



Isobel Austin ~ Little

Fertility Nutritionist

Fertility Meal Planner

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Knowing what to eat to support your fertility can be overwhelming at times. This meal planner has been created with couples in mind to help couples kick-start their fertility journey by steering them in the right direction with the basics, food.

Addressing the diet ahead of trying for a baby is vital in ensuring both partners get adequate nutrients to support their bodies and reproductive organs. This includes ramping up those essential nutrients for egg and sperm quality.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blended Blueberry Baked Oats	 Avocado Sweet Potato Toast with Poached Egg	 Blood Orange Tahini Overnight Oats	 Cannellini & Kale on Toast	 Quinoa Overnight Oats	 Cleaned Up Eggs Benedict	 Blueberry Almond Pancakes
Snack 1	 Eggvocado	 Berry Avocado Smoothie	 Cinnamon Green Smoothie	 Oatmeal Cookie Smoothie	 Apple Cinnamon Oatmeal Cups	 Berry Avocado Smoothie	 Blueberry Banana Bread
Lunch	 Black Bean Chili Stuffed Sweet Potatoes	 Spicy Coconut Lentil Soup	 Sardine & Avocado Endive Wraps	 Turmeric & Ginger Butternut Squash Stew	 Radish & Fried Egg Salad	 Salmon Cakes	 Tomato Shakshuka
Snack 2	 Avocado, Cucumber & Nori Snack Box	 Apple Slices & Nori Crisps	 Brazil Nuts & Blueberries	 Quinoa & Kale Egg Muffins	 Chocolate Pistachio Protein Balls	 Super Seed Chocolate Bark	 Avocado, Cucumber & Nori Snack Box
Dinner	 Salmon & Roasted Root Veggie Salad	 Edamame & Soba Noodle Salad	 Spinach & Sweet Potato Frittata	 Sauerkraut Chickpea Bowl	 Pesto Chicken Bake	 Penne with Bursted Cherry Tomato Sauce	 Slow Cooker Chicken Soup

Fruits

- 3 Apple
- 8 1/3 Avocado
- 2 Banana
- 2 Blood Orange
- 1 1/2 cups Blueberries
- 2/3 Lemon
- 2 tbsps Lemon Juice

Breakfast

- 1/3 cup Almond Butter
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Brazil Nuts
- 1/2 cup Cashews
- 1/2 cup Chia Seeds
- 1 3/4 tbsps Chili Powder
- 1 1/8 tbsps Cinnamon
- 2 tpsps Cumin
- 1/2 tsp Dried Dill
- 2 1/8 cups Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/4 tsp Nutmeg
- 1 tsp Oregano
- 1/2 tsp Paprika
- 1 cup Pistachios
- 1/3 cup Pumpkin Seeds
- 2 2/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tpsps Smoked Paprika
- 1/4 cup Sunflower Seeds
- 1 1/3 tpsps Turmeric

Frozen

- 1 cup Frozen Banana
- 2 cups Frozen Berries
- 1 cup Frozen Cauliflower
- 1 1/2 cups Frozen Edamame

Vegetables

- 3 cups Arugula
- 12 1/2 cups Baby Spinach
- 2 cups Basil Leaves
- 1 Beet
- 5 cups Butternut Squash
- 4 3/4 Carrot
- 5 2/3 stalks Celery
- 3 cups Cherry Tomatoes
- 1 cup Cilantro
- 1/2 Cucumber
- 1 head Endive
- 13 Garlic
- 1 1/4 tbsps Ginger
- 1/16 head Green Lettuce
- 17 cups Kale Leaves
- 3/4 cup Matchstick Carrots
- 4 cups Mixed Greens
- 2/3 cup Radishes
- 1/4 cup Red Onion
- 2 tpsps Rosemary
- 1/16 Sweet Onion
- 9 1/8 Sweet Potato
- 2 Tomato
- 1 3/4 Yellow Bell Pepper
- 3 1/8 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 3/4 cups Black Beans
- 1/2 cup Brown Basmati Rice
- 5 1/4 ozs Buckwheat Soba Noodles
- 1 3/4 cups Canned Coconut Milk
- 3 cups Canned Whole Tomatoes
- 5 ozs Canned Wild Salmon
- 3 cups Cannellini Beans
- 4 ozs Chickpea Pasta
- 2 cups Chickpeas
- 1 cup Dry Green Lentils
- 1/2 cup Dry Lentils
- 2 1/16 cups Quinoa

Bread, Fish, Meat & Cheese

- 1 1/3 lbs Chicken Breast
- 10 2/3 ozs Chicken Thighs
- 2 slices Gluten-Free Bread
- 3/4 cup Hummus
- 10 ozs Salmon Fillet

Condiments & Oils

- 2 3/4 tpsps Apple Cider Vinegar
- 2 1/2 tpsps Avocado Oil
- 1/2 cup Coconut Oil
- 1 tsp Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1 1/2 tpsps Rice Vinegar
- 3/4 cup Sauerkraut
- 2/3 cup Sunflower Seed Butter
- 1/3 cup Tahini
- 1 1/2 tpsps Tamari
- 3/4 cup Tomato Sauce

Cold

- 36 2/3 Egg
- 5 1/2 cups Oat Milk
- 5 1/4 cups Plain Coconut Milk
- 3 1/8 cups Unsweetened Almond Milk

Other

- 12 Nori Sheets
- 1 2/3 cups Vanilla Protein Powder
- 14 3/4 cups Water

- 6 ozs Sardines
- 1 tbsp Vegetable Broth
- 4 1/2 cups Vegetable Broth, Low Sodium

Baking

- 1 1/4 tbsps Baking Powder
- 1/4 cup Cocoa Powder
- 3 1/3 tbsps Coconut Flour
- 8 3/4 ozs Dark Chocolate
- 1 tbsp Nutritional Yeast
- 5 1/8 cups Oats
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Unsweetened Shredded Coconut
- 1 3/4 tsps Vanilla Extract



Blended Blueberry Baked Oats

2 servings

30 minutes

Ingredients

1/2 tsp Coconut Oil
3/4 cup Oats
1/2 cup Oat Milk
1 tbsp Maple Syrup
1 Egg
1/4 tsp Baking Powder
1/2 tsp Vanilla Extract
1/3 cup Blueberries

Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg, baking powder, and vanilla. Blend on high until very smooth, about one minute. Fold in the blueberries.
- 3 Divide the oat mixture evenly between ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly and enjoy!

Notes

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

Serving: These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

More Flavor: Add ground cinnamon.

Additional Toppings: Add nut or seed butter into the mix when blending. Or top with nut or seed butter.



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free: Skip the eggs and top with hemp seeds instead.



Blood Orange Tahini Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

Directions

- 1 Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to three days.

Gluten-Free: Use certified gluten-free oats.

More Flavor: Add maple syrup or cinnamon.

Hot or Cold: These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges: Use regular navel oranges instead.



Cannellini & Kale on Toast

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 4 cups Kale Leaves (tough stems removed, torn into pieces)
- 1 cup Cannellini Beans (drained and rinsed)
- 1/4 cup Water
- Sea Salt & Black Pepper (to taste)
- 2 slices Gluten-Free Bread (toasted)

Directions

- 1 Heat the oil in a large pan or dutch oven over medium-high heat. Cook the kale for about two to four minutes or until wilted and deep green.
- 2 Add the beans, water, salt and pepper. Simmer until most of the liquid is absorbed, about five to eight minutes.
- 3 Scoop onto the slices of toast and season with more salt and pepper if needed. Enjoy!

Notes

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

Serving Size: One serving equals approximately one slice of toast and about 3/4 cup of kale and beans.

More Flavor: Add lemon juice, red pepper flakes, or your choice of spices and dried herbs. Use broth instead of water.

No Bread: Serve it with quinoa, brown rice, or a tortilla instead.



Quinoa Overnight Oats

4 servings

3 hours 30 minutes

Ingredients

1/4 cup Quinoa (dry)
1 cup Oats (rolled or quick)
3 tbsps Chia Seeds
1 1/2 tsps Cinnamon
2 1/2 cups Oat Milk
3 tbsps Maple Syrup
1 tsp Vanilla Extract

Directions

- 1 In a small pot, cook the quinoa according to package directions. Let the quinoa cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the cooked quinoa with the oats, chia seeds, and cinnamon. Stir in the oat milk, maple syrup, and vanilla extract, and mix well. Cover and refrigerate for at least three hours or overnight.
- 3 Divide between bowls or jars and enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Extra cinnamon, nut butter, or fresh fruit.

No Oat Milk: Use cow's milk or another milk alternative, like almond milk.

No Maple Syrup: Use honey or another sweetener of choice.

Likes it Less Sweet: Use less maple syrup to adjust sweetness to taste.



Cleaned Up Eggs Benedict

2 servings

30 minutes

Ingredients

2/3 Sweet Potato (medium, peeled and grated)
 1/16 Sweet Onion (medium, minced)
 2 2/3 Egg (whisk one, set others aside)
 1 1/3 tbsps Coconut Flour
 Sea Salt & Black Pepper (to taste)
 1 1/3 tbsps Coconut Oil
 1 1/3 tbsps Apple Cider Vinegar
 1/16 Lemon (juiced)
 1 1/3 Avocado (pitted and sliced)
 2 2/3 tbsps Water (hot)
 1 1/3 tbsps Extra Virgin Olive Oil

Directions

- 1 Combine shredded sweet potato with onion, one whisked egg, coconut flour and season with salt and pepper.
- 2 Heat coconut oil in a frying pan over medium to medium-high heat. Gently form mixture into patties, about 1/4-1/2 cup each. Cook for about 4 to 5 minutes each side, or until tender and light golden brown. Set aside.
- 3 Crack one egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid. Repeat for additional servings.
- 5 In a food processor, make your hollandaise sauce by blending lemon juice, 1/2 an avocado, water, olive oil and a pinch of salt.
- 6 For each serving, stack two sweet potato hash browns and top with the remaining slices of avocado and poached egg. Drizzle with avocado hollandaise and season with salt and pepper to taste. Enjoy!

Notes

More Toppings: Add bacon, lightly sauteed spinach, sliced tomato, crumbled feta or asparagus.

More Greens: Add sauteed spinach or serve on top of a bed of greens.

Less Work: Skip the hollandaise sauce.

Make Ahead: Make the sweet potato hash browns ahead of time and freeze or refrigerate in an air-tight container up to 4-5 days. Reheat in the oven at 375-400 for a

few minutes until warm and crispy again.



Blueberry Almond Pancakes

2 servings
15 minutes

Ingredients

- 1 Egg
- 1/4 cup Almond Butter
- 2 tbsps Unsweetened Almond Milk
- 1 1/2 tps Maple Syrup
- 1/2 tsp Baking Powder
- 1/2 tsp Coconut Oil (for the pan)
- 1/4 cup Blueberries (fresh or frozen)

Directions

- 1 In a mixing bowl, whisk the egg, almond butter, and almond milk together until smooth. Stir in the baking powder and maple syrup.
- 2 Heat a pan over medium heat. When the pan is hot add the oil. Spoon the batter into the pan in scant 1/4 cup portions to form small pancakes. Divide the blueberries between pancakes and cook for about three to five minutes per side or until golden brown and cooked through. Repeat with any remaining batter, adding more oil to the pan as needed.
- 3 Divide pancakes between plates and enjoy!

Notes

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

Serving Size: One serving is equal to two pancakes.

More Flavor: Add vanilla extract or more maple syrup to taste.

Additional Toppings: Maple syrup, honey, jam, butter, or fresh fruit.

No Coconut Oil: Use another oil for frying, like avocado oil.

No Maple Syrup: Omit or use another sweetener instead.



Eggvocado

2 servings

15 minutes

Ingredients

2 Avocado

4 Egg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 3 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go: Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.



Berry Avocado Smoothie

2 servings

5 minutes

Ingredients

2 cups Plain Coconut Milk
(unsweetened, from the box)
1 Zucchini (chopped, frozen)
1/2 cup Frozen Cauliflower
1 cup Frozen Berries
1/2 Avocado
2 tbsps Chia Seeds
1/2 cup Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Cinnamon Green Smoothie

2 servings

10 minutes

Ingredients

- 2 1/2 cups Oat Milk (unsweetened, plain)
- 2 Banana (medium)
- 2 cups Baby Spinach
- 1/16 head Green Lettuce (separated into leaves and washed)
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds instead.



Oatmeal Cookie Smoothie

2 servings

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1 cup Frozen Banana
1/3 cup Oats
1 tbsp Almond Butter
1/4 tsp Vanilla Extract
1/2 tsp Cinnamon

Directions

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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Almond Milk: Use another type of milk such as oat, coconut, or dairy milk.

Nut-Free: Use tahini.

Protein Powder: Add a scoop of vanilla protein powder.



Apple Cinnamon Oatmeal Cups

6 servings
50 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Applesauce
- 3 tbsps Maple Syrup
- 2 cups Oats (rolled)
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg (optional)
- 1 Apple (large, peeled, and chopped)

Directions

- 1 Preheat the oven to 350°F (175°C) and grease the cups of a muffin pan with the oil.
- 2 In a large mixing bowl combine the milk, applesauce, and maple syrup. Stir in the oats, ground flaxseed, cinnamon, and nutmeg, and mix well. Fold in the chopped apple.
- 3 Divide the oat mixture between the cups of the muffin pan and bake for 30 to 35 minutes or until golden brown around the edges.
- 4 Let cool in the pan slightly for 10 to 15 minutes before transferring to a cooling rack. Enjoy!

Notes

Leftovers: Refrigerate for up to four days or freeze for up to three months. Enjoy cold or reheated.

Serving Size: One serving is equal to two oatmeal cups.

Nut-Free: Use nut-free milk instead, like oat, coconut, or dairy.

More Flavor: Add vanilla extract and a pinch of salt.

Apple: A large apple yields approximately one cup of chopped apple.

Oil-Free: Omit the coconut oil and line the muffin pan with silicone or paper baking cups instead.



Black Bean Chili Stuffed Sweet Potatoes

4 servings

1 hour

Ingredients

- 4 Sweet Potato (medium size)
- 1 tbsp Vegetable Broth
- 1 Yellow Onion (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Chili Powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cups Black Beans (cooked, drained, rinsed)
- 3/4 cup Tomato Sauce
- 1/3 cup Water
- 1/4 cup Cilantro (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
- 2 While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.
- 3 Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

Notes

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

Additional Toppings: Top with avocado, cheese, sour cream or yogurt.



Quinoa

6 servings

15 minutes

Ingredients

1 1/2 cups Quinoa (uncooked)

2 1/4 cups Water

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Spicy Coconut Lentil Soup

4 servings

40 minutes

Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1/2 cup Dry Lentils (uncooked)
- 1/4 cup Unsweetened Shredded Coconut
- 2 tsps Smoked Paprika
- 1 tsp Chili Powder
- 1/4 tsp Turmeric (ground)
- 1 tsp Cumin (ground)
- 1/2 tsp Sea Salt
- 7 cups Water
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Rinsing the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 2 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep: This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers: Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy: Swap out some of the water for coconut milk.

Likes it Really Spicy: Add cayenne pepper.

No Smoked Paprika: Use regular paprika.

More Veggies: Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 6 ozs Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Hummus Dippers

3 servings

15 minutes

Ingredients

- 3/4 Yellow Bell Pepper
- 3/4 Carrot
- 3 stalks Celery
- 3/4 cup Hummus

Directions

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

Notes

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

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



Turmeric & Ginger Butternut Squash Stew

4 servings

30 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (freshly grated)
- 1 Yellow Onion (chopped)
- 5 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1 tsp Turmeric (dried)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Canned Coconut Milk
- 4 cups Vegetable Broth, Low Sodium
- 1 cup Dry Green Lentils (rinsed)
- 3 cups Baby Spinach

Directions

- 1 In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
- 2 Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
- 3 Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups of stew.

Additional Toppings: Top with chili flakes.



Radish & Fried Egg Salad

2 servings

15 minutes

Ingredients

- 1 tsp Avocado Oil
- 4 Egg
- 3 cups Baby Spinach
- 3 cups Arugula
- 2/3 cup Radishes (sliced)
- 1 Avocado (cubed)

Directions

- 1 Heat the oil in a pan over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 2 Arrange the spinach, arugula, radishes, and avocado onto a plate. Top with the fried eggs and enjoy!

Notes

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

More Flavor: Add a pinch of salt, everything bagel seasoning, or a dash of tamari.

Additional Toppings: Add thinly sliced red onions, cucumber, or tomatoes.



Salmon Cakes

3 servings

40 minutes

Ingredients

2 Carrot (medium, peeled, and roughly chopped)
 1/4 cup Red Onion (roughly chopped)
 2 Garlic (clove, minced)
 1 tbsp Lemon Juice
 1/2 tsp Dried Dill
 1/4 tsp Sea Salt
 5 ozs Canned Wild Salmon (drained)
 2 Egg (whisked)
 2 tbsps Coconut Flour

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
- 3 Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
- 4 Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
- 5 Divide between plates and season with additional salt or lemon juice if desired. Enjoy!

Notes

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

Serving Size: One serving is equal to two salmon cakes.

More Flavor: Add other dried herbs and spices to taste.

Additional Toppings: Serve with favorite dipping sauce.

No Canned Salmon: Use canned tuna instead.

No Fresh Garlic: Use garlic powder instead.



Garlicky Kale & White Beans

4 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 3 Garlic (cloves, minced)
- 6 cups Kale Leaves (tough stems removed, torn into pieces)
- 2 cups Cannellini Beans (drained and rinsed)
- 1/2 cup Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a large pan or dutch oven over medium-high heat. Stir in the garlic and kale. Cook for about two to four minutes or until the leaves are wilted and deep green.
- 2 Add the beans, broth, salt and pepper. Simmer until most of the liquid is absorbed, about five to eight minutes.
- 3 Divide onto plates and season with more salt and pepper if needed. Enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add lemon juice, red pepper flakes, or your choice of spices and dried herbs.

Additional Toppings: Serve it with quinoa, brown rice, on toast, or in a brown rice tortilla.



Tomato Shakshuka

2 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 3 cups Canned Whole Tomatoes
- 1 cup Basil Leaves (chopped)
- 2 Egg

Directions

- 1 Heat olive oil in a large pan over medium-high heat. Add chopped onion and cook until soft, about 2 minutes.
- 2 Add garlic, cumin, paprika and sea salt. Stir until combined and fragrant, about 30 seconds.
- 3 Add tomatoes with the juice and roughly crush with your spatula. Bring to a simmer, stirring occasionally. Stir in chopped basil. (Note: the tomato juice will reduce a bit. If you prefer a thicker sauce, leave out the tomato juice.)
- 4 Using a spatula or the back of a spoon, create pockets in the tomato sauce. Crack an egg into each pocket, cover the pan and cook until the eggs are set, about 5-7 minutes.
- 5 Scoop into separate bowls and enjoy!

Notes

More Protein: Add more eggs.

Serve it With: Toast, brown rice, or quinoa.

Make it Spicy: Garnish with red pepper flakes.

No Basil: Use spinach instead.

Extra Toppings: Top with chopped cilantro, green onions or avocado slices.



Grain-Free Flax Bread

10 servings

1 hour

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 5 Egg (room temp)
- 1/2 cup Water (room temp)
- 1/3 cup Coconut Oil (melted)

Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, 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 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers: Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size: One serving is one slice of bread.



Avocado, Cucumber & Nori Snack Box

2 servings

5 minutes

Ingredients

- 1 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 cup Cashews
- 8 Nori Sheets
- 1 tsp Sesame Seeds (optional)

Directions

- 1 Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

Notes

Storage: The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

Nut-Free: Use pumpkin seeds instead of cashews.

More Flavor: Season the avocado with chili flakes, cayenne or everything bagel seasoning.



Apple Slices & Nori Crisps

2 servings

5 minutes

Ingredients

- 4 Nori Sheets
- 1/3 tsp Extra Virgin Olive Oil
- 2 Apple (medium)

Directions

- 1 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 2 Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time: Buy pre-toasted nori sheets.



Brazil Nuts & Blueberries

2 servings

5 minutes

Ingredients

- 1/2 cup Brazil Nuts
- 1 cup Blueberries

Directions

- 1 Divide the Brazil nuts and blueberries onto a plate and enjoy!

Notes

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

Nut-Free: Use pumpkin seeds or sunflower seeds instead of Brazil nuts.



Quinoa & Kale Egg Muffins

6 servings
30 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1/3 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

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

Serving Size: One serving is approximately two egg muffins.

More Flavor: Add red pepper flakes or black pepepr.



Chocolate Pistachio Protein Balls

15 servings

15 minutes

Ingredients

6 ozs Dark Chocolate (roughly chopped)
1/4 cup Cocoa Powder
1 1/2 tbsps Vanilla Protein Powder
2/3 cup Sunflower Seed Butter
1 cup Pistachios (removed from shell, divided)

Directions

- 1 Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.
- 2 Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.
- 3 Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or in the freezer for three months.

Serving Size: One serving is equal to one ball.

More Flavor: Add vanilla extract.



Super Seed Chocolate Bark

8 servings

40 minutes

Ingredients

- 2 3/4 ozs Dark Chocolate
- 2 tsps Coconut Oil
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 2 tsps Hemp Seeds

Directions

- 1 Line a plate or baking sheet with parchment paper.
- 2 Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
- 3 Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
- 4 Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
- 5 Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
- 6 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size: One serving is equal to approximately 1/4 cup of bark.

More Flavor: Add sea salt or vanilla extract.

No Seeds: Use chopped nuts instead.



Salmon & Roasted Root Veggie Salad

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and diced)
- 1 Beet (medium, peeled, and diced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1 tbsp Lemon Juice
- 1 tsp Dijon Mustard
- 1/8 tsp Turmeric
- 3 cups Baby Spinach
- 2 tbsps Pumpkin Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
- 3 Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
- 5 To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

Serving Size: One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

More Flavor: Season the salmon, sweet potatoes, and beets with other dried herbs and spices, like garlic powder, paprika, turmeric, or parsley. Add garlic or liquid sweetener of choice to the dressing.

Additional Toppings: Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced

cucumber, bell pepper, or hemp seeds.

No Salmon: Use chicken or tofu instead.



Edamame & Soba Noodle Salad

3 servings

15 minutes

Ingredients

- 5 1/4 ozs Buckwheat Soba Noodles (dry, uncooked)
- 1 1/2 cups Frozen Edamame
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Tamari
- 1 1/2 tbsps Rice Vinegar
- 2 1/4 tsps Maple Syrup
- 3/4 tsp Ginger (fresh, minced)
- 3/4 cup Matchstick Carrots
- 1/3 cup Cilantro (chopped)

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Spinach & Sweet Potato Frittata

2 servings
25 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 1/2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

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

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Sauerkraut Chickpea Bowl

4 servings

25 minutes

Ingredients

2 Sweet Potato (medium, diced)
1/4 cup Tahini
1 1/2 tbsps Apple Cider Vinegar
2 tbsps Water
1 tsp Maple Syrup
1/8 tsp Sea Salt
4 cups Kale Leaves (tough stems removed, torn)
2 cups Chickpeas (cooked)
3/4 cup Sauerkraut

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Arrange the diced sweet potato onto the baking sheet in an even layer and bake for 20 to 25 minutes, tossing halfway.
- 3 In a bowl, whisk together the tahini, apple cider vinegar, water, maple syrup, and salt. Set aside.
- 4 Divide the kale, chickpeas, sauerkraut and sweet potato into bowls. Drizzle the tahini dressing otop and enjoy!

Notes

Leftovers: Store dressing separately and refrigerate in an airtight container for up to four to five days.

More Flavor: Add minced garlic and/or grated ginger to the dressing.

Additional Toppings: Microgreens, toasted sesame seeds, hemp seeds, leftover vegetables, brown rice, or quinoa.



Pesto Chicken Bake

4 servings

20 minutes

Ingredients

- 1 lb Chicken Breast (boneless, skinless)
- 1/4 cup Pesto
- 1 Tomato (sliced)

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto: Use hummus instead.

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



Mixed Greens with Lemon & Olive Oil

2 servings

5 minutes

Ingredients

4 cups Mixed Greens
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Hemp Seeds

Directions

1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Notes

On-the-Go: Keep dressing in a separate container on the side. Add just before serving.
No Mixed Greens: Use spinach, kale or romaine instead.



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

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

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.



Slow Cooker Chicken Soup

4 servings

6 hours

Ingredients

- 2/3 Yellow Onion (diced)
- 2 2/3 stalks Celery (diced)
- 2 Carrot (medium, chopped)
- 2 tsps Rosemary (fresh)
- 5 1/3 ozs Chicken Breast (boneless, skinless)
- 10 2/3 ozs Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 cups Water (or broth)

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.