

Holiday Recipe Guide

This Holiday season, try something a little different. Rather than turning to old favourite like turkey and stuffing, create new traditions with our twist on delicious holiday eats.



Grocery List



49 ingredients

FRUITS

- 1 1/2 Avocado
- 2 Clementines
- 1/2 tsp Lemon Juice
- 3 Lime

BREAKFAST

- 1 tsp Maple Syrup Butter

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 2 tsps Chili Powder
- 2 tsps Cumin
- 2 1/2 tsps Garlic Powder
- 1/4 cup Hazelnuts
- 2 tsps Paprika
- 1 tbsp Poultry Seasoning
- 3 tsps Sea Salt
- 1/2 tsp Smoked Paprika
- 1/4 tsp Turmeric
- 2 tsps Za'atar Spice

FROZEN

- 1 cup Frozen Strawberries

VEGETABLES

- 1 cup Asparagus
- 2 cups Butternut Squash
- 3 Cauliflower
- 4 cups Delicata Squash
- 1 1/4 cups Fresh Dill
- 1/2 Green Bell Pepper
- 1 tbsp Green Onion
- 7 Parsley
- 1 tbsp Red Bell Pepper
- 2 cups Sweet Potato
- 3 stalks Thyme
- 10 3/4 cups Yellow Onion

BOXED & CANNED

- 1 1/2 cup Canned Coconut Milk
- 1/4 cup Quinoa
- 1/4 cup Vegetable Broth

BAKING

- 1/4 cup Almond Flour
- 1/2 tsp Arrowroot Powder
- 1/2 cup Cane Sugar
- 1/2 cup Chickpea Flour
- 3 tsps Dark Chocolate Chips
- 1 tbsp Nutritional Yeast
- 2/3 cup Pureed Pumpkin
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1/4 cup Goat Cheese
- 9 ozs Tempeh
- 4 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 2 1/3 tsps Avocado Oil
- 2 1/8 tsps Coconut Oil
- 1 1/2 tsps Extra Virgin Olive Oil

COLD

- 1/4 cup Egg Whites

OTHER

- 2/3 cup Water



Chickpea Omelette with Asparagus



10 ingredients



15 minutes



1 serving

DIRECTIONS

1. In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
2. In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
3. In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
4. Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

INGREDIENTS

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/8 tsp Sea Salt
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Asparagus (trimmed, chopped)
- 2 tsps Fresh Dill (chopped)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)

NOTES

Leftovers

Refrigerate in an airtight container for up to 3 days.

Serving Size

One serving is equal to one omelette with all the toppings.

More Flavor

Add chili flakes or black pepper.

Additional Toppings

Top with goat cheese or feta.

NUTRITION

Amount per serving

Calories	452	Cholesterol	0mg
Fat	25g	Sodium	363 mg
Carbs	42g	Vitamin A	1238IU
Fiber	16g	Vitamin C	16mg
Sugar	7g	Calcium	76mg
Protein	19g	Iron	6 mg



Chocolate Dipped Clementines



4 ingredients



25 minutes



2 servings

DIRECTIONS

1. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
2. Dip each segment of clementine half way into the chocolate. Place on a plate and top with salt, if using. Continue with all slices and refrigerate until hardened, about 20 minutes. Enjoy!

INGREDIENTS

- 3 tbsps Dark Chocolate Chips
- 1/2 tsp Coconut Oil
- 2 Clementines (peeled, sectioned)
- 1/4 tsp Sea Salt (flaky, optional)

NUTRITION

		Amount per serving	
Calories	180	Cholesterol	0mg
Fat	9g	Sodium	296mg
Carbs	21g	Vitamin A	0IU
Fiber	1g	Vitamin C	36mg
Sugar	17g	Calcium	22mg
Protein	2g	Iron	1mg

NOTES

Leftovers

Refrigerate in an airtight container up to 2 days.



Chili Lime Tempeh Bowls



15 ingredients



1 hour 40 minutes



4 servings

DIRECTIONS

1. In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, half of the garlic powder, and two-thirds of the salt. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
2. When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
3. Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
4. Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
5. Meanwhile, cook the quinoa according to the package directions.
6. Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to 2 days.

More Flavour

Add cayenne pepper or hot sauce for a spicy tempeh. Use oil instead to roast the vegetables.

INGREDIENTS

- 1/2 tsp Smoked Paprika
- 2 tsp Chilli Powder (divided)
- 2 tsp Cumin (divided)
- 1 tsp Garlic Powder (divided)
- 3/4 tsp Sea Salt (divided)
- 3 Lime (juiced)
- 1/4 cup Vegetable Broth
- 1 tsp Maple Syrup
- 9 ozs Tempeh (cut into thin pieces)
- 1 Red Bell Pepper (thinly sliced)
- 1 Green Bell Pepper (thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 1 tbsp Water
- 1 cup Quinoa
- 1 Avocado (sliced)

NUTRITION

		Amount per serving	
Calories	403	Cholesterol	0mg
Fat	17g	Sodium	539mg
Carbs	47g	Vitamin A	1721IU
Fiber	9g	Vitamin C	77mg
Sugar	5g	Calcium	129mg
Protein	21g	Iron	6mg



Scalloped Sweet Potatoes



9 ingredients



1 hour



6 servings

DIRECTIONS

1. Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
4. Preheat oven to 400°F (204°C).
5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
8. Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 3/4 cup.

More Protein

Add pureed chickpeas to the sauce, or top with diced chicken.

Make it Spicy

Add chilli flakes or cayenne pepper.

INGREDIENTS

- 1/4 Sweet Potato
- 1 cup Yellow Onion (thinly sliced)
- 1 tbsp Coconut Oil
- 1 cup Almond Flour
- 1/4 cup Canned Coconut Milk
- 1 cup Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 cup Sea Salt
- 1/4 cup Pureed Pumpkin

NUTRITION

Calories	225	Cholesterol	0mg
Fat	18g	Sodium	336mg
Carbs	15g	Vitamin A	10403IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	36mg
Protein	3g	Iron	1mg



Roasted Za'atar Cauliflower



3 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. If you cannot fit the cauliflower evenly onto one baking sheet, line additional sheets as needed.
2. Add the cauliflower florets to the baking sheets and ensure they are evenly spaced for roasting. Toss the cauliflower with the avocado oil and the za'atar. Place in the oven and cook for 25 to 30 minutes, flipping and rotating the pans halfway through. Serve and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season with sea salt as needed.

Additional Toppings

Drizzle tahini overtop.

INGREDIENTS

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil
- 2 tsps Za'atar Spice

NUTRITION

		Amount per serving	
Calories	99	Cholesterol	0mg
Fat	7g	Sodium	104mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	76mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg



Roasted Chicken



6 ingredients



2 hours



4 servings

DIRECTIONS

1. Preheat oven to 350°F (177°C).
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

NOTES

Roasting Times

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers

Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste

Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time

Buy a pre-roasted chicken.

INGREDIENTS

- 4 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Poultry Seasoning
- 2 tsps Paprika

NUTRITION

Amount per serving

Calories	372	Cholesterol	295mg
Fat	24g	Sodium	931mg
Carbs	11g	Vitamin A	801IU
Fiber	3g	Vitamin C	0mg
Sugar	6g	Calcium	61mg
Protein	28g	Iron	5mg



Savory Squash



7 ingredients



35 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
3. Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

NOTES

Nut-Free

Refrigerate in an airtight container for up to three days.

No Parsley

Omit the cheese or use a dairy-free cheese instead.

No Avocado Oil

Add finely chopped onions and red pepper flakes.

INGREDIENTS

- 1 Delicata Squash (washed and chopped with skin on)
- 1/2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- 1/4 cup Hazelnuts (roughly choppe)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)
- Salt & Pepper (to taste)

NUTRITION

		Amount per serving	
Calories	156	Cholesterol	3mg
Fat	8g	Sodium	39mg
Carbs	21g	Vitamin A	7981IU
Fiber	4g	Vitamin C	28mg
Sugar	2g	Calcium	85mg
Protein	4g	Iron	2mg



Strawberry Pavlov



7 ingredients



1 hour 45 minutes



6 servings

DIRECTIONS

1. Preheat the oven to 225°F (107°C) and line a baking sheet with parchment paper.
2. Combine the egg whites and sugar in a mixing bowl. Using a hand mixer, beat the egg whites on high until stiff peaks form, about 5 minutes.
3. In a small bowl combine the arrowroot powder, lemon juice and half of the vanilla. With the mixer on low, pour the arrowroot mixture into the egg whites then adjust speed to high for 2 to 3 minutes more until the egg whites are glossy.
4. Gently transfer the egg whites to the prepared baking sheet and shape into a flat circle approximately 1-inch tall. Bake until the outside is firm to the touch, about 1 hour. Turn the oven off and leave the oven door ajar. Allow the pavlova to cool in the oven for 20 to 30 minutes until cool enough to handle. Let cool completely at room temperature before serving.
5. Meanwhile, add the strawberries, water and remaining vanilla to a pot over medium heat. Bring to a gentle boil and allow strawberries to bubble for 8 to 10 minutes until the sauce has thickened. Remove from heat and allow the sauce to cool.
6. To serve, slice the pavlova into wedges and top with the strawberry sauce. Enjoy!

NOTES

Leftovers

Keep in an airtight container at room temperature for up to two days. For best results consume same day. Keep pavlova and strawberry sauce separate until just before serving.

Additional Toppings

Whipped cream and fresh berries.

No Strawberries

Use another berry instead.

INGREDIENTS

- 1/4 cup** Egg Whites (resting at room temperature for at least 30 minutes)
- 1/2 cup** Cane Sugar
- 1/2 tsp** Arrowroot Powder
- 1/2 tsp** Lemon Juice
- 1 tsp** Vanilla Extract (divided)
- 1 cup** Frozen Strawberries (sliced)
- 1 tbsp** Water

NUTRITION

	Amount per serving	
Calories	329	Cholesterol 0mg
Fat	19g	Sodium 18mg
Carbs	16g	Vitamin A 17IU
Fiber	5g	Vitamin C 15mg
Sugar	2g	Calcium 9mg
Protein	25g	Iron 0mg