



7 Day Clean Eating

Our 7-day clean eating guide provides the essential tools needed to help you start eating more nutrient dense foods in order to sustain a healthy lifestyle.



CREATED BY LEAGUE MARKETPLACE

Grocery List



114 ingredients

FRUITS

- 5 1/2 Apple
- 4 Avocado
- 1/2 cup Banana
- 2 Blueberries
- 2 1/4 Lemon
- 1/3 Lime
- 3 Nectarine
- 1/4 Peach

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

FROZEN

- 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 Bok 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	SNACK 1	LUNCH	SNACK 2	DINNER
MONDAY	Peaches & Cream Overnight Oats	Apple Dips	Grilled Vegetable Beach Bowl	Cinnamon Flax Muffins	Chickpea & Spinach Roti
TUESDAY	Protein-Packed Avocado Toast	Clean Trail Mix	Mexican Quinoa Wraps	Crackers & Avocado	Zucchini Noodle Bolognese
WEDNESDAY	Raspberry Chia Breakfast Parfait	Crackers & Hummus	Meal Prep Black Bean & Sweet Potato Burritos	Savoury Roasted Chickpeas	Spinach, Tomato & Goat Cheese Pizza
THURSDAY	Banana Cinnamon Smoothie	Green Smoothie Muffins	Quinoa & Roasted Chickpea Rainbow Salad	Yogurt & Berries	Portobello Veggie Burgers with Goat Cheese
FRIDAY	Chia Seed Breakfast Popsicles	Sea Salt & Garlic Crackers	Roasted Butternut Squash Harvest Bowl	Clean Trail Mix	Buffalo Cauliflower Wings
SATURDAY	Blueberry Protein Smoothie	Savoury Roasted Chickpeas	Lentil & Feta Tabbouleh	Raspberries	Penne with Bursting Cherry Tomato Sauce
SUNDAY	Pear & Pecan Breakfast Quinoa	Frozen Yogurt Covered Blueberries	Asian Slaw with Noodles & Peanut Sauce	Mini Dark Chocolate Tahini Cups	Spicy Curried Kale & Quinoa Stir Fry



Peaches & Cream Overnight Oats



8 ingredients



8 hours



4 servings

DIRECTIONS

1. In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
2. Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
3. Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

NOTES

Storage

Store in jars in the fridge up to 4 days.

No Coconut Yogurt

Use plain Greek yogurt instead.

INGREDIENTS

1 cup	Oats (quick or traditional)
1 tsp	Cinnamon
1/4 cup	Chia Seeds
2 cups	Unsweetened Coconut Yogurt
2 cups	Unsweetened Almond Milk
2 tsps	Vanilla Extract
2 tbsps	Maple Syrup
2	Peach (medium, diced)

NUTRITION

		Amount per serving	
Calories	269	Cholesterol	0mg
Fat	10g	Sodium	108mg
Carbs	40g	Vitamin A	496IU
Fiber	8g	Vitamin C	5mg
Sugar	13g	Calcium	574mg
Protein	6g	Iron	2mg



Protein-Packed Avocado Toast



6 ingredients



15 minutes



2 servings

DIRECTIONS

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

NOTES

No White Beans

Use chickpeas instead.

Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

INGREDIENTS

- 1 Avocado
- 1 cup White Navy Beans (cooked)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 4 slices Organic Bread
- 1/4 cup Hemp Seeds

NUTRITION

Amount per serving

Calories	555	Cholesterol	0mg
Fat	30g	Sodium	559mg
Carbs	59g	Vitamin A	149IU
Fiber	20g	Vitamin C	13mg
Sugar	6g	Calcium	119mg
Protein	19g	Iron	5mg



Raspberry Chia Breakfast Parfait



7 ingredients



15 minutes



2 servings

DIRECTIONS

1. Mix almond milk, chia seeds and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly. Transfer into jars (depending on how many servings you are making).
2. Next add banana onto the milk/chia seed layer. Then add almonds followed by hemp hearts. Top with raspberries and enjoy!

INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1 Banana (sliced)
- 1/2 cup Almonds (crushed)
- 2 tbsps Hemp Seeds
- 1/2 cup Raspberries

NUTRITION

		Amount per serving	
Calories	408	Cholesterol	0mg
Fat	28g	Sodium	82mg
Carbs	32g	Vitamin A	304IU
Fiber	13g	Vitamin C	13mg
Sugar	10g	Calcium	420mg
Protein	14g	Iron	4mg



Banana Cinnamon Smoothie



7 ingredients



5 minutes



2 servings

DIRECTIONS

1. Add all ingredients to blender and blend until smooth. Pour into 2 glasses and enjoy!

NOTES

No Protein Powder

Use hemp seeds with vanilla extract instead.

Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking

Make it Green

Add spinach.

INGREDIENTS

- 1/2 cup Vanilla Protein Powder
- 2 tbsps Ground Flax Seed
- 2 tbsps Chia Seeds
- 2 Banana (frozen)
- 4 Ice Cubes
- 2 cups Water
- 1/2 tsp Cinnamon

NUTRITION

		Amount per serving	
Calories	287	Cholesterol	4mg
Fat	7g	Sodium	44mg
Carbs	36g	Vitamin A	78IU
Fiber	9g	Vitamin C	10mg
Sugar	14g	Calcium	227mg
Protein	24g	Iron	2mg



Chia Seed Breakfast Popsicles



8 ingredients



5 hours



6 servings

DIRECTIONS

1. In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
2. Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
3. Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
4. Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

NOTES

Vegan

Use unsweetened coconut yogurt and replace honey with maple syrup.

Mix it Up

Use any fruit that is in season, or any fruit that you have on hand.

INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

NUTRITION

		Amount per serving	
Calories	129	Cholesterol	6mg
Fat	4g	Sodium	40mg
Carbs	18g	Vitamin A	340IU
Fiber	2g	Vitamin C	14mg
Sugar	12g	Calcium	144mg
Protein	6g	Iron	1mg



Blueberry Protein Smoothie



5 ingredients



5 minutes



1 serving

DIRECTIONS

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead.

INGREDIENTS

- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 cup Water (cold)

NUTRITION

Amount per serving

Calories	207	Cholesterol	4mg
Fat	4g	Sodium	69mg
Carbs	23g	Vitamin A	2884IU
Fiber	7g	Vitamin C	12mg
Sugar	13g	Calcium	190mg
Protein	22g	Iron	2mg



Pear & Pecan Breakfast Quinoa



8 ingredients



1 hour



5 servings

DIRECTIONS

1. Preheat oven to 350.
2. Grease a baking dish with a bit of coconut oil. In a large mixing bowl, combine the quinoa, almond milk, honey, cinnamon and nutmeg. Stir and pour into the baking dish. Bake for 30 minutes or until all liquid is absorbed.
3. In the mean time, stew the pears by adding them to a saucepan with the water. Bring to a boil, then reduce heat to medium. Let simmer while stirring occasionally for 15 minutes or until pears are soft.
4. To serve, scoop quinoa mix into a bowl and pour a bit of almond milk over top. Add a few spoonfuls of the stewed pears with juice then sprinkle with toasted pecans. Enjoy! (Pack it in a mason jar if you are on the go!)

INGREDIENTS

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Raw Honey
- 2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 cup Pecans (toasted)
- 4 Pear (cored and coarsely chopped)
- 1/2 cups Water

NUTRITION

Amount per serving

Calories	831	Cholesterol	0mg
Fat	19g	Sodium	52mg
Carbs	51g	Vitamin A	204IU
Fiber	10g	Vitamin C	6mg
Sugar	18g	Calcium	188mg
Protein	8g	Iron	3mg



Apple Dips



95 ingredients



15 minutes



2 servings

DIRECTIONS

1. Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
2. Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
3. Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

NOTES

Kid-Friendly

Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter

Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut

Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt

Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.

INGREDIENTS

- 1/2 cup Plain Greek Yogurt
- 2 tbsps Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1/4 tsp Cinnamon
- 1 Apple (sliced)

NUTRITION

Amount per serving

Calories	182	Cholesterol	9mg
Fat	10g	Sodium	38mg
Carbs	18g	Vitamin A	364IU
Fiber	3g	Vitamin C	8mg
Sugar	11g	Calcium	141mg
Protein	9g	Iron	1mg



Clean Trail Mix



1 ingredient



2 minutes



4 servings

DIRECTIONS

1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

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	347	Cholesterol	0mg
Fat	22g	Sodium	172mg
Carbs	34g	Vitamin A	14IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	59mg
Protein	10g	Iron	2mg



Crackers & Hummus



2 ingredients



5 minutes



1 serving

DIRECTIONS

1. Dip the crackers into the hummus and enjoy!

NOTES

Crackers

Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers.

INGREDIENTS

1 3/4 ozs Whole Grain Crackers

1/4 cup Hummus

NUTRITION

Amount per serving

Calories	387	Cholesterol	0mg
Fat	21g	Sodium	704mg
Carbs	43g	Vitamin A	17IU
Fiber	5g	Vitamin C	0mg
Sugar	6g	Calcium	36mg
Protein	8g	Iron	3mg



Green Smoothie Muffins



9 ingredients



25 minutes



12 servings

DIRECTIONS

1. Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
2. In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
3. Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
4. Let cool and enjoy!

NOTES

Recommended Protein Powder

This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers

Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

INGREDIENTS

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

NUTRITION

		Amount per serving	
Calories	106	Cholesterol	32mg
Fat	2g	Sodium	156mg
Carbs	16g	Vitamin A	675IU
Fiber	2g	Vitamin C	3mg
Sugar	4g	Calcium	134mg
Protein	6g	Iron	1mg



Sea Salt & Garlic Crackers



7 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
5. Enjoy!

NOTES

Storage

Refrigerate in an air-tight container up to 1 week.

Serve Them With

Hummus, nut butter, cheese, on top of salad or soup.

INGREDIENTS

- 1/2 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1/2 cup Chia Seeds
- 1/2 cup Almond Flour
- 1/2 tsp Sea Salt
- 1 1/2 tsps Garlic Powder
- 1/2 cup Water

NUTRITION

Amount per serving

Calories	372	Cholesterol	0mg
Fat	29g	Sodium	299mg
Carbs	20g	Vitamin A	2IU
Fiber	11g	Vitamin C	0mg
Sugar	1g	Calcium	189mg
Protein	14g	Iron	5mg



Savoury Roasted Chickpeas



5 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
3. Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
4. Let cool before storing in an airtight container in the fridge.

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

- 6 cups Chickpeas (canned, or cooked and drained)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Poultry Seasoning
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper

NUTRITION

Amount per serving

Calories	471	Cholesterol	0mg
Fat	13g	Sodium	607mg
Carbs	69g	Vitamin A	126IU
Fiber	19g	Vitamin C	3mg
Sugar	12g	Calcium	143mg
Protein	22g	Iron	8mg



Frozen Yogurt Covered Blueberries



2 ingredients



40 minutes



4 servings

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.

INGREDIENTS

- 2 cups** Blueberries (fresh or frozen, not wild)
1/4 cup Plain Greek Yogurt

NUTRITION

Amount per serving

Calories	53	Cholesterol	2mg
Fat	1g	Sodium	9mg
Carbs	11g	Vitamin A	118IU
Fiber	2g	Vitamin C	8mg
Sugar	8g	Calcium	36mg
Protein	2g	Iron	0mg



Grilled Vegetable Beach Bowl



14 ingredients



30 minutes



4 servings

DIRECTIONS

1. Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side.
3. While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper garlic, apple cider vinegar and oregano in your blender or food processor. Add ½ cup warm water and blend until smooth.
4. Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
5. Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!

NOTES

No Grill

Roast vegetables in the oven at 425°F (218°C) for 20 to 30 minutes.

INGREDIENTS

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Red Bell Pepper (sliced into quarters)
- 1 Zucchini
- 1/2 cup Sun Dried Tomatoes
- 4 cups Kale Leaves (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Oregano
- 1 Avocado
- 1 cup Alfalfa Sprouts

NUTRITION

		Amount per serving	
Calories	425	Cholesterol	0mg
Fat	24g	Sodium	221mg
Carbs	44g	Vitamin A	7666IU
Fiber	10g	Vitamin C	63mg
Sugar	5g	Calcium	138mg
Protein	11g	Iron	5mg



Mexican Quinoa Wraps



12 ingredients



45 minutes



8 servings

DIRECTIONS

1. In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chili powder and salt. Bring to a simmer.
2. Add quinoa and cook for 12 to 15 more minutes.
3. Place each tortilla wrap on a plate and top with spinach, avocado and the quinoa filling. Enjoy!

NOTES

More Toppings

Feta cheese, greek yogurt, diced chicken breast or cucumber slices.

Gluten-Free

Use corn or rice tortillas instead of whole wheat.

Slow Cooker Version

Add the water, black beans, diced tomatoes, corn, cumin, paprika, chili powder, salt and quinoa together in the slow cooker. Stir well to mix and cook on low for 5 to 6 hours, or on high for 3 to 4 hours.

INGREDIENTS

- 1 cup Water
- 4 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes (fresh or canned)
- 2 cups Corn (fresh, canned or frozen)
- 2 tps Cumin
- 1 tsp Paprika
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1 1/2 cups Quinoa (dry/uncooked)
- 8 Whole Wheat Tortilla
- 1/4 4 cups Baby Spinach
- 2 Avocado (diced)

NUTRITION

	Amount per serving		
Calories	502	Cholesterol	0mg
Fat	15g	Sodium	613mg
Carbs	76g	Vitamin A	2409IU
Fiber	20g	Vitamin C	20mg
Sugar	6g	Calcium	188mg
Protein	20g	Iron	6mg



Meal Prep Black Bean & Sweet Potato Burritos



13 ingredients



45 minutes



10 servings

DIRECTIONS

1. Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
2. Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
3. In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
4. Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
5. If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

NOTES

Reheating in the Oven

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas

Use corn or whole wheat tortillas instead.

INGREDIENTS

- 6 Sweet Potato (large, peeled and sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 4 cups Black Beans (cooked, from the can)
- 1 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 cup Water
- 1/4 cup Dijon Mustard
- 2 tsps Cumin
- 3 tbsps Tamari
- 1/4 tsp Sea Salt (or more to taste)
- 10 Rice Tortillas (11 inches)

NUTRITION

		Amount per serving	
Calories	369	Cholesterol	0mg
Fat	6g	Sodium	644mg
Carbs	66g	Vitamin A	11152IU
Fiber	13g	Vitamin C	15mg
Sugar	9g	Calcium	61mg
Protein	12g	Iron	3mg



Quinoa & Roasted Chickpea Rainbow Salad



14 ingredients



40 minutes



6 servings

DIRECTIONS

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
3. While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
4. Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

NOTES

Serve it With

Grilled chicken, pork chops or fish.

No Nectarine

Use sliced pear, plum, apple or peach instead.

INGREDIENTS

- 2 cups Chickpeas (cooked)
- 1 1/2 tps Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 cup Quinoa (dry)
- 1 3/4 cups Water
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Balsamic vinegar
- Sea Salt & Black Pepper (to taste)
- 6 cups Mixed Greens
- 1 Cucumber (diced)
- 1 Nectarine (pitted and thinly sliced)
- 1 cup Raspberries
- 1/4 cup Pumpkin Seeds
- 1/4 cup Basil Leaves (finely sliced)

NUTRITION

Amount per serving

Calories	314	Cholesterol	0mg
Fat	11g	Sodium	224mg
Carbs	44g	Vitamin A	209IU
Fiber	9g	Vitamin C	13mg
Sugar	8g	Calcium	89mg
Protein	12g	Iron	4mg



Roasted Butternut Squash Harvest Bowl



9 ingredients



40 minutes



4 servings

DIRECTIONS

1. Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

NOTES

No Butternut Squash

Use sweet potato, carrots or beets instead.

Save Time

Use frozen bagged butternut squash.

Leftovers

Keeps well in the fridge up to 3 - 4 days.

Extra Flavour

Toss the butternut squash in cinnamon before roasting

INGREDIENTS

- 1 tsp Butternut Squas (diced into cubes)
- 1 lb Extra Virgin Olive Oil (divided)
- 1/2 Quinoa (uncooked)
- 1 Water
- 1 Kale Leaves (finely chopped)
- 1 tbsp Balsamic Vinegar
- 1 tsp Sea Salt & Black Pepper (to taste)
- 1 tsp Pumpkin Seeds
- 1/4 tsp Dried Unsweetened Cranberries

NUTRITION

		Amount per serving	
Calories	434	Cholesterol	0mg
Fat	16g	Sodium	123mg
Carbs	63g	Vitamin A	27887IU
Fiber	12g	Vitamin C	47mg
Sugar	14g	Calcium	261mg
Protein	13g	Iron	8mg



Lentil & Feta Tabbouleh



9 ingredients



10 minutes



4 servings

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.

INGREDIENTS

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

NUTRITION

Amount per serving

Calories	345	Cholesterol	22mg
Fat	20g	Sodium	345mg
Carbs	30g	Vitamin A	6003IU
Fiber	11g	Vitamin C	94mg
Sugar	3g	Calcium	246mg
Protein	15g	Iron	8mg



Asian Slaw with Noodles & Peanut Sauce



14 ingredients



20 minutes



4 servings

DIRECTIONS

1. Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
2. Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
3. In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

NOTES

Mix It Up

Use whatever vegetables you have on hand.

Dislike Broccoli?

Use chopped cauliflower florets instead.

Extra Thai Flavour

Garnish with chopped cilantro.

INGREDIENTS

- 1 cup Brown Rice Spaghetti
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 1 tbsps Water
- 2 cups Coleslaw Mix
- 3 cups Broccoli (chopped into small florets)
- 1/2 Green Bell Pepper (de-seeded and finely sliced)
- 3 cups Baby Spinach (chopped)
- 1/4 cup Raw Peanuts (chopped)

NUTRITION

Amount per serving

Calories	461	Cholesterol	0mg
Fat	21g	Sodium	312mg
Carbs	59g	Vitamin A	4189IU
Fiber	7g	Vitamin C	101mg
Sugar	6g	Calcium	97mg
Protein	14g	Iron	3mg



Cinnamon Flax Muffin



7 ingredients



30 minutes



12 servings

DIRECTIONS

1. Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

NOTES

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

INGREDIENTS

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

NUTRITION

		Amount per serving	
Calories	183	Cholesterol	93mg
Fat	14g	Sodium	207mg
Carbs	7g	Vitamin A	139IU
Fiber	5g	Vitamin C	0mg
Sugar	0g	Calcium	122mg
Protein	7g	Iron	2mg



Crackers & Avocado



3 ingredients



10 minutes



2 servings

DIRECTIONS

1. Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

NOTES

Make it Paleo

Use grain-free flax crackers instead.

More Protein

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

INGREDIENTS

3 1/2 ozs Whole Grain Crackers

1/2 Avocado

Sea Salt & Black Peppet (to taste)

NUTRITION

Amount per serving

Calories	322	Cholesterol	0mg
Fat	18g	Sodium	445mg
Carbs	38g	Vitamin A	76IU
Fiber	5g	Vitamin C	5mg
Sugar	6g	Calcium	13mg
Protein	5g	Iron	2mg



Yogurt & Berries



2 ingredients



5 minutes



2 servings

DIRECTIONS

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew

No Frozen Berries

Use any type of fresh fruit instead.

INGREDIENTS

- 2 cups** Plain Greek Yogurt
2 cups Frozen Berries (thawed)

NUTRITION

Amount per serving

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg



Raspberries



1 ingredients



3 minutes



1 servings

DIRECTIONS

1. Wash berries and enjoy!

NOTES

Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

INGREDIENTS

1 cup Raspberries

NUTRITION

Amount per serving

Calories	64	Cholesterol	0mg
Fat	1g	Sodium	1mg
Carbs	15g	Vitamin A	41IU
Fiber	8g	Vitamin C	32mg
Sugar	5g	Calcium	31mg
Protein	1g	Iron	1mg



Mini Dark Chocolate Tahini Cups



5 ingredients



30 minutes



24 servings

DIRECTIONS

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

NOTES

No Tahini

Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.

No Mini Muffin Tray

Use a regular sized muffin tray to create larger cups.

Protein Powder

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

Serving Size

One serving is equal to one mini cup.

INGREDIENTS

- 10 1/2 ozs Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 1/4 tbsps Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 1/4 cup Protein Powder

NUTRITION

Amount per serving

Calories	93	Cholesterol	0mg
Fat	6g	Sodium	9mg
Carbs	7g	Vitamin A	1IU
Fiber	1g	Vitamin C	0mg
Sugar	4g	Calcium	12mg
Protein	2g	Iron	1mg



Chickpea & Spinach Roti



14 ingredients



30 minutes



3 servings

DIRECTIONS

1. Heat half of the coconut oil in a large skillet over medium heat. Sauté your onion and garlic until soft. Stir in tomato paste, cumin, curry powder, garam masala and sea salt.
2. Stir in half the coconut milk, spinach and chickpeas. Cook until spinach has wilted then set aside.
3. Now make your roti. Whisk together the ground flax, tapioca flour, remaining coconut milk and water. Mix well.
4. Heat the remaining coconut oil in a large skillet over medium heat. Pour the roti batter (about 3/4 cup per roti) and spread evenly into a thin layer using the back of a spoon. Cook for about 2-3 minutes each side. (Note: the batter is sticky so be careful when flipping!)
5. Place each roti on a plate and scoop the chickpea and spinach mixture into the middle. Fold in the sides, then the top and bottom. Enjoy!

NOTES

Likes it Spicy

Omit the feta and use sliced olives or capers instead.

Skip the Roti

Serve the chickpea and spinach mix with naan, rice or cauliflower rice instead.

INGREDIENTS

- 2 **tblsps** Coconut Oil (divided)
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 **tblsps** Tomato Paste
- 1 **tsp** Cumin
- 1 **1/2 tblsps** Curry Powder
- 1 **tsp** Garam Masala
- 2 **1/2 tsp** Sea Salt
- 1 **cup** Organic Coconut Milk (divided)
- 2 **cups** Baby Spinach
- 2 **cups** Chickpeas
- 1/2 **cup** Ground Flax Seed
- 1/2 **cup** Tapioca Flour
- 1/4 **cup** Water

NUTRITION

		Amount per serving	
Calories	601	Cholesterol	0mg
Fat	33g	Sodium	449mg
Carbs	63g	Vitamin A	2077IU
Fiber	15g	Vitamin C	14mg
Sugar	11g	Calcium	138mg
Protein	17g	Iron	7mg



Zucchini Noodle Bolognese



4 ingredients



20 minutes



4 servings

DIRECTIONS

1. Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the bolognese and enjoy!

NOTES

Zucchini Noodles

Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Leftovers

Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

Vegetarian/Vegan

Use lentils instead of ground chicken.

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground CHicken
- 1 2 1/2 cups Tomato Sauce
- 4 Zucchini (large)

NUTRITION

Amount per serving

Calories	262	Cholesterol	98mg
Fat	14g	Sodium	101mg
Carbs	14g	Vitamin A	1058IU
Fiber	4g	Vitamin C	46mg
Sugar	10g	Calcium	59mg
Protein	24g	Iron	3mg



Yogurt & Berries



10 ingredients



20 minutes



4 servings

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.

INGREDIENTS

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

NUTRITION

Amount per serving

Calories	571	Cholesterol	5mg
Fat	45g	Sodium	409mg
Carbs	34g	Vitamin A	3445IU
Fiber	6g	Vitamin C	20mg
Sugar	5g	Calcium	76mg
Protein	9g	Iron	3mg



Portobello Veggie Burgers with Goat Cheese



9 ingredients



25 minutes



2 servings

DIRECTIONS

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
3. Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushroom caps face down on the grill and grill until slightly softened. Flip at the halfway point.
4. Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

NOTES

Vegan

Skip the goat cheese and use pesto instead.

Meat Lover

Top with grilled vegetables with thinly sliced grilled steak, chicken or bacon.

INGREDIENTS

- 1 cup Red Onion (sliced)
- 1 Zucchini (sliced into rounds)
- 1 Yellow Bell Pepper (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 Portobello Mushroom Caps
- 1 cup Lentils (cooked, drained and rinsed)
- 1/2 cup Goat Cheese (or feta)
- 1 cup Mixed Greens

NUTRITION

Amount per serving

Calories	362	Cholesterol	10mg
Fat	14g	Sodium	173mg
Carbs	44g	Vitamin A	392IU
Fiber	13g	Vitamin C	200mg
Sugar	9g	Calcium	93mg
Protein	22g	Iron	5mg



Buffalo Cauliflower Wings



9 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat oven to 450°F (232°C). Line a baking sheet with foil and grease with half the coconut oil.
2. In a bowl, whisk together the flour, milk, salt and garlic powder to make the batter.
3. Place the breadcrumbs in a separate bowl.
4. Coat the cauliflower florets in the batter one at a time, letting any excess drip off. Transfer to the breadcrumbs and coat completely, then place onto baking sheet. Repeat until all florets are coated. Bake for 20 to 25 minutes until crispy and slightly golden.
5. Meanwhile, add the hot sauce, maple syrup and remaining coconut oil in a microwavesafe bowl and microwave for 20 seconds or until coconut oil has melted.
6. Gently toss the cauliflower in the sauce then return to baking sheet and continue baking for another 5 minutes. Remove from oven and serve immediately. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container up to 3-5 days (with or without sauce) and reheat in the oven.

INGREDIENTS

- 2 **tblsps** Coconut Oil (divided)
- 1 **cup** Oat Flour
- 1 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 2 **tsps** Garlic Powder
- 2 **tsps** Garlic Powder
- 1 **cup** Bread Crumbs
- 1 **head** Cauliflower (chopped into florets)
- 1/2 **cup** Hot Sauce (vinegar-based)
- 2 1/2 **tblsps** Maple Syrup

NUTRITION

Amount per serving

Calories	370	Cholesterol	0mg
Fat	11g	Sodium	1239mg
Carbs	56g	Vitamin A	125IU
Fiber	8g	Vitamin C	71mg
Sugar	12g	Calcium	223mg
Protein	12g	Iron	3mg



Penne with Bursted Cherry Tomato Sauce



7 ingredients



30 minutes



2 servings

DIRECTIONS

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

NOTES

No Chickpea Pasta

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast

Use parmesan or omit completely

INGREDIENTS

- 4 ozs Chickpea Pasta (dry)
- 1/4 cup Extra Virgin Olive Oil
- 3 cups Cherry Tomatoes
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (chopped)
- 1 tbsp Nutritional Yeast

NUTRITION

		Amount per serving	
Calories	485	Cholesterol	0mg
Fat	31g	Sodium	76mg
Carbs	43g	Vitamin A	2494IU
Fiber	11g	Vitamin C	34mg
Sugar	11g	Calcium	89mg
Protein	17g	Iron	7mg



Spicy Curried Kale & Quinoa Stir Fry



14 ingredients



15 minutes



3 servings

DIRECTIONS

1. Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
2. Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
4. Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
5. Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

NOTES

Extra Garnish

Serve with hot sauce and chopped cilantro for an added touch.

Leftovers

Store covered in the fridge up to 3 days.

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Chicken
- 1 2 1/2 cups Tomato Sauce
- 4 Zucchini (large)

NUTRITION

		Amount per serving
Calories	438	Cholesterol 124mg
Fat	20g	Sodium 1072mg
Carbs	45g	Vitamin A 18539IU
Fiber	11g	Vitamin C 145mg
Sugar	2g	Calcium 297mg
Protein	19g	Iron 7mg