

# EAT WELL @ HOME

## COOKBOOK





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Ve = vegan    V = vegetarian     = pantry meal

**breakfast**





# Spinach & Sweet Potato Egg Muffins

7 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat oven to 350 F. Lightly grease a muffin pan with olive oil (1 1/2 tsp).
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. A double boiler is used to steam vegetables on the stove. If you do not have a pot that can be setup as a double boiler, all you need is a regular pot, and a slightly smaller pot or bowl to fit inside. Fill the bottom pot with water about a 1/4 of the way up, and place the smaller bowl inside the pot, making sure the bowl is not touching the water. Place the sweet potatoes in the top bowl, and begin heating the pot so that the water boils. Cover the top bowl so that the steam is trapped and can steam the potatoes.
4. While the sweet potato is steaming, heat olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
5. When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
6. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
7. Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
8. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## Notes

### Serving Size

One serving is equal to three egg cups.

### Leftovers

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

### No Baby Spinach

Use finely sliced kale or swiss chard instead.

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	227	<b>Protein</b>	14g
<b>Fat</b>	15g	Sodium	491mg
Saturated	5g	Calcium	113mg
Polyunsaturated	2g	Iron	3mg
Monounsaturated	6g	Vitamin D	82IU
<b>Carbs</b>	9g	Folate	138µg
Fiber	2g	Vitamin B12	0.9µg
Sugar	2g		



# Savory Oatmeal

7 ingredients · 15 minutes · 1 serving



## Directions

1. Begin by heating a pan to low heat in preparation to cook the egg and red pepper
2. Cook your oats either on the stovetop, or in the microwave. If using a microwave, add the frozen spinach right away in addition to water. If cooking on the stovetop, wait to add the spinach at the end so it can warm in the cooked oats.
3. While the oats cook, add the olive oil and chopped red pepper to your pan. Stir the red pepper periodically. Crack the egg into the pan and prepare it however you desire. Note that adding any extra oil or butter will alter the nutrition information.
4. Combine cooked red pepper into the oatmeal and stir, then top the bowl with the cooked egg, adding a pinch of salt and pepper on top.

## Notes

### Optional:

Add other seasonings like garlic powder, onion, or paprika for more flavor.

### Bulk Prep

Make a big batch of steel cut oats and hard boiled eggs for a quick breakfast. Just add some seasonings and added vegetables!

### Substitutions

The ingredients in this recipe can be easily swapped. Try broccoli, different colored bell peppers, kale, zucchini, or tomatoes!

### Pantry Staple Meal

This recipe can be easily brought together from ingredients in your pantry or freezer.

## Ingredients

- 1 cup Oatmeal
- 1 oz Large Eggs
- 1 pinch Sea Salt
- 1/4 cup Frozen Spinach
- 1/4 cup Chopped Red Bell Pepper
- 1/2 tsp Extra Virgin Olive Oil
- 1 pinch Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	373	<b>Protein</b>	15g
<b>Fat</b>	11g	Sodium	221mg
Saturated	1g	Calcium	68mg
Polyunsaturated	1g	Iron	21mg
Monounsaturated	3g	Vitamin D	28IU
<b>Carbs</b>	56g	Folate	77µg
Fiber	9g	Vitamin B12	0.3µg
Sugar	2g		



# Vanilla Chia Protein Pudding with Berries

7 ingredients · 3 hours · 3 servings



## Directions

1. In a medium-sized bowl, whisk together the almond milk, maple syrup, and vanilla extract. Then whisk in the chia seeds and greek yogurt. Place in the refrigerator for 3 hours or overnight.
2. Divide the chia pudding between bowls or containers and top with blueberries and strawberries. Enjoy!

## Notes

### Storage

Keeps well in an airtight container in the fridge for up to 5 days.

## Ingredients

**3/4 cup** Unsweetened Almond Milk (substitute for preferred milk )

**3/4 cup** Plain Greek Yogurt

**1 tbsp** Maple Syrup

**2 tsps** Vanilla Extract

**1/2 cup** Chia Seeds

**1 cup** Blueberries

**1 cup** Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	281	<b>Protein</b>	12g
<b>Fat</b>	13g	Sodium	77mg
Saturated	1g	Calcium	434mg
Polyunsaturated	0g	Iron	3mg
Monounsaturated	0g	Vitamin D	50IU
<b>Carbs</b>	32g	Folate	14µg
Fiber	10g	Vitamin B12	0µg
Sugar	13g		



# Freezer Veggie Breakfast Burritos

11 ingredients · 30 minutes · 10 servings



## Directions

1. Preheat oven to 400°F (204°C) and line baking sheets with foil.
2. In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
3. Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
4. Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
5. Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

## Notes

### Reheating in the Oven

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

### Reheating in the Microwave

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

### Make it Spicy

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

### Serve it With

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

### No Brown Rice Tortillas

Use corn or whole wheat tortillas instead.

## Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 5 Garlic (cloves, minced)
- 1 cup Red Onion (large, diced)
- 2 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 2 Red Bell Pepper (diced)
- 2 Green Bell Pepper (diced)
- 1 tbsp Cumin
- 1 1/2 tsps Chilli Powder
- 1 tsp Sea Salt
- 12 Egg (large, whisked)
- 10 Brown Rice Tortilla (11 inches)

## Nutrition

Amount per serving

<b>Calories</b>	329	<b>Protein</b>	12g
<b>Fat</b>	14g	<b>Sodium</b>	521mg
Saturated	3g	<b>Calcium</b>	59mg
Polyunsaturated	2g	<b>Iron</b>	3mg
Monounsaturated	6g	<b>Vitamin D</b>	49IU
<b>Carbs</b>	38g	<b>Folate</b>	48µg
Fiber	5g	<b>Vitamin B12</b>	0.5µg
Sugar	7g		



# Chocolate Banana Cauliflower Oats

8 ingredients · 20 minutes · 1 serving



## Directions

1. In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
2. Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Nut-Free

Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

### More Flavor

Add cinnamon or maple syrup.

### More Protein

Add collagen or protein powder.

### No Cacao Powder

Use cocoa powder instead.

### No Banana

Top with berries instead.

### No Chia Seeds

Use 1/2 cup of oat meal.

### Pantry Staple Meal

This recipe can be easily made with pantry staples.

## Ingredients

- 1 cup Cauliflower Rice (can be frozen)
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs (or semi-sweet chocolate chips)

## Nutrition

Amount per serving

<b>Calories</b>	456	<b>Protein</b>	16g
<b>Fat</b>	30g	<b>Sodium</b>	443mg
Saturated	6g	<b>Calcium</b>	491mg
Polyunsaturated	4g	<b>Iron</b>	4mg
Monounsaturated	9g	<b>Vitamin D</b>	76IU
<b>Carbs</b>	38g	<b>Folate</b>	40µg
Fiber	15g	<b>Vitamin B12</b>	0µg
Sugar	13g		





**lunch**





# Mashed Chickpea Salad

6 ingredients · 5 minutes · 2 servings



## Directions

1. Begin by transferring rinsed chickpeas into a microwave safe bowl. Warm the chickpeas slightly, only for about 15 seconds.
2. Next, with the backside of a fork smash the chickpeas and stir. Leave some chunks, but allow it to become a cohesive mixture.
3. Chop celery into a small dice.
4. Mix in the remaining ingredients, and serve on a piece of toast or crackers, or add to a plate of fresh vegetables.

## Notes

### Ways to Eat

While this can certainly be eaten plain, you can also use it in a sandwich, spread across whole wheat crackers, or on top of a salad.

### Pantry Staple Meal

This recipe can be easily made with pantry staple ingredients.

### Substitutions

Sub yogurt with light mayonnaise.

## Ingredients

- 1 tsp Dijon Mustard
- 1/3 cup Plain Greek Yogurt
- 1 Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Chickpeas
- 2 stalks Celery
- 2 tbsps Sliced Almonds

## Nutrition

Amount per serving

<b>Calories</b>	265	<b>Protein</b>	16g
<b>Fat</b>	9g	Sodium	230mg
Saturated	1g	Calcium	146mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	0g	Vitamin D	15IU
<b>Carbs</b>	34g	Folate	148µg
Fiber	10g	Vitamin B12	0µg
Sugar	2g		



# Simple Tuna Salad Sandwich

6 ingredients · 10 minutes · 2 servings



## Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

## Notes

### Other Ways to Eat

This tuna salad can also be enjoyed alone, on crackers, on a sandwich, or over greens.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)
- 2 slices Whole Wheat Bread

## Nutrition

Amount per serving

<b>Calories</b>	365	<b>Protein</b>	35g
<b>Fat</b>	14g	Sodium	625mg
Saturated	2g	Calcium	55mg
Polyunsaturated	7g	Iron	3mg
Monounsaturated	4g	Vitamin D	79IU
<b>Carbs</b>	24g	Folate	13µg
Fiber	4g	Vitamin B12	4.2µg
Sugar	11g		

# Taco Salad

11 ingredients · 15 minutes · 4 servings



## Directions

1. Add cooking spray to pan and cook turkey, seasonings and diced onions on medium heat until well done.
2. While the turkey is cooking, defrost the frozen corn then mix corn, spinach, butter lettuce, tomatoes and beans into large bowl.
3. In a separate bowl, mix the greek yogurt and salsa together and stir to combine.
4. Add cooked ground turkey to salad mixture and serve!

## Notes

### Swap Proteins

This salad can be mixed with any kind of protein like shredded chicken, ground beef, tofu, seitan, or tempeh.

## Ingredients

- 4 cups Baby Spinach
- 4 cups Head Of Butter Lettuce Or Leafy Greens
- 1 cup Red Kidney Beans
- 1 cup Yellow Onion
- 1 cup Cherry Tomatoes
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Salt And Pepper
- 1/3 cup Organic Salsa
- 1/3 cup Plain Greek Yogurt
- 1 cup Frozen Corn (or canned)

## Nutrition

Amount per serving

<b>Calories</b>	319	<b>Protein</b>	31g
<b>Fat</b>	11g	Sodium	977mg
Saturated	3g	Calcium	145mg
Polyunsaturated	3g	Iron	5mg
Monounsaturated	3g	Vitamin D	23IU
<b>Carbs</b>	29g	Folate	121µg
Fiber	9g	Vitamin B12	1.4µg
Sugar	6g		



# Thai Chopped Chicken Salad with Peanut Sauce

16 ingredients · 30 minutes · 3 servings



## Directions

1. Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
2. In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
3. In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

## Notes

### Leftovers

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

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### More Flavor

Add chili flakes to the sauce for heat.

### Additional Toppings

Add chopped cilantro, crushed peanuts and/or sesame seeds.

### Make it Vegan

Omit the chicken and use cooked tofu or chickpeas instead.

## Ingredients

- 8 ozs Chicken Breast (skinless and boneless)
- 1/8 tsp Chili Powder
- 1/8 tsp Smoked Paprika
- 1/8 tsp Sea Salt
- 3 tbsps All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tsp Raw Honey
- 1 tbsp Lime Juice
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 2 tbsps Water
- 3 cups Green Cabbage (chopped)
- 2 Carrot (shredded)
- 1/2 Red Bell Pepper
- 1/2 Mango (cubed)
- 3 stalks Green Onion (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	282	<b>Protein</b>	24g
<b>Fat</b>	11g	<b>Sodium</b>	521mg
Saturated	2g	<b>Calcium</b>	80mg
Polyunsaturated	3g	<b>Iron</b>	2mg
Monounsaturated	5g	<b>Vitamin D</b>	1IU

<b>Carbs</b>	26g	Folate	105µg
Fiber	6g	Vitamin B12	0.2µg
Sugar	17g		

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# White Bean & Lemon Kale Soup

12 ingredients · 30 minutes · 4 servings



## Directions

1. In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
2. Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
3. Season with salt and pepper. Ladle into bowls and top with parsley. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving size is equal to about 1 1/2 cups.

### Additional Toppings

Top with chili flakes and/or shredded parmesan.

## Ingredients

- 3 cups Organic Vegetable Broth
- 2 Carrot (chopped)
- 2 Leeks (white parts only, chopped fine)
- 2 Garlic (cloves, minced)
- 1/2 tsp Oregano
- 1 1/2 tsps Thyme (dried)
- 1 3/4 cups Cannellini Beans (1 can, drained and rinsed)
- 3 cups Water
- 4 cups Kale Leaves (stem removed, chopped)
- 3 tsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	193	<b>Protein</b>	10g
<b>Fat</b>	1g	Sodium	765mg
Saturated	0g	Calcium	188mg
Polyunsaturated	0g	Iron	4mg
Monounsaturated	0g	Vitamin D	0IU
<b>Carbs</b>	36g	Folate	56µg
Fiber	16g	Vitamin B12	0µg
Sugar	6g		

# One-Pan Roasted Veggies

9 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

### No Mushrooms

Swap in bell peppers or broccoli instead.

### Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

### Versatility

Use these roasted veggies at breakfast with your eggs and toast, at lunch on top of a fresh salad, or with dinner alongside your favorite protein and whole grain, or tossed with cooked pasta and roasted chicken.

## Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	91	<b>Protein</b>	4g
<b>Fat</b>	4g	Sodium	331mg
Saturated	1g	Calcium	55mg
Polyunsaturated	1g	Iron	1mg
Monounsaturated	2g	Vitamin D	2IU
<b>Carbs</b>	12g	Folate	53µg
Fiber	4g	Vitamin B12	0µg
Sugar	7g		



A small white bowl filled with a golden-brown, slightly thick soup, garnished with fresh green basil leaves.

dinner





# Slow Cooker Balsamic Roast Beef

12 ingredients · 8 hours · 8 servings



## Directions

1. Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
2. Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
3. Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
4. Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

## Notes

### More Carbs

Serve with rice, potatoes or quinoa.

## Ingredients

- 2 1/2 lbs Top Sirloin Beef Roast
- 1 1/2 cups Organic Chicken Broth
- 1/2 cup Balsamic Vinegar
- 3 tbsps Tamari
- 3 tbsps Maple Syrup
- 4 Garlic (cloves, minced)
- 1 tbsp Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (sliced)
- 5 cups Kale Leaves (chopped)
- 1 tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	311	<b>Protein</b>	44g
<b>Fat</b>	10g	Sodium	648mg
Saturated	2g	Calcium	66mg
Polyunsaturated	1g	Iron	5mg
Monounsaturated	4g	Vitamin D	8IU
<b>Carbs</b>	12g	Folate	25µg
Fiber	2g	Vitamin B12	6.2µg
Sugar	9g		



# Penne with Red Lentil Bolognese Sauce

13 ingredients · 40 minutes · 5 servings



## Directions

1. Add to a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
3. Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
4. To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

### Additional Toppings

Top with extra red pepper flakes or fresh oregano.

### No Penne

Use your favorite whole grain noodles or spiralized vegetables instead.

### More Vegetables

Feel free to include more vegetables like chopped bell pepper, sauteed spinach, diced mushrooms, cut tomatoes, or broccoli.

## Ingredients

- 1/4 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Water
- 3/4 tsp Oregano
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Dry Red Lentils (rinsed)
- 1 tbsp Tomato Paste
- 1 1/2 cups Organic Vegetable Broth
- 1/2 cup Tomato Sauce
- 1 tbsp Balsamic Vinegar (divided)
- 2 1/2 cups Brown Rice Penne
- 1 tbsp Nutritional Yeast (optional)

## Nutrition

Amount per serving

<b>Calories</b>	312	<b>Protein</b>	11g
<b>Fat</b>	2g	Sodium	325mg
Saturated	0g	Calcium	20mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	1g	Vitamin D	0IU
<b>Carbs</b>	61g	Folate	3µg
Fiber	7g	Vitamin B12	6.8µg
Sugar	3g		

# Spiced Cauliflower and Potato Casserole

15 ingredients · 1 hour 30 minutes · 11 servings



## Directions

1. In a small bowl stir together cumin, salt, ginger, turmeric, pepper, and cinnamon. Set aside.
2. Preheat oven to 375°F. In a 6-qt. Dutch oven or soup pot, bring 10 cups of water to boiling. Stir in rice. Return to boiling; reduce heat. Simmer 15 minutes. Stir in potatoes; simmer 10 minutes. Stir in cauliflower and carrot; simmer 2 minutes more. (Vegetables will still be crisp.) Drain and return to Dutch oven.
3. Stir in the next four ingredients (through peas). Stir in spice mix. Spread into a 3-qt. rectangular baking dish. Bake, covered, 25 to 30 minutes or until heated through and vegetables are tender.
4. Let stand 10 minutes before serving. If desired, top with cilantro, or dollop of greek yogurt.

## Notes

### Serving size

This recipe makes 11, 1 cup servings.

### Options

Serve this as a vegetarian side to your main course, or add in a protein source such as crumbled sausage or shredded chicken to make it a complete meal.

## Ingredients

- 1 **tblsp** Ground Cumin
- 1 **tsp** Sea Salt
- 1/2 **tsp** Ground Ginger
- 1/2 **tsp** Turmeric
- 1/8 **tsp** Cayenne Pepper
- 1/8 **tsp** Ground Cinnamon
- 1 **cup** Brown Rice
- 1 **lb** Yukon Gold Potatoes (cut into 3/4-inch pieces)
- 4 **cups** Small Cauliflower Florets (can be frozen)
- 1/2 **cup** Carrot (cut into coins or shredded )
- 1 **can** No Salt Added Chickpeas (rinsed and drained)
- 1 **cup** No Salt Added Tomato Sauce
- 1 **cup** Fire Roasted Diced Tomatoes (undrained)
- 1/2 **cup** Frozen Peas
- 1/4 **cup** Chopped Fresh Cilantro (optional)

## Nutrition

Amount per serving

<b>Calories</b>	125	<b>Protein</b>	4g
<b>Fat</b>	1g	<b>Sodium</b>	389mg
Saturated	0g	<b>Calcium</b>	36mg
Polyunsaturated	0g	<b>Iron</b>	1mg



Monounsaturated	0g	Vitamin D	0IU
<b>Carbs</b>	27g	Folate	31µg
Fiber	3g	Vitamin B12	0µg
Sugar	3g		

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# Butternut Squash, Kale & Quinoa Stew

15 ingredients · 1 hour · 4 servings



## Directions

1. Heat the oil in a large pot over medium heat. Add the onion and a few pinches of salt and pepper. Cook until the onion is soft and translucent, about 4 minutes.
2. Add the butternut squash and stir. Let the butternut squash cook for a few minutes, then stir in the garlic, cumin, coriander, paprika, and red pepper flakes. Add the white wine vinegar and stir to deglaze the bottom of the pan. Add the tomatoes, broth, and quinoa. Cover and simmer until the butternut squash is tender and the quinoa is cooked through, about 40 minutes. Halfway through the cooking time, take a taste and adjust seasonings as needed.
3. When the soup is nearly done, stir in the kale and cook about 5 minutes more, or until the kale is wilted. Taste and adjust seasonings again.

## Notes

### Pantry Staple Meal

This recipe can be easily made using staple pantry ingredients.

### Add Proteins

Add shredded or diced chicken, chickpeas, kidney beans or any other legume for added protein!

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **cup** Large Onion (diced)
- 2 **cups** Cubed Butternut Squash (can be fresh, or bought frozen)
- 3 Garlic Cloves (minced)
- 1 **tsp** Ground Cumin
- 1 **tsp** Ground Coriander
- 1/2 **tsp** Red Chili Flakes
- 1/2 **tsp** Smoked Paprika
- 1 **tbsp** White Wine Vinegar
- 1 **cup** Diced Tomatoes
- 4 **cups** Organic Vegetable Broth
- 1/2 **cup** Uncooked Quinoa
- 2 **cups** Chopped Kale (can be purchased frozen, or substitute frozen spinach)
- 1/8 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	218	<b>Protein</b>	6g
<b>Fat</b>	9g	Sodium	748mg
Saturated	1g	Calcium	86mg
Polyunsaturated	2g	Iron	3mg



Monounsaturated	5g	Vitamin D	0IU
<b>Carbs</b>	31g	Folate	53µg
Fiber	4g	Vitamin B12	0µg
Sugar	6g		

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# Chicken Fajitas

10 ingredients · 20 minutes · 6 servings



## Directions

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

## Notes

### Optional Toppings

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

### Vegetarian Option

Use sliced mushrooms instead of chicken.

### Lower Calorie Option

Use lettuce wraps instead of corn tortillas.

### No Chicken Breast

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

### Leftovers

Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas or use for a taco salad!

### Serving Size

One serving is equal to two fajitas.

## Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast (sliced into strips)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Green Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 cup Frozen Corn
- 1 Yellow Onion (sliced)
- 12 Corn Tortilla

## Nutrition

Amount per serving

<b>Calories</b>	318	<b>Protein</b>	21g
<b>Fat</b>	8g	Sodium	272mg
Saturated	1g	Calcium	226mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	4g	Vitamin D	1IU
<b>Carbs</b>	39g	Folate	27µg
Fiber	4g	Vitamin B12	0.2µg
Sugar	3g		



# One Pan Salmon with Asparagus & Roasted Tomato

5 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.
2. Place asparagus and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

## Notes

### Switch It Up!

Use chicken, turkey, tofu, or roasted chickpeas instead of salmon. Baking times will vary.

### Complete Meal

Add your favorite whole grain like brown rice or quinoa.

### Added Touch

Toss the green beans in balsamic vinegar before serving.

### No Tomatoes?

Add another brightly colored vegetable like bell peppers, purple cabbage, or yellow zucchini.

## Ingredients

**4 cups** Asparagus (1 bunch is OK, make sure to trim stalks)

**2 cups** Cherry Tomatoes

**1 tbsp** Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

**1 1/4 lbs** Salmon Fillet

## Nutrition

Amount per serving

<b>Calories</b>	409	<b>Protein</b>	27g
<b>Fat</b>	31g	Sodium	626mg
Saturated	4g	Calcium	59mg
Polyunsaturated	0g	Iron	4mg
Monounsaturated	2g	Vitamin D	0IU
<b>Carbs</b>	9g	Folate	0µg
Fiber	4g	Vitamin B12	0µg
Sugar	4g		

# snacks





# Protein Berry Oatmeal Cups

12 ingredients · 35 minutes · 12 servings



## Directions

1. Preheat the oven to 350F (177°C). Line a muffin tin with liners.
2. Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
3. In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
4. Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

### Serving Size

One serving size is equal to one oatmeal cup.

### Nut-Free

Use boxed coconut milk instead of almond milk.

### No Frozen Berries

Use fresh berries instead.

### Protein Powder

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

### No Protein Powder

Omit or use collagen instead.

## Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

## Nutrition

Amount per serving

<b>Calories</b>	139	<b>Protein</b>	6g
<b>Fat</b>	3g	Sodium	113mg
Saturated	1g	Calcium	78mg
Polyunsaturated	1g	Iron	1mg
Monounsaturated	1g	Vitamin D	11IU
<b>Carbs</b>	22g	Folate	11µg
Fiber	3g	Vitamin B12	0.1µg
Sugar	7g		

# Protein Snack Box

5 ingredients · 5 minutes · 1 serving



## Directions

1. Wrap the turkey slices into rolls. Assemble all ingredients, except the crackers, into a storage container and refrigerate until ready to eat.

## Notes

### Storage

Refrigerate up to 3 days.

### Modifications

Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, tofu, or edamame.

### Add Some Flavor

Include mustard, or a tablespoon of hummus when you're ready to eat!

## Ingredients

- 1 oz Whole Grain Crackers
- 1/2 cup Cherry Tomatoes
- 1/2 cup Matchstick Carrots
- 1 oz Cheddar Cheese (cubed or sliced)
- 2 ozs Sliced Turkey Breast (2 slices)

## Nutrition

Amount per serving

<b>Calories</b>	350	<b>Protein</b>	18g
<b>Fat</b>	18g	Sodium	997mg
Saturated	7g	Calcium	236mg
Polyunsaturated	4g	Iron	1mg
Monounsaturated	5g	Vitamin D	10IU
<b>Carbs</b>	30g	Folate	50µg
Fiber	3g	Vitamin B12	0.5µg
Sugar	10g		



# Black Bean Dip

6 ingredients · 15 minutes · 6 servings



## Directions

1. Add all ingredients to the jar of your food processor and process until very smooth.
2. Transfer into a bowl and enjoy!

## Notes

### Serve it With

Brown rice tortilla chips, veggie sticks or as a spread.

### Leftovers

Store in an airtight container in the fridge for 5 days, or freeze for two months or more.

## Ingredients

- 2 1/4 cups Black Beans (cooked, from the can)
- 2 tsps Cumin
- 1/2 tsp Smoked Paprika
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	130	<b>Protein</b>	6g
<b>Fat</b>	5g	Sodium	396mg
Saturated	1g	Calcium	25mg
Polyunsaturated	1g	Iron	2mg
Monounsaturated	3g	Vitamin D	0IU
<b>Carbs</b>	16g	Folate	97µg
Fiber	6g	Vitamin B12	0µg
Sugar	0g		

# smoothies





# Orange Immunity Booster Smoothie

8 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

## Notes

### No Pureed Pumpkin

Use steamed sweet potato instead.

### More Protein

Add protein powder, hemp seeds or nut butter.

### No Maple Syrup

Sweeten with raw honey or soaked dates instead.

## Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)

## Nutrition

Amount per serving

<b>Calories</b>	195	<b>Protein</b>	5g
<b>Fat</b>	3g	Sodium	69mg
Saturated	0g	Calcium	274mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	1g	Vitamin D	38IU
<b>Carbs</b>	43g	Folate	74µg
Fiber	10g	Vitamin B12	0µg
Sugar	23g		

# Glowing Green Mango Energy Smoothie

7 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

## Notes

### Complement

Use this as a side to your meal or snack, this is not meant to be a meal replacement shake.

## Ingredients

- 4 cups Baby Spinach
- 1/2 Cucumber
- 1 Lime (juiced)
- 1 Lemon (juiced)
- 1 Apple (skin removed and diced)
- 1 1/2 cups Frozen Mango
- 2 cups Water

## Nutrition

Amount per serving

<b>Calories</b>	157	<b>Protein</b>	4g
<b>Fat</b>	1g	Sodium	56mg
Saturated	0g	Calcium	119mg
Polyunsaturated	0g	Iron	2mg
Monounsaturated	0g	Vitamin D	0IU
<b>Carbs</b>	40g	Folate	185µg
Fiber	6g	Vitamin B12	0µg
Sugar	29g		



# Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

## Notes

### No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

### No Peanut Butter

Use any nut or seed butter.

### Storage

Store in a mason jar with lid in the fridge up to 48 hours.

### More Protein

Add hemp seeds, a scoop of protein powder, or plain greek yogurt.

### More Fiber

Add ground flax seed, or chia seeds.

## Ingredients

**1/2 cup** Oats (quick or traditional)

**1/4 cup** All Natural Peanut Butter

**2** Banana

**1 cup** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	390	<b>Protein</b>	12g
<b>Fat</b>	20g	Sodium	88mg
Saturated	4g	Calcium	258mg
Polyunsaturated	5g	Iron	2mg
Monounsaturated	10g	Vitamin D	50IU
<b>Carbs</b>	48g	Folate	58µg
Fiber	7g	Vitamin B12	0µg
Sugar	18g		

# Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



## Directions

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

## Notes

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### Liquids

Swap almond milk for another liquid like water, oat milk, or soy milk. Add more or less to find your desired consistency.

## Ingredients

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- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/2 cup Plain Greek Yogurt
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	317	<b>Protein</b>	19g
<b>Fat</b>	12g	Sodium	350mg
Saturated	2g	Calcium	1061mg
Polyunsaturated	1g	Iron	4mg
Monounsaturated	2g	Vitamin D	201IU
<b>Carbs</b>	40g	Folate	123µg
Fiber	15g	Vitamin B12	0µg
Sugar	15g		