Green Onion
- 1/2 cup Pesto
- 3 tbsps Lemon Juice
- 1/8 tsp Sea Salt

NUTRITION

Amount per serving

Calories	349	Cholesterol	59mg
Fat	15g	Sodium	299mg
Carbs	30g	Vitamin A	1120IU
Fiber	4g	Vitamin C	347mg
Sugar	3g	Calcium	134mg
Protein	25g	Iron	2mg