



Cozy + Conscious Fall Collection

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Cabbage, Carrots & Mushroom Rice Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry, uncooked)
1 tbsp Coconut Aminos
1 1/2 tsps Lime Juice
1 1/2 tsps Water
1 1/2 tsp Ginger (fresh, grated)
1/4 cup Vegetable Broth
6 Cremini Mushrooms (sliced)
1 Carrot (medium, shredded)
1 cup Purple Cabbage (thinly sliced)
1 cup Lentils (cooked, rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	418	Iron	5mg
Fat	3g	Vitamin D	4IU
Saturated	1g	Vitamin E	1mg
Polysat...	1g	Vitamin K	23µg
Monouns...	1g	Thiamine	0.6mg
Carbs	83g	Riboflavin	0.4mg
Fiber	13g	Niacin	8mg
Sugar	8g	Vitamin B6	0.7mg
Protein	17g	Folate	219µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	258mg	Phosphoro...	466mg
Potassium	928mg	Magnesium	133mg
Vitamin A	5668IU	Zinc	3mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, combine the coconut aminos, lime juice, water, and ginger in a small bowl. Set aside.
- 03 Heat the broth in a pan over medium heat. Add the mushrooms and cook until soft and browned, about five minutes. Add water as needed to prevent sticking.
- 04 Divide the rice, mushrooms, carrot, cabbage and lentils into bowls. Drizzle the dressing overtop and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two cups.

ADDITIONAL TOPPINGS

Add sprouts, sliced green onion, or avocado. Season the lentils with salt and pepper.

NO VEGETABLE BROTH

Use water or your choice of cooking oil instead, adjusting the quantity accordingly.



Vitamin C	31mg	Selenium	20µg
Calcium	59mg		



Meatball Spaghetti Squash

4 SERVINGS 35 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Beef
1/2 Yellow Onion (small, finely diced)
1 Garlic (clove, minced)
1 tsp Dried Basil
1 tsp Dried Thyme
1/4 tsp Sea Salt
2 Spaghetti Squash (medium, halved lengthwise, seeds removed)
1/2 cup Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	301	Iron	5mg
Fat	12g	Vitamin D	3IU
Saturated	5g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	9µg
Monouns...	5g	Thiamine	0.4mg
Carbs	26g	Riboflavin	0.2mg
Fiber	4g	Niacin	8mg
Sugar	2g	Vitamin B6	0.8mg
Protein	25g	Folate	47µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	233mg	Phosphoro...	297mg
Potassium	1232mg	Magnesium	98mg
Vitamin A	951IU	Zinc	6mg
Vitamin C	26mg	Selenium	20µg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
- 02 In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
- 03 On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
- 04 Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
- 05 When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately three to four meatballs and half of a spaghetti squash.

MORE FLAVOR

Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

ADDITIONAL TOPPINGS

Fresh basil, parmesan or nutritional yeast.

SAVE TIME

Use store-bought frozen meatballs instead.



Calcium 104mg

MAKE IT VEGAN

Use veggie meatballs or falafels instead.



Roasted Red Pepper & Tomato Pasta

2 SERVINGS 40 MINUTES



INGREDIENTS

1 Red Bell Pepper (large, chopped)
3 Tomato (medium, whole)
3 Garlic (cloves, large, left in the skin)
1 tbsp Water
Sea Salt & Black Pepper (to taste)
6 ozs Chickpea Pasta
1/2 tsp Red Pepper Flakes
1/4 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	336	Iron	10mg
Fat	6g	Vitamin D	0IU
Saturated	0g	Vitamin E	1mg
Polysat...	0g	Vitamin K	128µg
Monouns...	0g	Thiamine	0.1mg
Carbs	59g	Riboflavin	0.1mg
Fiber	15g	Niacin	2mg
Sugar	10g	Vitamin B6	0.4mg
Protein	24g	Folate	88µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	167mg	Phosphoro...	76mg
Potassium	548mg	Magnesium	26mg
Vitamin A	5182IU	Zinc	1mg
Vitamin C	114mg	Selenium	1µg
Calcium	92mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Prepare a rimmed baking sheet with parchment paper (optional).
- 02 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 03 Cook the pasta according to package directions.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Top with parmesan cheese or nutritional yeast.



Sheet Pan Dijon Chicken Thighs & Broccoli

4 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Thighs (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
2 tsps Dijon Mustard
8 cups Broccoli (florets, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	330	Iron	3mg
Fat	14g	Vitamin D	2IU
Saturated	3g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	194µg
Monouns...	8g	Thiamine	0.3mg
Carbs	12g	Riboflavin	0.6mg
Fiber	5g	Niacin	11mg
Sugar	3g	Vitamin B6	1.1mg
Protein	39g	Folate	121µg
Cholesterol	160mg	Vitamin B12	1.0µg
Sodium	249mg	Phosphoro...	435mg
Potassium	987mg	Magnesium	77mg
Vitamin A	1175IU	Zinc	3mg
Vitamin C	162mg	Selenium	44µg
Calcium	98mg		

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 02 In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
- 03 Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
- 04 Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about three cups.

MORE FLAVOR

Add maple syrup and/or honey to the chicken.



Chicken Pozole Verde

4 SERVINGS 45 MINUTES



INGREDIENTS

1 lb Chicken Breast
8 ozs Tomatillo (husks removed, halved)
1/2 White Onion (large, chopped)
2 Poblano Pepper (large, halved, seeds removed)
2 tsps Oregano (Mexican)
4 cups Chicken Broth
1/2 cup Cilantro
1 3/4 cups Hominy (white)

NUTRITION

AMOUNT PER SERVING

Calories	234	Iron	2mg
Fat	5g	Vitamin D	1IU
Saturated	1g	Vitamin E	1mg
Polysat...	1g	Vitamin K	18µg
Monouns...	1g	Thiamine	0.2mg
Carbs	18g	Riboflavin	0.4mg
Fiber	4g	Niacin	13mg
Sugar	6g	Vitamin B6	1.1mg
Protein	29g	Folate	23µg
Cholesterol	87mg	Vitamin B12	0.3µg
Sodium	1171mg	Phosphoro...	310mg
Potassium	673mg	Magnesium	63mg
Vitamin A	248IU	Zinc	2mg
Vitamin C	34mg	Selenium	29µg

DIRECTIONS

- 01 In a large pot, combine the chicken, tomatillos, onion, poblano pepper, oregano, and chicken broth over medium-high heat. Bring to a boil and then reduce the heat and simmer, partially covered for 30 minutes.
- 02 Remove the chicken and place it in a bowl. Shred it with two forks. Set aside.
- 03 Add the cilantro to the soup. Blend with an immersion blender, or carefully transfer the soup to a blender and blend until smooth. Add the soup back to the pot.
- 04 Transfer the chicken back into the pot along with the hominy and stir. Simmer on low heat for 15 minutes. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Season with salt and pepper to taste. Top with hot sauce, sour cream, cheese and/or cubed avocado.



Calcium 42mg



Chicken & Asparagus Pesto Pasta

4 SERVINGS 30 MINUTES



INGREDIENTS

8 1/2 ozs Chicken Breast
2 cups Asparagus (ends trimmed)
1 tbsp Extra Virgin Olive Oil
9 3/4 ozs Chickpea Pasta (dry)
1/3 cup Pesto
1 tbsp Lemon Juice
3 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	456	Iron	8mg
Fat	19g	Vitamin D	1IU
Saturated	3g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	62µg
Monouns...	8g	Thiamine	0.2mg
Carbs	44g	Riboflavin	0.4mg
Fiber	12g	Niacin	7mg
Sugar	9g	Vitamin B6	0.6mg
Protein	36g	Folate	44µg
Cholesterol	48mg	Vitamin B12	0.1µg
Sodium	262mg	Phosphoro...	220mg
Potassium	457mg	Magnesium	36mg
Vitamin A	886IU	Zinc	1mg
Vitamin C	5mg	Selenium	15µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 03 Meanwhile, cook the pasta according to package instructions.
- 04 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use nutritional yeast or plant-based cheese instead of parmesan.

ADDITIONAL TOPPINGS

Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.



Calcium 188mg



Ginger Beef Sweet Potato Noodles

2 SERVINGS 25 MINUTES



INGREDIENTS

1/4 cup Coconut Aminos
2 Garlic (clove, minced)
1 1/2 tbsps Ginger (fresh, grated or minced)
1 tbsp Lime Juice
1 tbsp Coconut Oil
2 Sweet Potato (small, peeled and spiralized into noodles)
2 cups Broccoli (cut into florets)
1/2 Yellow Onion (medium, roughly chopped)
2 tbsps Water
8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	454	Iron	5mg
Fat	19g	Vitamin D	3IU
Saturated	10g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	96µg
Monouns...	5g	Thiamine	0.2mg
Carbs	43g	Riboflavin	0.4mg
Fiber	7g	Niacin	7mg
Sugar	15g	Vitamin B6	0.9mg
Protein	28g	Folate	80µg
Cholester...	74mg	Vitamin B12	2.5µg

DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 02 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 03 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 04 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 05 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

ADDITIONAL TOPPINGS

Green onion, cilantro and/or sesame seeds.

SWEET POTATO NOODLES

Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.



Sodium	719mg	Phosphoro...	337mg
Potassium	1169mg	Magnesium	78mg
Vitamin A	19030IU	Zinc	6mg
Vitamin C	88mg	Selenium	22µg
Calcium	114mg		

NO COCONUT OIL
Use avocado oil instead.



Sheet Pan Moroccan Style Chicken & Cauliflower

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Moroccan Spice Blend (divided)
- 1 head Cauliflower (small, chopped into florets)
- 2 Sweet Potato (small, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	388	Iron	9mg
Fat	18g	Vitamin D	2IU
Saturated	3g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	35µg
Monouns...	10g	Thiamine	0.3mg
Carbs	20g	Riboflavin	0.5mg
Fiber	5g	Niacin	11mg
Sugar	6g	Vitamin B6	1.2mg
Protein	37g	Folate	98µg
Cholesterol	160mg	Vitamin B12	1.0µg
Sodium	602mg	Phosphoro...	410mg
Potassium	1070mg	Magnesium	77mg
Vitamin A	9262IU	Zinc	3mg
Vitamin C	72mg	Selenium	40µg
Calcium	64mg		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a large baking sheet with parchment paper (or use two smaller baking trays if needed).
- 02 In a large bowl, toss the chicken thighs with half the oil and Moroccan spice blend. Toss to coat, making sure the chicken is well coated. Transfer to the baking sheet.
- 03 In the same bowl, combine the cauliflower and sweet potatoes and drizzle in the remaining oil and spice blend and mix together using your hands to coat well. Transfer to the baking sheet, making sure to space them out.
- 04 Place in the oven to bake for 30 to 35 minutes, until the chicken is cooked through and the veggies are slightly browned and crispy. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Top with fresh herbs such as mint and/or parsley.

ADDITIONAL TOPPINGS

Serve with Greek yogurt or a tahini dressing.

NO MOROCCAN SPICE

Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.



Turkey & White Bean Chili

6 SERVINGS 25 MINUTES



INGREDIENTS

2 **tsps** Extra Virgin Olive Oil
1 Sweet Onion (medium, chopped)
4 **Garlic** (cloves, minced)
4 **cups** Chicken Broth
2 **tsps** Cumin (ground)
3 Green Chili Pepper (seeds removed, optional)
1 **lb** Turkey Breast, Cooked (roughly chopped)
4 **cups** White Navy Beans (cooked)
3/4 **cup** Cream, Half & Half
2 **tbps** Arrowroot Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	377	Iron	5mg
Fat	8g	Vitamin D	8IU
Saturated	3g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	5µg
Monouns...	3g	Thiamine	0.4mg
Carbs	43g	Riboflavin	0.4mg
Fiber	14g	Niacin	10mg
Sugar	6g	Vitamin B6	1.0mg
Protein	35g	Folate	196µg
Cholesterol	67mg	Vitamin B12	1.4µg

DIRECTIONS

- 01 Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
- 02 Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
- 03 In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals approximately two cups of chili.

DAIRY-FREE

Use coconut milk instead of cream.

MORE FLAVOR

Add oregano, cilantro, or jalapeños.

ADDITIONAL TOPPINGS

Top with avocado slices, green onion, or shredded cheese.

NO ARROWROOT POWDER

Use cornstarch or tapioca starch instead.



Sodium	728mg	Phosphoro...	433mg
Potassium	929mg	Magnesium	104mg
Vitamin A	392IU	Zinc	3mg
Vitamin C	59mg	Selenium	29µg
Calcium	159mg		



Turkey Chili

8 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 lb Extra Lean Ground Turkey
1 Yellow Onion (chopped)
2 cups Diced Tomatoes
2 cups Crushed Tomatoes
2 cups Black Beans (cooked, rinsed)
1 3/4 cups Red Kidney Beans (cooked, rinsed)
2 Carrot (chopped)
5 stalks Celery (chopped)
1 Red Bell Pepper (chopped)
1 Jalapeno Pepper (chopped)
3 tbsps Chili Powder
1 tsp Cumin
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	266	Iron	5mg
Fat	7g	Vitamin D	8IU
Saturated	2g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	19µg
Monouns...	3g	Thiamine	0.3mg
Carbs	31g	Riboflavin	0.3mg
Fiber	12g	Niacin	5mg
Sugar	7g	Vitamin B6	0.5mg

DIRECTIONS

- 01 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 02 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 03 Divide into bowls, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to two months.

SERVING SIZE

One serving is equal to approximately two cups of chili.

MORE FLAVOR

Add a pinch of cayenne.

ADDITIONAL TOPPINGS

Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

MORE VEGGIES

Add sliced mushrooms, sliced kale, or baby spinach.



Protein	20g	Folate	125µg
Cholesterol	42mg	Vitamin B12	0.7µg
Sodium	577mg	Phosphoro...	268mg
Potassium	846mg	Magnesium	85mg
Vitamin A	4462IU	Zinc	3mg
Vitamin C	35mg	Selenium	13µg
Calcium	114mg		



Curried Coconut Soup

8 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 tbsp Ginger (chopped)
2 Garlic (clove, minced)
1 Yellow Onion (chopped)
2 tbsps Curry Powder
2 cups Mushrooms (sliced)
1 oz Lemongrass (chopped)
1 cup Broccoli (chopped into small florets)
1 tbsp Lime Juice
3 cups Canned Coconut Milk
4 cups Vegetable Broth
1 Zucchini (spiralized into noodles)
1/4 cup Cilantro
1 tsp Chili Flakes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	209	Iron	1mg
Fat	18g	Vitamin D	2IU
Saturated	15g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	18µg
Monouns...	1g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.2mg
Fiber	2g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	3g	Folate	21µg

DIRECTIONS

- 01 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 02 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 03 During the last minute, add the zucchini noodles and remove from heat.
- 04 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

One serving is equal to approximately one cup of soup.

MORE FLAVOR

Add salt and pepper.



Cholesterol	0mg	Vitamin B12	0µg
Sodium	359mg	Phosphoro...	52mg
Potassium	409mg	Magnesium	17mg
Vitamin A	418IU	Zinc	0mg
Vitamin C	17mg	Selenium	3µg
Calcium	35mg		



Curried Cauliflower Soup

6 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
3 Garlic (clove, minced)
2 tbsps Ginger (fresh, minced)
1 head Cauliflower (sliced into florets)
2 tps Curry Powder
1 1/2 tps Garam Masala
1 tsp Turmeric
1 tsp Coriander
3 cups Vegetable Broth
1 3/4 cups Canned Coconut Milk (plus more for garnish)
1 tsp Sea Salt
1/4 cup Cilantro (optional, garnish)
1/2 tsp Red Pepper Flakes (optional, garnish)

NUTRITION

AMOUNT PER SERVING

Calories	193	Iron	2mg
Fat	15g	Vitamin D	0IU
Saturated	12g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	20µg
Monouns...	2g	Thiamine	0.1mg
Carbs	12g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg

DIRECTIONS

- 01 Heat the oil in a large pot over medium-high heat. Add the onion, garlic, and ginger and cook until the onions are translucent about five minutes.
- 02 Add the cauliflower and spices and stir to combine. Add the vegetable broth and bring it to a boil. Simmer for 30 minutes or until the cauliflower is fork-tender.
- 03 Using a blender, food processor, or immersion blender, blend until smooth.
- 04 Transfer back to the pot and add the coconut milk and sea salt. Warm through and divide between bowls. Garnish with cilantro, red pepper flakes, and additional coconut milk (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup of soup.

MORE FLAVOR

Add cooked white beans for extra protein and fiber.



Sugar	5g	Vitamin B6	0.2mg
Protein	4g	Folate	57µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	771mg	Phosphoro...	55mg
Potassium	490mg	Magnesium	21mg
Vitamin A	371IU	Zinc	0mg
Vitamin C	49mg	Selenium	1µg
Calcium	45mg		



Thai Red Lentil & Spinach Curry

2 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1/2 Yellow Onion (medium, chopped)
2 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced or grated)
1/4 cup Thai Red Curry Paste
1 1/2 cups Vegetable Broth
1 cup Canned Coconut Milk
1/2 cup Dry Red Lentils (rinsed)
2 cups Baby Spinach (chopped)
1/2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	508	Iron	6mg
Fat	26g	Vitamin D	0IU
Saturated	23g	Vitamin E	1mg
Polysat...	0g	Vitamin K	146µg
Monouns...	0g	Thiamine	0.1mg
Carbs	51g	Riboflavin	0.1mg
Fiber	9g	Niacin	0mg
Sugar	6g	Vitamin B6	0.1mg
Protein	18g	Folate	60µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1367mg	Phosphoro...	27mg
Potassium	978mg	Magnesium	28mg
Vitamin A	9213IU	Zinc	0mg

DIRECTIONS

- 01 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 02 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 03 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cups.

ADDITIONAL TOPPINGS

Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

CURRY PASTE

This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

SERVE IT WITH

Rice, quinoa or cauliflower rice.



Vitamin C	16mg	Selenium	1µg
Calcium	68mg		



Moroccan Chicken Tagine

2 SERVINGS 50 MINUTES



INGREDIENTS

10 ozs Chicken Leg, Bone-in (with skin)
1 tbsp Extra Virgin Olive Oil
2 tbsps Moroccan Spice Blend (divided)
1 Yellow Onion (small, sliced)
3 Garlic (cloves, finely chopped)
2 Carrot (medium, peeled, and sliced thin)
1 1/2 cups Water
1/2 cup Dried Apricots
1/2 cup Green Olives (pitted)
1/4 cup Almonds (coarsely chopped)
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	647	Iron	20mg
Fat	43g	Vitamin D	4IU
Saturated	9g	Vitamin E	8mg
Polyunsat...	8g	Vitamin K	17µg
Monouns...	23g	Thiamine	0.2mg
Carbs	39g	Riboflavin	0.5mg
Fiber	8g	Niacin	9mg
Sugar	26g	Vitamin B6	0.7mg
Protein	30g	Folate	27µg
Cholesterol	138mg	Vitamin B12	0.9µg
Sodium	1724mg	Phosphoro...	360mg

DIRECTIONS

- 01 In a medium bowl add the chicken legs, olive oil, and half of the Moroccan spice blend. Heat up a tagine or a dutch oven over medium-high heat. Brown chicken legs, skin side down for four to six minutes. Flip the chicken and cook for another four to six minutes. Remove and transfer it to a plate.
- 02 In the same pot, sauté the onions until soft. Add the garlic and cook for another two to three minutes, stirring frequently. Add in the sliced carrot and remaining Moroccan spice. Cook for another one to two minutes.
- 03 Transfer the chicken back to the pot and add the water. Cover with a lid. Turn the heat down to simmer and let it cook for about 20 minutes.
- 04 Add in the dried apricot, olives, and salt. Stir then cover again. Cook for another 10 minutes or until the chicken is cooked through.
- 05 Adjust the seasoning to your taste and sprinkle the chopped almonds on top before serving. Enjoy.

NOTES

LEFTOVERS

Refrigerate the leftovers in an airtight container for up to two days.

NUT-FREE

Use sunflower seeds instead of almonds.

MORE FLAVOR

Add preserved lemon, tomato paste, lemon juice, chopped cilantro, or mint.

HOW TO SERVE

Enjoy as is or serve it over couscous.



Potassium	1093mg	Magnesium	97mg
Vitamin A	11584IU	Zinc	3mg
Vitamin C	6mg	Selenium	29µg
Calcium	172mg		



Maple Roasted Squash Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

1 Acorn Squash (medium, peeled, seeds removed, sliced)
3 tbsps Maple Syrup
Sea Salt & Black Pepper (to taste)
1/3 cup Pumpkin Seeds
1 1/2 tsps Lime Juice
1/8 tsp Cayenne Pepper
1 1/2 tbsps Apple Cider Vinegar
1/4 cup Extra Virgin Olive Oil
1 tsp Dijon Mustard
8 cups Arugula
1/3 cup Pomegranate Seeds

NUTRITION

AMOUNT PER SERVING

Calories	285	Iron	2mg
Fat	19g	Vitamin D	0IU
Saturated	3g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	52µg
Monouns...	12g	Thiamine	0.2mg
Carbs	26g	Riboflavin	0.3mg
Fiber	3g	Niacin	1mg
Sugar	12g	Vitamin B6	0.2mg
Protein	5g	Folate	64µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	31mg	Phosphoro...	193mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Brush the acorn squash slices on both sides with the maple syrup and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes, flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside.
- 03 Reduce the oven temperature to 300°F (150°C). Toss the pumpkin seeds with lime juice, cayenne, and a pinch of salt and pepper. Place on the same baking sheet used for the squash. Bake for eight to nine minutes, until toasted. Set aside.
- 04 In a small jar, pour in the apple cider vinegar, oil, dijon mustard, salt, and pepper and shake to combine.
- 05 Place the arugula in a large salad bowl and add the dressing and toss to combine. Top with the squash, pumpkin seeds, and pomegranate seeds. Divide onto plates. Enjoy!

NOTES

LEFTOVERS

Store the dressing and salad separately in sealed containers in the fridge for up to three days.

SERVING SIZE

One serving is about 2 1/2 cups of salad.



Potassium	675mg	Magnesium	121mg
Vitamin A	1371IU	Zinc	1mg
Vitamin C	20mg	Selenium	2µg
Calcium	122mg		



Apple Quinoa Salad with Roasted Chicken

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 tsp Sesame Oil
1 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
6 ozs Chicken Breast
1/2 cup Quinoa
3 tbsps Tahini
2 tbsps Water
1 tsp Honey
2 cups Arugula
1 Green Apple (sliced)
2 tbsps Mint Leaves (optional)

NUTRITION

AMOUNT PER SERVING

Calories	470	Iron	5mg
Fat	18g	Vitamin D	1IU
Saturated	3g	Vitamin E	2mg
Polyunsat...	8g	Vitamin K	25µg
Monouns...	6g	Thiamine	0.5mg
Carbs	48g	Riboflavin	0.5mg
Fiber	8g	Niacin	10mg
Sugar	11g	Vitamin B6	1.0mg
Protein	30g	Folate	132µg
Cholesterol	62mg	Vitamin B12	0.2µg
Sodium	74mg	Phosphoro...	565mg
Potassium	825mg	Magnesium	146mg

DIRECTIONS

- 01 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 02 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 03 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 04 Make the dressing by whisking the tahini, water, and honey together. Season with salt and pepper.
- 05 Thinly slice the cooked chicken. Divide the quinoa, arugula, apple, and chicken evenly between plates. Top with the dressing and mint, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately three cups.

MORE FLAVOR

Add red onion.

MAKE IT VEGAN

Omit the chicken or use chickpeas, tofu, or tempeh instead.

NO ARUGULA

Use mixed greens instead.



Vitamin A	1239IU	Zinc	3mg
Vitamin C	4mg	Selenium	31µg
Calcium	164mg		



Roasted Broccoli Quinoa Salad

2 SERVINGS 35 MINUTES



INGREDIENTS

6 1/8 ozs Tofu (extra-firm, pressed and cut into 1-cm cubes)
3 cups Broccoli (cut into florets)
1/2 cup Red Onion (chopped)
1 1/2 tsps Extra Virgin Olive Oil
2 tsps Greek Seasoning
3 tsps Lemon Juice (divided)
1/2 cup Quinoa
2 tsps Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	351	Iron	5mg
Fat	13g	Vitamin D	2IU
Saturated	3g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	144µg
Monouns...	5g	Thiamine	0.3mg
Carbs	43g	Riboflavin	0.4mg
Fiber	8g	Niacin	2mg
Sugar	5g	Vitamin B6	0.6mg
Protein	20g	Folate	187µg
Cholesterol	8mg	Vitamin B12	0.2µg
Sodium	799mg	Phosphoro...	426mg
Potassium	872mg	Magnesium	150mg
Vitamin A	898IU	Zinc	3mg
Vitamin C	134mg	Selenium	20µg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 03 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 04 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 05 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

SERVING SIZE

One serving is approximately two cups of salad.

MORE FLAVOR

Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

MAKE IT VEGAN

Omit the feta or use dairy-free feta instead.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

NO GREEK SEASONING

Use a combination of dried herbs and spices instead.



Calcium 388mg



Roasted Chicken Apple Kale Salad

1 SERVING 35 MINUTES



INGREDIENTS

1 Yellow Onion (small, diced)
1 Apple (small, diced)
1 cup Butternut Squash (frozen, cubed)
1 tbsp Thyme (fresh, chopped)
2 tbsps Extra Virgin Olive Oil (divided)
6 ozs Chicken Breast
2 cups Kale Leaves (thinly sliced)
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	665	Iron	7mg
Fat	33g	Vitamin D	2IU
Saturated	5g	Vitamin E	7mg
Polyunsat...	4g	Vitamin K	185µg
Monouns...	21g	Thiamine	0.4mg
Carbs	55g	Riboflavin	0.5mg
Fiber	12g	Niacin	19mg
Sugar	31g	Vitamin B6	1.7mg
Protein	42g	Folate	86µg
Cholesterol	124mg	Vitamin B12	0.4µg
Sodium	407mg	Phosphoro...	454mg
Potassium	1586mg	Magnesium	123mg
Vitamin A	17166IU	Zinc	2mg
Vitamin C	81mg	Selenium	40µg

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 03 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 04 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

NOTES

LEFTOVERS

Keep salad in a resealable container in the fridge for up to 3 days.

SERVING SIZE

One serving is equal to approximately three cups of salad.

MORE FLAVOR

Swap out fresh thyme with sage for an autumn-inspired salad.

ADDITIONAL TOPPINGS

Top with hemp seeds for an extra nutrition boost.



Calcium 245mg



Cauliflower & Mushroom Casserole

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 head Cauliflower (cut into florets)
1 tsp Butter
6 Cremini Mushrooms (sliced)
1 1/2 tbsps Arrowroot Powder
1 1/2 cups Cow's Milk, Whole
Sea Salt & Black Pepper (to taste)
3 tbsps Bread Crumbs
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	239	Iron	2mg
Fat	9g	Vitamin D	97IU
Saturated	5g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	55µg
Monouns...	2g	Thiamine	0.3mg
Carbs	31g	Riboflavin	0.6mg
Fiber	4g	Niacin	4mg
Sugar	14g	Vitamin B6	0.4mg
Protein	12g	Folate	116µg
Cholesterol	23mg	Vitamin B12	0.9µg
Sodium	201mg	Phosphoro...	283mg
Potassium	884mg	Magnesium	51mg
Vitamin A	516IU	Zinc	2mg
Vitamin C	75mg	Selenium	15µg
Calcium	262mg		

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Add the cauliflower to a pot of salted boiling water. Boil for five to seven minutes or until cooked half way. Drain and set aside.
- 02 Melt the butter in a pan. Add the mushrooms and sauté over high heat for five to six minutes or until golden brown.
- 03 In a medium bowl, add the arrowroot powder. Slowly add the milk, whisking continuously. Pour the mixture over the mushrooms. Whisk and bring to a boil. Reduce the heat to medium-low and cook, whisking constantly, for about five minutes or until thickened.
- 04 Season the mixture with salt and pepper. Add the cauliflower to an oven-safe dish. Pour the sauce into the dish and top with bread crumbs.
- 05 Bake in the oven for 15 to 20 minutes. Top with parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add garlic, nutmeg, and/or rosemary.

ADDITIONAL TOPPINGS

Parmesan cheese.



Pumpkin Gnocchi

2 SERVINGS 25 MINUTES



INGREDIENTS

8 3/4 ozs Potato Gnocchi
1 tsp Extra Virgin Olive Oil
2 tbsps Fresh Sage
2 tbsps Shallot (peeled, finely sliced)
1/2 cup Pureed Pumpkin
1/2 cup Vegetable Broth
Sea Salt & Black Pepper (to taste)
3 tbsps Parmigiano Reggiano (grated, divided)

NUTRITION

AMOUNT PER SERVING

Calories	292	Iron	2mg
Fat	7g	Vitamin D	0IU
Saturated	3g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	46µg
Monouns...	2g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.1mg
Fiber	4g	Niacin	0mg
Sugar	8g	Vitamin B6	0.1mg
Protein	10g	Folate	16µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	856mg	Phosphoro...	31mg
Potassium	191mg	Magnesium	25mg
Vitamin A	9857IU	Zinc	0mg
Vitamin C	23mg	Selenium	0µg

DIRECTIONS

- 01 Cook the gnocchi according to the package directions.
- 02 Meanwhile, heat the oil in a pan. Add the sage and fry for about one minute or until crisps up. Take the sage out of the pan and set it aside.
- 03 In the same pan, add the shallot and cook for two to three minutes until soft. Add the pumpkin purée and broth. Mix well and season with salt and pepper.
- 04 Add the gnocchi to the pan along with 2/3 of the parmesan. Mix and cook over low heat for another five minutes.
- 05 Transfer to a serving plate. Top with the rest of the parmesan and crispy sage. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

GLUTEN-FREE

Use gluten-free gnocchi.

MAKE IT VEGAN

Omit the cheese.

MORE FLAVOR

Add heavy cream, sausage, and thyme.



Calcium 194mg



Southern Black Eyed Peas

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Dry Black Eyed Peas
4 cups Vegetable Broth (divided)
1/2 White Onion (large, peeled, chopped)
1 stalk Celery (chopped)
2 Garlic (cloves, minced)
2 tsps Thyme (fresh, removed from stem)
Sea Salt & Black Pepper (to taste)
1 tsp Creole Seasoning
1 cup Collard Greens (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	304	Iron	7mg
Fat	1g	Vitamin D	0IU
Saturated	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	48µg
Monouns...	0g	Thiamine	0.8mg
Carbs	55g	Riboflavin	0.3mg
Fiber	10g	Niacin	2mg
Sugar	8g	Vitamin B6	0.4mg
Protein	21g	Folate	547µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1038mg	Phosphoro...	372mg
Potassium	1047mg	Magnesium	162mg
Vitamin A	1084IU	Zinc	3mg
Vitamin C	8mg	Selenium	8µg

DIRECTIONS

- 01 Soak the dry black-eyed peas in water overnight or for at least four hours. Be sure to cover by several inches. Drain, rinse, and set aside.
- 02 Heat a few tablespoons of the broth in a large pot over medium-high heat. Cook the onion, celery, garlic, and thyme for five minutes or until soft. Season with salt and black pepper to taste.
- 03 Stir in the creole seasoning until well coated then add the remaining broth and black eyed peas. Bring to a boil, then lower to a simmer. Cover and let simmer for 20 minutes or until the beans are cooked through.
- 04 Add the collard greens and cook for one to two minutes or until wilted. Adjust seasoning as needed, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days, or freeze in an airtight bag for up to two months.

SERVING SIZE

One serving is equal to approximately one and a half, to two cups.

MORE FLAVOR

Add bay leaves or jalapeños.

ADDITIONAL TOPPINGS

Serve with rice and green onions.



Calcium 131mg



Roasted Beets & Feta

2 SERVINGS 45 MINUTES



INGREDIENTS

4 Beet (medium, cubed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	155	Iron	1mg
Fat	9g	Vitamin D	2IU
Saturated	2g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	5µg
Monouns...	5g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	11g	Vitamin B6	0.1mg
Protein	4g	Folate	182µg
Cholesterol	8mg	Vitamin B12	0.2µg
Sodium	235mg	Phosphoro...	97mg
Potassium	539mg	Magnesium	40mg
Vitamin A	94IU	Zinc	1mg
Vitamin C	8mg	Selenium	3µg
Calcium	73mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Toss the beets in the oil, salt, and pepper, and bake for 45 minutes, or until the beets are fork tender.
- 03 Garnish with feta cheese. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup of cooked beets.

DAIRY-FREE

Omit feta cheese.

ADDITIONAL TOPPINGS

Garnish with fresh dill.



Rosemary & Garlic Mushrooms

2 SERVINGS 15 MINUTES



INGREDIENTS

14 Cremini Mushrooms
2 tbsps Butter (melted)
2 Garlic (clove, minced)
1 tbsp Rosemary (fresh, chopped)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	135	Iron	1mg
Fat	12g	Vitamin D	9IU
Saturated	7g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	3g	Thiamine	0.1mg
Carbs	5g	Riboflavin	0.5mg
Fiber	1g	Niacin	5mg
Sugar	3g	Vitamin B6	0.2mg
Protein	4g	Folate	23µg
Cholesterol	31mg	Vitamin B12	0.1µg
Sodium	304mg	Phosphoro...	117mg
Potassium	422mg	Magnesium	13mg
Vitamin A	380IU	Zinc	1mg
Vitamin C	4mg	Selenium	12µg
Calcium	15mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
- 02 In a large bowl, toss together the mushrooms, butter, garlic, rosemary, and salt. Arrange on the baking sheet and bake for 15 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1/2 cup.

MAKE IT VEGAN

Swap butter for olive oil.

MORE FLAVOR

Top with grated parmesan.



Honey & Balsamic Roasted Beets

2 SERVINGS 50 MINUTES



INGREDIENTS

4 Beet (medium, cubed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
1 tbsp Honey
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	171	Iron	1mg
Fat	7g	Vitamin D	0IU
Saturated	1g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	5g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	21g	Vitamin B6	0.1mg
Protein	3g	Folate	179µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	131mg	Phosphoro...	68mg
Potassium	547mg	Magnesium	39mg
Vitamin A	54IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg
Calcium	30mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Toss the beets in the oil and bake for 35 minutes, or until the beets are slightly tender but not cooked through.
- 03 Toss the partially roasted beets in the balsamic vinegar and honey, and cook in the oven for an additional 15 minutes, or until the beets are fork tender. Season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup of cooked beets.

MORE FLAVOR

Add fresh thyme to beets before baking.



Roasted Honey Mustard Cabbage Wedges

4 SERVINGS 40 MINUTES



INGREDIENTS

6 cups Green Cabbage (sliced thick)
1/4 cup Extra Virgin Olive Oil
1/4 cup Honey Mustard
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	183	Iron	1mg
Fat	14g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	110µg
Monouns...	10g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.1mg
Fiber	3g	Niacin	0mg
Sugar	10g	Vitamin B6	0.2mg
Protein	2g	Folate	57µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	294mg	Phosphoro...	35mg
Potassium	227mg	Magnesium	16mg
Vitamin A	131IU	Zinc	0mg
Vitamin C	49mg	Selenium	0µg
Calcium	54mg		

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Place the cabbage slices on the baking sheet.
- 03 In a small bowl, mix together the oil, honey mustard, salt, and pepper.
- 04 Using a brush or your hands, coat the cabbage slices in the honey mustard mixture. Add to both sides making sure they are well coated.
- 05 Bake in the oven for 35 to 40 minutes, rotating the pan halfway through until browned around the edges and crispy. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/2 cabbage slices.

MORE FLAVOR

Add chili flakes.

NO HONEY MUSTARD

Use an equal amount of dijon and honey or maple syrup.



Mashed Celery Root

3 SERVINGS 20 MINUTES



INGREDIENTS

2 1/2 cups Celery Root (peeled, cubed)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	82	Iron	1mg
Fat	3g	Vitamin D	0IU
Saturated	1g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	76µg
Monouns...	2g	Thiamine	0.1mg
Carbs	12g	Riboflavin	0.1mg
Fiber	2g	Niacin	1mg
Sugar	2g	Vitamin B6	0.2mg
Protein	2g	Folate	12µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	131mg	Phosphoro...	150mg
Potassium	397mg	Magnesium	27mg
Vitamin A	107IU	Zinc	0mg
Vitamin C	12mg	Selenium	1µg
Calcium	58mg		

DIRECTIONS

- 01 Boil the celery root in a large pot of water for 15 minutes or until tender.
- 02 Mash the celery root. Add the oil, salt, and pepper to taste. Garnish with the parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2/3 of a cup.

MORE FLAVOR

Add minced garlic and/or grated parmesan cheese.

OIL-FREE

Use broth instead of oil to create a smooth mash.



Loaded Smashed Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Mini Potatoes
1 1/2 tsps Extra Virgin Olive Oil
2 tbsps Plain Greek Yogurt
1 slice Bacon, Cooked (chopped)
1 tbsp Parsley (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	180	Iron	1mg
Fat	6g	Vitamin D	6IU
Saturated	1g	Vitamin E	1mg
Polysat...	1g	Vitamin K	36µg
Monouns...	3g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.1mg
Fiber	3g	Niacin	2mg
Sugar	2g	Vitamin B6	0.5mg
Protein	6g	Folate	25µg
Cholesterol	6mg	Vitamin B12	0µg
Sodium	108mg	Phosphoro...	107mg
Potassium	670mg	Magnesium	37mg
Vitamin A	243IU	Zinc	1mg
Vitamin C	33mg	Selenium	3µg
Calcium	52mg		

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Bring a pot of salted water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 03 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the bottom of a mug. Rub the oil into each smashed potato.
- 04 Bake in the oven for 10 minutes or until the potatoes are crispy on the edges.
- 05 Top each smashed potato with greek yogurt, bacon, and parsley. Season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Add hot sauce.

NO GREEK YOGURT

Use sour cream instead.



Maple Roasted Butternut Squash & Pecans

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tbsps Maple Syrup
1 tbsp Extra Virgin Olive Oil
1/2 tsp Cinnamon
1 tbsp Fresh Sage (chopped)
Sea Salt & Black Pepper (to taste)
2 cups Butternut Squash (peeled, seeds removed, cubed)
1/4 cup Pecans
1 1/2 tbsps Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	271	Iron	2mg
Fat	17g	Vitamin D	1IU
Saturated	3g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	24µg
Monouns...	10g	Thiamine	0.2mg
Carbs	30g	Riboflavin	0.3mg
Fiber	5g	Niacin	2mg
Sugar	13g	Vitamin B6	0.3mg
Protein	4g	Folate	46µg
Cholester...	6mg	Vitamin B12	0.1µg
Sodium	88mg	Phosphoro...	106mg
Potassium	593mg	Magnesium	72mg
Vitamin A	14980IU	Zinc	1mg
Vitamin C	30mg	Selenium	2µg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a bowl, mix together the maple syrup, oil, cinnamon, sage, salt, and pepper. Add the butternut squash and mix well. Place the mixture on the prepared baking sheet and roast in the oven for about 10 minutes or until halfway cooked.
- 03 Add the pecans to the baking sheet and toss everything together. Bake for another 10 minutes or until the butternut squash is soft and cooked through. Be careful to not to burn the pecans.
- 04 Transfer to a serving plate. Top with feta cheese and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/8 cups.

MAKE IT VEGAN

Omit the feta cheese.

MORE FLAVOR

Add thyme and nutmeg.

ADDITIONAL TOPPINGS

Parmesan cheese.

NO SAGE

Use rosemary or thyme instead.



Calcium 149mg



Roasted Brussels Sprouts with Pear & Walnuts

4 SERVINGS 35 MINUTES



INGREDIENTS

4 cups Brussels Sprouts (trimmed and halved)
1 Pear (large, chopped)
1/4 cup Walnuts
2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	132	Iron	2mg
Fat	7g	Vitamin D	0IU
Saturated	1g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	159µg
Monouns...	2g	Thiamine	0.2mg
Carbs	16g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	6g	Vitamin B6	0.2mg
Protein	4g	Folate	64µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	170mg	Phosphoro...	92mg
Potassium	427mg	Magnesium	35mg
Vitamin A	675IU	Zinc	1mg
Vitamin C	77mg	Selenium	2µg
Calcium	48mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Add the Brussels sprouts, pear, and walnuts to the baking sheet. Toss with oil and season with salt. Bake in the oven for 30 minutes or until cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Fresh herbs like sage or rosemary.

ADDITIONAL TOPPINGS

Goat cheese or feta cheese.



Maple Sage Roasted Beets & Squash

4 SERVINGS 45 MINUTES



INGREDIENTS

1/2 Acorn Squash (medium, cubed)
4 Beet (medium, cubed)
3/4 cup Pecans
2 tbsps Fresh Sage (chopped)
1 tsp Extra Virgin Olive Oil
2 tbsps Maple Syrup
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	224	Iron	2mg
Fat	15g	Vitamin D	0IU
Saturated	1g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	19µg
Monouns...	8g	Thiamine	0.2mg
Carbs	23g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	12g	Vitamin B6	0.2mg
Protein	4g	Folate	105µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	362mg	Phosphoro...	105mg
Potassium	561mg	Magnesium	65mg
Vitamin A	294IU	Zinc	1mg
Vitamin C	10mg	Selenium	2µg
Calcium	71mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Combine the squash, beets, pecans, and sage onto the baking sheet. Toss the ingredients with oil and maple syrup to coat. Season with salt.
- 03 Bake in the oven for 40 minutes or until fork-tender. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately one cup.

NO PECANS

Use walnuts or hazelnuts instead.



Mushroom & Chickpea Polenta

6 SERVINGS 45 MINUTES



INGREDIENTS

6 cups Mushrooms (coarsely chopped)
2 cups Chickpeas (cooked, drained and patted dry)
6 Garlic (clove, chopped finely)
1/4 oz Thyme Sprigs (whole)
1/2 cup Water
Sea Salt & Black Pepper (to taste)
4 cups Vegetable Broth (divided, plus extra if needed)
1 cup Cornmeal
4 cups Baby Kale

NUTRITION

AMOUNT PER SERVING

Calories	211	Iron	4mg
Fat	3g	Vitamin D	7IU
Saturated	0g	Vitamin E	0mg
Polysat...	1g	Vitamin K	3µg
Monouns...	1g	Thiamine	0.3mg
Carbs	39g	Riboflavin	0.5mg
Fiber	8g	Niacin	5mg
Sugar	6g	Vitamin B6	0.3mg
Protein	11g	Folate	116µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	463mg	Phosphoro...	233mg
Potassium	709mg	Magnesium	65mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). Place the rack in the middle of the oven.
- 02 On a rimmed baking sheet, combine the mushrooms, chickpeas, garlic, thyme, and water. Season with salt and pepper to taste. Bake for 25 to 30 minutes, stirring halfway through.
- 03 Meanwhile, in a heavy-bottomed saucepan, bring the broth to a boil. Reduce the heat to medium and add the cornmeal, stirring constantly for two minutes, until thickened.
- 04 Stir in the kale until it becomes wilted, about two minutes. If the polenta thickens too much, thin with additional broth or water.
- 05 Divide the polenta evenly between plates. Top with the mushrooms and chickpeas and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add parmesan cheese, sea salt, pepper, a pinch of cayenne pepper, and/or chili flakes to the polenta. Use part milk, part water instead of broth.

ADDITIONAL TOPPINGS

Top with chopped parsley, basil and/or chives. Top basil or tomato pesto.

NO CHICKPEAS

Use white beans or lentils instead.

NO BABY KALE

Use spinach, collard greens, swiss chard, or regular kale instead.



Vitamin A	457IU	Zinc	2mg
Vitamin C	6mg	Selenium	15µg
Calcium	90mg		



Roasted Cauliflower with Dates & Tahini Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

1 head Cauliflower (medium, cut into florets)
1/4 cup Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 tsp Cumin Seed
3/4 cup Pitted Dates (halved)
1/4 cup Pine Nuts
1 tbsp Tahini
1 tbsp Lemon Juice
1 tbsp Parsley (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	316	Iron	2mg
Fat	22g	Vitamin D	0IU
Saturated	3g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	52µg
Monouns...	12g	Thiamine	0.2mg
Carbs	30g	Riboflavin	0.1mg
Fiber	6g	Niacin	2mg
Sugar	21g	Vitamin B6	0.3mg
Protein	5g	Folate	98µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	51mg	Phosphoro...	161mg
Potassium	705mg	Magnesium	61mg
Vitamin A	95IU	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the cauliflower with half of the oil, salt, pepper, and cumin seed.
- 03 Transfer to the baking sheet, making sure to space everything out. Bake for 15 minutes. Remove, flip the florets and add the dates. Bake for ten minutes more.
- 04 Meanwhile, in a small skillet over medium-low heat, toast the pine nuts until browned and fragrant, shaking the skillet often, about five minutes total. Remove and set aside.
- 05 In a small jar, combine the remaining oil, tahini, and lemon juice. Shake well to incorporate.
- 06 Layer the cauliflower and dates on a platter. Drizzle the tahini all over and garnish with pine nuts and parsley. Season with additional salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/2 cups.

NO PINE NUTS

Use toasted pumpkin seeds or walnuts instead.

NO CUMIN SEED

Use ground cumin instead.



Vitamin C	74mg	Selenium	3µg
Calcium	67mg		



Grilled Eggplant with Spiced Walnuts & Yogurt

4 SERVINGS 25 MINUTES



INGREDIENTS

4 Eggplant (small, cut in half lengthwise)
2 tbsps Avocado Oil (divided)
1 tbsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
1 cup Walnuts (chopped)
2 tbsps Coconut Aminos
1 cup Unsweetened Coconut Yogurt
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	436	Iron	3mg
Fat	30g	Vitamin D	0IU
Saturated	4g	Vitamin E	2mg
Polysat...	16g	Vitamin K	23µg
Monouns...	8g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.3mg
Fiber	19g	Niacin	4mg
Sugar	22g	Vitamin B6	0.6mg
Protein	10g	Folate	151µg
Cholesterol	0mg	Vitamin B12	0.7µg
Sodium	162mg	Phosphoro...	244mg
Potassium	1421mg	Magnesium	130mg
Vitamin A	214IU	Zinc	2mg
Vitamin C	13mg	Selenium	3µg
Calcium	219mg		

DIRECTIONS

- 01 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 02 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 03 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 04 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is two small eggplant halves.

MORE FLAVOR

Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

ADDITIONAL TOPPINGS

Parsley, chives, basil, and/or sesame seeds.

NO COCONUT YOGURT

Use any other type of yogurt instead.



Roasted Brussels Sprouts with Pomegranate & Tahini Dressing

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Brussels Sprouts (trimmed and halved)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt (divided)
2 tsps Tahini
1 tbsp Lemon Juice
2 tbsps Water
1 tbsp Parsley (minced)
1/4 cup Pomegranate Seeds

NUTRITION

AMOUNT PER SERVING

Calories	165	Iron	2mg
Fat	13g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	154µg
Monouns...	8g	Thiamine	0.2mg
Carbs	11g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	3g	Folate	50µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	614mg	Phosphoro...	84mg
Potassium	337mg	Magnesium	22mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Toss the Brussels sprouts with 2/3 of the oil and half of the salt. Spread them out on the baking sheet and roast for 15 to 20 minutes, flipping them halfway through until crispy and browned.
- 03 Make the dressing by mixing the tahini, lemon juice, water, and remaining salt together. Drizzle it over the Brussels sprouts and garnish with the parsley and pomegranate seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add maple syrup or honey, and/or garlic to the tahini dressing.

ADDITIONAL TOPPINGS

Top with chopped nuts or seeds.



Vitamin A	662IU	Zinc	1mg
Vitamin C	63mg	Selenium	3µg
Calcium	56mg		



Apple Pie Cashew Cheesecake Cups

9 SERVINGS 2 HOURS 30 MINUTES



INGREDIENTS

2 cups Oats (rolled)
2 tsps Cinnamon (divided)
1/3 cup Coconut Oil (melted, divided)
1/3 cup Maple Syrup (divided)
1 tsp Vanilla Extract (divided)
1/2 tsp Sea Salt (divided)
1 cup Cashews (raw, soaked for at least 6 hours and drained)
1 1/2 Apple (large, chopped, divided)

NUTRITION

AMOUNT PER SERVING

Calories	290	Iron	2mg
Fat	17g	Vitamin D	0IU
Saturated	9g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	7µg
Monouns...	5g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.2mg
Fiber	3g	Niacin	0mg
Sugar	12g	Vitamin B6	0.1mg
Protein	5g	Folate	17µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	137mg	Phosphoro...	153mg
Potassium	215mg	Magnesium	69mg
Vitamin A	18IU	Zinc	2mg
Vitamin C	1mg	Selenium	7µg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a muffin tin with silicone or paper muffin liners.
- 02 In a food processor, combine the oats, half of the cinnamon, 1/3 of the coconut oil, 1/3 of the maple syrup, half of the vanilla, and half of the salt. Process until a sticky batter is formed.
- 03 Scoop 1 1/2 tablespoons of the batter into each muffin liner. With your fingers press and mold the batter to form an even crust around the bottom and sides. Transfer to the oven and bake for seven minutes.
- 04 Wipe out the food processor and add the cashews, 2/3 of the apple, and the remaining of the following ingredients: cinnamon, coconut oil, maple syrup, vanilla, and salt. Blend for two to three minutes or until the mixture is very smooth.
- 05 Divide the cashew mixture evenly into each of the baked crusts. Top with the remaining apple, and sprinkle with cinnamon to garnish. Transfer the cups to the fridge to set for at least two hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up to three months.

SERVING SIZE

One serving is equal to one cheesecake cup.

DIFFERENT FLAVORS

Use pumpkin pie spice in place of the cinnamon, and swap out the apple for pumpkin puree.

SHORT ON TIME

Soak the raw cashews in boiling water for 10 to 20 minutes.



Calcium 38mg



Pecan Chocolate Chip Energy Balls

14 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Oats
1 cup Pecans
2 tbsps Hemp Seeds
1/2 cup Vanilla Protein Powder
1/2 cup Almond Butter (smooth, runny)
3 tbsps Maple Syrup
1 tbsp Plain Coconut Milk (from the carton)
1/3 cup Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	191	Iron	1mg
Fat	13g	Vitamin D	0IU
Saturated	3g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	0µg
Monouns...	6g	Thiamine	0.1mg
Carbs	13g	Riboflavin	0.2mg
Fiber	2g	Niacin	1mg
Sugar	6g	Vitamin B6	0.1mg
Protein	7g	Folate	11µg
Cholesterol	1mg	Vitamin B12	0.1µg
Sodium	7mg	Phosphoro...	158mg
Potassium	160mg	Magnesium	59mg
Vitamin A	6IU	Zinc	1mg
Vitamin C	0mg	Selenium	3µg
Calcium	63mg		

DIRECTIONS

- 01 Add the oats, pecans, and hemp seeds to a food processor. Blend until the mixture resembles bread crumbs. Add the protein powder and blend until combined.
- 02 Add the almond butter, maple syrup, and coconut milk, and mix until a slightly sticky dough forms. Fold in the chocolate chips.
- 03 Roll the dough into approximately two-inch balls. You can eat them as is or refrigerate them for 15 minutes to firm up. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to one ball.

NO COCONUT MILK

Use any other alternative milk.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Chocolate Orange Ginger Truffles

10 SERVINGS 2 HOURS 20 MINUTES



INGREDIENTS

1 cup Pitted Dates
1/2 cup Candied Ginger
2 tbsps Coconut Oil
1/2 cup Unsweetened Shredded Coconut
1 tsp Orange Extract
1/2 tsp Sea Salt
1/2 cup Cacao Powder (divided)
1/3 cup Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	204	Iron	1mg
Fat	10g	Vitamin D	0IU
Saturated	8g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0mg
Fiber	3g	Niacin	0mg
Sugar	21g	Vitamin B6	0mg
Protein	2g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	132mg	Phosphoro...	9mg
Potassium	208mg	Magnesium	38mg
Vitamin A	1IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg
Calcium	14mg		

DIRECTIONS

- 01 Add the dates, ginger, coconut oil, shredded coconut, orange extract, salt, and 1/4 of the cacao powder to the bowl of a food processor. Process until a smooth consistency is achieved.
- 02 Fold in the chocolate chips and roll the batter into 1 1/2-inch balls. Add the remaining cacao powder to a small bowl. Roll each ball in it until well coated.
- 03 Transfer the balls to a plate or container and refrigerate for two hours, or until firm. Enjoy now or freeze for later!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately one truffle.

MORE FLAVOR

Mix cinnamon and ginger powder into the rolling cacao.



Strawberry Cranberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (from the carton)
1/3 cup Unsweetened Coconut Yogurt
1/2 cup Frozen Strawberries
1/2 cup Frozen Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	178	Iron	1mg
Fat	8g	Vitamin D	101IU
Saturated	7g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	0g	Thiamine	0mg
Carbs	27g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	15g	Vitamin B6	0.1mg
Protein	1g	Folate	19µg
Cholesterol	0mg	Vitamin B12	3.9µg
Sodium	56mg	Phosphoro...	20mg
Potassium	244mg	Magnesium	15mg
Vitamin A	580IU	Zinc	0mg
Vitamin C	53mg	Selenium	1µg
Calcium	639mg		

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to approximately 1 1/3 cup.

NO COCONUT MILK

Use any other alternative milk.

MORE PROTEIN

Add a scoop of vanilla or unflavored protein powder.

MORE FIBER

Add a combination of chia seeds, nut butter, and baby spinach before blending.



Oat Pancakes

5 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Ground Flax Seed
- 2 1/2 tbsps Water
- 1 1/2 cups Oat Flour
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Powder
- 1 1/4 cups Oat Milk
- 1 tbsp Coconut Oil
- 1/3 cup Maple Syrup (for drizzling)

NUTRITION

AMOUNT PER SERVING

Calories	262	Iron	2mg
Fat	7g	Vitamin D	0IU
Saturated	3g	Vitamin E	0mg
Polysat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	42g	Riboflavin	0.4mg
Fiber	4g	Niacin	0mg
Sugar	15g	Vitamin B6	0mg
Protein	7g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	195mg	Phosphoro...	78mg
Potassium	143mg	Magnesium	5mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg
Calcium	157mg		

DIRECTIONS

- 01 In a small bowl, whisk together the ground flax and water. Set aside to thicken for five minutes.
- 02 In a large bowl, whisk together the oat flour, sea salt, and baking powder. Add the oat milk and flax seed mixture. Allow it to sit for five minutes to thicken.
- 03 Heat a pan over medium-high heat and add some of the coconut oil, enough to coat the pan. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 04 Serve the pancakes with a drizzle of maple syrup, if using, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Pancakes can also be frozen and reheated in the toaster.

SERVING SIZE

One serving size is equal to approximately two pancakes.

HELPFUL TIPS

To make your own oat flour, add rolled oats to a food processor or blender and blend until fine. For thicker pancakes, add less milk, adding it slowly to the batter to reach the desired consistency.

ADDITIONAL TOPPINGS

Top with fresh fruit, nut butter, jam, and/or coconut cream.



Spiced Apple Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
2 Apple (cored, chopped)
1/2 tsp Vanilla Extract
2 tbsps Maple Syrup (divided)
1 tsp Cinnamon (divided)
1/2 tsp Nutmeg (divided)
1 1/2 cups Unsweetened Almond Milk
1 cup Oats

NUTRITION

AMOUNT PER SERVING

Calories	452	Iron	2mg
Fat	19g	Vitamin D	76IU
Saturated	12g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	5µg
Monouns...	3g	Thiamine	0.2mg
Carbs	68g	Riboflavin	0.4mg
Fiber	10g	Niacin	1mg
Sugar	32g	Vitamin B6	0.1mg
Protein	7g	Folate	19µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	128mg	Phosphoro...	189mg
Potassium	420mg	Magnesium	84mg
Vitamin A	477IU	Zinc	2mg
Vitamin C	8mg	Selenium	12µg
Calcium	405mg		

DIRECTIONS

- 01 Add the coconut oil, apples, vanilla, maple syrup, cinnamon, and nutmeg to a saucepan over medium heat. Cook the apples for four to five minutes or until they have softened, stirring continuously so they don't stick.
- 02 Add the milk and oats. Stir to combine. Lower the heat and cook for five to seven minutes or until the oats thicken, stirring as needed.
- 03 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

SERVING SIZE

One serving is equal to approximately one cup.

NO ALMOND MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, nut butter, coconut butter, and/or sea salt.



Carrot Cake Baked Oatmeal

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Oats
2 tbsps Ground Flax Seed
1/2 tsp Ground Ginger
2 Carrot (small, peeled and grated)
1 1/2 cups Oat Milk
1/4 cup Maple Syrup (plus extra for drizzling)
1/4 cup Unsweetened Applesauce
1/4 cup Coconut Cream (optional, to garnish)

NUTRITION

AMOUNT PER SERVING

Calories	320	Iron	2mg
Fat	9g	Vitamin D	0IU
Saturated	3g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	5µg
Monouns...	1g	Thiamine	0.2mg
Carbs	53g	Riboflavin	0.6mg
Fiber	7g	Niacin	1mg
Sugar	18g	Vitamin B6	0.1mg
Protein	8g	Folate	19µg
Cholesterol	0mg	Vitamin B12	0.5µg
Sodium	69mg	Phosphoro...	279mg
Potassium	447mg	Magnesium	65mg
Vitamin A	5100IU	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, mix together the oats, flax seed, and ground ginger. Stir in the grated carrot, oat milk, maple syrup, and applesauce. Pour the mixture into a baking dish.
- 03 Bake for 30 minutes or until cooked through. Allow it to cool for ten minutes. Serve onto plates, top with coconut cream and maple syrup, if using, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Enjoy cold, or reheat before serving.

SERVING SIZE

One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

MORE FLAVOR

Add grated apple, cinnamon, and/or nutmeg.



Vitamin C 2mg Selenium 12µg
Calcium 189mg



Masala Chai Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats
1 cup Plain Coconut Milk (unsweetened from the carton)
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tsp Vanilla Extract
1/2 tsp Masala Chai Spice
1/2 Banana (sliced, for garnish)
2 tbsps Unsweetened Coconut Yogurt (for garnish)
1/8 tsp Cinnamon (for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	343	Iron	3mg
Fat	9g	Vitamin D	50IU
Saturated	3g	Vitamin E	0mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	1g	Thiamine	0.2mg
Carbs	58g	Riboflavin	0.3mg
Fiber	9g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
Protein	8g	Folate	19µg
Cholesterol	0mg	Vitamin B12	1.7µg
Sodium	28mg	Phosphoro...	174mg
Potassium	374mg	Magnesium	69mg

DIRECTIONS

- 01 In a bowl, add all of the ingredients, except those used as a garnish, and mix well to combine. Taste and add more masala chai spice if desired.
- 02 Divide evenly between jars and refrigerate overnight. When ready to eat, top with banana slices, coconut yogurt, and cinnamon, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

NO COCONUT MILK

Use cow's milk or any other milk alternative.

MORE PROTEIN

Add protein powder or collagen powder.



Vitamin A	272IU	Zinc	2mg
Vitamin C	3mg	Selenium	12µg
Calcium	381mg		



Masala Chai Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Plain Coconut Milk
(unsweetened from the carton)
1 Banana (frozen)
1/4 cup Unsweetened Coconut Yogurt
2 tbsps Cashew Butter
2/3 oz Collagen Powder
1/2 tsp Masala Chai Spice

NUTRITION

AMOUNT PER SERVING

Calories	485	Iron	3mg
Fat	24g	Vitamin D	126IU
Saturated	10g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	1µg
Monouns...	9g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	23g	Vitamin B6	0.5mg
Protein	23g	Folate	51µg
Cholesterol	0mg	Vitamin B12	4.4µg
Sodium	101mg	Phosphoro...	181mg
Potassium	661mg	Magnesium	120mg
Vitamin A	705IU	Zinc	2mg
Vitamin C	11mg	Selenium	12µg
Calcium	725mg		

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MAKE IT VEGAN

Omit collagen powder. Use plant-based protein powder.

ADDITIONAL TOPPINGS

Top with chia seeds or hemp seeds, or add before blending.

NO COCONUT MILK

Use cow's milk or any other milk alternative.

NO CASHEW BUTTER

Use any other nut or seed butter.



Apple Pecan Millet Porridge

1 SERVING 25 MINUTES



INGREDIENTS

1/3 cup Millet (dry)
3/4 cup Water
3/4 cup Plain Coconut Milk (divided)
1/2 tsp Vanilla Extract
1/4 tsp Cinnamon
1/2 Apple (chopped)
2 tbsps Pecans
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	504	Iron	3mg
Fat	16g	Vitamin D	76IU
Saturated	5g	Vitamin E	0mg
Polyunsat...	4g	Vitamin K	3µg
Monouns...	6g	Thiamine	0.4mg
Carbs	82g	Riboflavin	0.5mg
Fiber	9g	Niacin	3mg
Sugar	28g	Vitamin B6	0.3mg
Protein	9g	Folate	62µg
Cholesterol	0mg	Vitamin B12	2.3µg
Sodium	37mg	Phosphoro...	235mg
Potassium	357mg	Magnesium	104mg
Vitamin A	432IU	Zinc	2mg
Vitamin C	4mg	Selenium	2µg
Calcium	403mg		

DIRECTIONS

- 01 Combine the millet, water, 3/4 of the coconut milk, vanilla, and cinnamon in a pot on the stove. Mix well, then bring it to a boil. Reduce heat to low, and cover the pot with a lid. Cook for 20 minutes.
- 02 Remove the porridge from the stove. Add it to a bowl and top with the remaining coconut milk, chopped apple, pecans, and maple syrup. Enjoy!

NOTES

LEFTOVERS

Best if enjoyed immediately. Can be refrigerated in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup of porridge.

MORE FLAVOR

Add nutmeg and clove.

ADDITIONAL TOPPINGS

Add collagen powder or protein powder while cooking the millet.

