

Peaches & Cream Overnight Oats

🛒 8 ingredients ⌚ 8 hours 🍴 4 servings

Directions

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

Notes

Storage Store in jars in the fridge up to 4 days.

No Coconut Yogurt Use plain Greek yogurt instead.

Ingredients

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

287 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 42g	14%
Fiber 11g	44%
Sugar 14g	0%
Protein 8g	16%

Berry Baked Oatmeal

8 ingredients 45 minutes 6 servings

Directions

1. Preheat oven to 350 degrees F. Grease a baking pan with coconut oil.
2. Add all ingredients in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

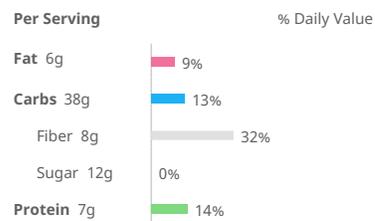
No Applesauce Use mashed banana instead.

No Almonds Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 1/2 cup Unsweetened Applesauce
- 1 tsp Cinnamon
- 2 tbsps Chia Seeds
- 2 cups Frozen Berries
- 1/4 cup Sliced Almonds

232 Calories



Sticky Cinnabon Oatmeal

 9 ingredients  15 minutes  3 servings

Directions

1. In a saucepan over medium heat, combine almond milk, oats, salt, maple syrup and cinnamon. Bring to a simmer and stir until liquid is absorbed, about 5-8 minutes.
2. Whisk in egg whites and mix thoroughly. Add coconut flour and stir until batter is thick. (Note: Add extra coconut flour or almond milk if needed for desired consistency.) Remove from heat.
3. In a small bowl, make your glaze by mixing the protein powder and melted coconut oil. Add a bit of almond milk if needed for desired consistency.
4. Divide oatmeal into bowls, drizzle with glaze and dust with extra cinnamon.

Notes

Make it Vegan For each egg, combine 1 tbsp of ground flax seed with 3 tbsps of water. Set in fridge for 15 minutes to create a sticky egg-like substitute.

No Maple Syrup Use honey instead.

Leftovers Divide into mason jars and refrigerate up to 3-5 days. When reheating, add some almond milk.

Ingredients

2 cups	Unsweetened Almond Milk
1 cup	Oats (quick or traditional)
1/4 tsp	Sea Salt
2 tbsps	Maple Syrup
1 tsp	Cinnamon
2	Egg (whites only)
2 tbsps	Coconut Flour
1/3 cup	Vanilla Protein Powder
2 tbsps	Coconut Oil (melted)

369 Calories

Per Serving	% Daily Value
Fat 17g	26%
Carbs 35g	12%
Fiber 6g	24%
Sugar 9g	0%
Protein 19g	38%



Golden Turmeric Latte

 7 ingredients  10 minutes  2 servings

Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

- Use Fresh Turmeric Root** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan** Use maple syrup to sweeten instead of honey.

Ingredients

- 1 tbsp** Ginger (grated)
1 cup Organic Coconut Milk (canned)
1 cup Water
1 tsp Turmeric (powder)
1 tbsp Raw Honey
1/2 tsp Cinnamon
1 1/2 tsps Coconut Oil

281 Calories

Per Serving	% Daily Value
Fat 26g	40%
Carbs 14g	5%
Fiber 1g	4%
Sugar 8g	0%
Protein 2g	4%



Pumpkin Pie Baked Oatmeal

 11 ingredients  45 minutes  6 servings

Directions

1. Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Ingredients

2 cups	Pureed Pumpkin
2	Egg
1/2 cup	Maple Syrup
1 tbsp	Pumpkin Pie Spice
1 tsp	Vanilla Extract
3/4 tsp	Baking Powder
1/2 tsp	Sea Salt
1 cup	Unsweetened Almond Milk
2 1/2 cups	Oats (rolled or quick)
1/4 cup	Ground Flax Seed
1/4 cup	Pumpkin Seeds

333 Calories

Per Serving	% Daily Value
Fat 9g	14%
Carbs 54g	18%
Fiber 10g	40%
Sugar 20g	0%
Protein 12g	24%



Sweet Potato Pancakes

🛒 5 ingredients ⌚ 20 minutes 🍴 2 servings

Directions

1. Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
2. Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
3. Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up Add nutmeg and/or ginger spice.

Toppings Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Ingredients

2	Sweet Potato (small)
4	Egg (whisked)
1 tbsp	Coconut Oil
1/2 tsp	Cinnamon
2 tbsps	Maple Syrup

370 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 41g	14%
Fiber 4g	16%
Sugar 18g	0%
Protein 15g	30%

Pumpkin Pie Overnight Oats

 7 ingredients  8 hours  4 servings

Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

No Pumpkin Pie Spice Use cinnamon instead.

No Pecans Use any type of crushed nuts or hemp seeds instead.

Ingredients

2 cups	Oats (quick or traditional)
2 cups	Unsweetened Almond Milk
2 cups	Pureed Pumpkin
2 tbsps	Chia Seeds
1/4 cup	Maple Syrup
1 tbsps	Pumpkin Pie Spice
1/2 cup	Pecans (toasted and chopped)

425 Calories

Per Serving	% Daily Value
Fat 17g	26%
Carbs 60g	20%
Fiber 15g	60%
Sugar 18g	0%
Protein 12g	24%



Turmeric Hummus

 6 ingredients  10 minutes  4 servings

Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

2 cups	Chickpeas (cooked)
1	Garlic (clove)
1 tbsp	Tahini
3 tbsps	Apple Cider Vinegar
1/2 tsp	Turmeric
1/2 tsp	Sea Salt

163 Calories

Per Serving	% Daily Value
Fat 4g	6%
Carbs 25g	8%
Fiber 7g	28%
Sugar 5g	0%
Protein 8g	16%

Carrot Cake Chia Pudding

 9 ingredients  3 hours  2 servings

Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage Keeps well in the fridge for 3 to 4 days.

Extra Creamy Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

1	Carrot (medium, grated)
1/2 tsp	Cinnamon
1/8 tsp	Ground Cloves
1/4 tsp	Ground Ginger
1 tsp	Stevia Powder (to taste)
2 cups	Unsweetened Almond Milk
1/2 cup	Chia Seeds
1/4 cup	Walnuts (chopped)
2 tbsps	Unsweetened Coconut Flakes

413 Calories

Per Serving	% Daily Value
Fat 27g	42%
Carbs 30g	10%
Fiber 24g	96%
Sugar 2g	0%
Protein 16g	32%

Zucchini Bread Overnight Oats

 8 ingredients  8 hours  4 servings

Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Ingredients

1 1/2 cups	Oats (quick or traditional)
1 1/2 cups	Unsweetened Almond Milk
2 tbsps	Ground Flax Seed
2 tbsps	Maple Syrup
1/2 tsp	Cinnamon
1	Zucchini (grated)
1/4 cup	Hemp Seeds
2	Banana (sliced)

311 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 48g	16%
Fiber 8g	32%
Sugar 15g	0%
Protein 11g	22%

Banana Coconut Steel Cut Oats

 6 ingredients  25 minutes  2 servings

Directions

1. In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
2. Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
3. Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

Make it Sweeter Top with sliced banana or a drizzle of maple syrup.

On-the-Go Pack the oats into mason jars and reheat before eating.

No Coconut Milk Use unsweetened almond milk.

Ingredients

3/4 cup	Organic Coconut Milk (canned)
3/4 cup	Water
1/2 cup	Steel Cut Oats (uncooked)
1	Banana (very ripe)
1/4 cup	Pecans (toasted)
1/4 cup	Unsweetened Coconut Flakes (toasted)

542 Calories

Per Serving	% Daily Value
Fat 37g	57%
Carbs 49g	16%
Fiber 9g	36%
Sugar 8g	0%
Protein 11g	22%

Pear & Pecan Breakfast Quinoa

 8 ingredients  1 hour  5 servings

Directions

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

Ingredients

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

381 Calories

Per Serving	% Daily Value
Fat 19g	29%
Carbs 51g	17%
Fiber 10g	40%
Sugar 18g	0%
Protein 8g	16%

Quinoa Kale Fritters

 13 ingredients  45 minutes  6 servings

Directions

1. Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
2. In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
3. In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
4. With clean hands, form even patties with the mixture and place on a piece of waxed paper.
5. In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
6. To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
7. Serve the fritters on organic bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

Ingredients

1/2 cup	Quinoa
1 cup	Water
1 tbsp	Coconut Oil (divided)
2	Egg (whisked)
1/2	Sweet Onion (diced)
3	Garlic (cloves, minced)
	Sea Salt & Black Pepper (to taste)
2 cups	Kale Leaves
1/3 cup	Oats
1/3 cup	Almond Flour
1	Avocado (peeled and sliced)
1	Lemon (juiced)
1 tbsp	Yellow Mustard

231 Calories

Per Serving	% Daily Value
Fat 13g	20%
Carbs 22g	7%
Fiber 5g	20%
Sugar 2g	0%
Protein 8g	16%

Warm Spinach Pesto & Chickpea Salad

 12 ingredients  20 minutes  5 servings

Directions

1. Place quinoa and water in a saucepan over high heat. Bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 - 15 minutes or until all water is absorbed. Remove lid and fluff with fork. Set aside.
2. To create the pesto, combine pine nuts, basil, 3/4 of the spinach, olive oil, garlic, half of the lemon juice, sea salt and pepper together in a food processor or Vitamix. Pulse well until a smooth consistency forms.
3. Place the chickpeas in a skillet or frying pan over medium heat and stir in the pesto and saute until heated through (about 3 - 5 minutes).
4. Mix salad dressing by combining the remaining lemon juice with a splash of extra virgin olive oil. Stir well. In a large bowl, combine quinoa, remaining baby spinach, pumpkin seeds and cherry tomatoes. Season with a pinch of sea salt and pepper. Add desired amount of dressing and toss well.
5. Place a large scoop of the salad mix onto a plate and top with a spoonful of the warm chickpea and pesto mix. Enjoy!

Ingredients

1 cup	Quinoa (uncooked)
2 cups	Water
1/2 cup	Pine Nuts
1/2 cup	Basil Leaves
4 cups	Baby Spinach (divided)
1/4 cup	Extra Virgin Olive Oil (plus some extra for the dressing)
1	Garlic (clove, minced)
1	Lemon (juiced and divided)
	Sea Salt & Black Pepper (to taste)
1/2 cup	Pumpkin Seeds
1 cup	Cherry Tomatoes (halved)
2 cups	Chickpeas (cooked, drained and rinsed)

494 Calories

Per Serving	% Daily Value
Fat 29g	45%
Carbs 47g	16%
Fiber 10g	40%
Sugar 5g	0%
Protein 16g	32%



Herbed Chicken Tenders with Honey Dijon

 8 ingredients  40 minutes  4 servings

Directions

1. Preheat oven to 400 degrees F and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
2. Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
3. Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
4. Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
5. Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
6. To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian Use tofu strips instead of chicken.

Leftovers Keeps well in the fridge up to 3 days.

Ingredients

16 ozs	Chicken Breast (skinless, boneless, sliced into strips)
2 tbsps	Avocado Oil (divided)
1/2 cup	Oats (quick)
1 tbsp	Italian Seasoning
1/2 tsp	Sea Salt
6	Carrot (medium, peeled and sliced into fries)
1/4 cup	Dijon Mustard
3 tbsps	Raw Honey

378 Calories

Per Serving	% Daily Value
Fat 12g	18%
Carbs 30g	10%
Fiber 4g	16%
Sugar 17g	0%
Protein 37g	74%



Honey Sesame Chicken with Peas & Quinoa

 11 ingredients  20 minutes  4 servings

Directions

1. In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
2. Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
3. While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
4. Warm the green peas.
5. Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Notes

No Chicken Breast Use turkey breast instead.

Vegan & Vegetarian Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

Ingredients

2 tbsps	Organic Chicken Broth
3 tbsps	Tamari
1 tsp	Sesame Oil
1 1/2 tpsps	Coconut Oil
2 tbsps	Raw Honey
20 ozs	Chicken Breast (diced into cubes)
3/4 cup	Quinoa (uncooked)
1 1/4 cups	Water
2 cups	Frozen Peas (thawed)
1 tbsps	Sesame Seeds
1 tsp	Red Pepper Flakes

470 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 42g	14%
Fiber 6g	24%
Sugar 12g	0%
Protein 54g	108%

Lentil Masala Soup

 12 ingredients  30 minutes  4 servings

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Ingredients

1 1/2 tsps	Coconut Oil
1/2 cup	Red Onion (finely diced)
4	Garlic (cloves, minced)
1 tsp	Turmeric
1 tbsps	Garam Masala
1 tsp	Sea Salt
1 cup	Cilantro (finely diced)
4 cups	Organic Vegetable Broth
3 cups	Diced Tomatoes
1 cup	Dry Red Lentils
1 cup	Organic Coconut Milk (canned, full-fat)
4 cups	Kale Leaves (finely sliced)

406 Calories

Per Serving	% Daily Value
Fat 14g	22%
Carbs 51g	17%
Fiber 19g	76%
Sugar 7g	0%
Protein 18g	36%



Mango & Chickpea Kale Salad

 10 ingredients  20 minutes  4 servings

Directions

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
2. Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt and pepper.
3. Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

No Mango Use peach, nectarine, orange or clementine slices instead.

Leftovers Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

1/2 cup	Quinoa (uncooked)
1 cup	Water
2 tbsps	Extra Virgin Olive Oil
2 tbsps	Balsamic Vinegar
1 tbsp	Maple Syrup
	Sea Salt & Black Pepper (to taste)
2 cups	Chickpeas (cooked, drained and rinsed)
2 cups	Kale Leaves (finely chopped)
1/2 cup	Pomegranate Seeds
1	Mango (peeled and thinly sliced)

376 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 60g	20%
Fiber 11g	44%
Sugar 22g	0%
Protein 12g	24%



Curried Lentil, Kale & Broccolini Salad

🛒 12 ingredients ⌚ 20 minutes 🍴 4 servings

Directions

1. Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
2. Add the broccolini and water. Saute until bright green (about 5 -8 minutes).
3. Add the kale and the lentils. Stir just until wilted then remove from heat.
4. Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
5. Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
6. Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

Notes

More protein Serve with quinoa.

More carbs Serve with brown rice.

No Eggs Top with protein of choice.

Ingredients

2 tbsps	Extra Virgin Olive Oil (divided)
1/2	Yellow Onion (finely chopped)
3	Garlic (cloves, minced)
1 tbsp	Ginger (grated)
1 tbsp	Curry Powder
1 bunch	Broccolini
2 tbsps	Water
8 cups	Kale Leaves (chopped)
2 cups	Green Lentils (cooked, drained and rinsed)
1/2	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)
4	Egg

369 Calories

Per Serving	% Daily Value
Fat 13g	20%
Carbs 39g	13%
Fiber 16g	64%
Sugar 4g	0%
Protein 24g	48%



Kale Blueberry Salad with Lemon Tahini Dressing

 12 ingredients  15 minutes  4 servings

Directions

1. Place kale leaves in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
2. In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
3. Divide your kale in between bowls and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!

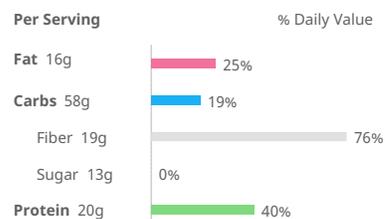
Notes

- No Kale** Use any dark leafy green instead.
- No Lentils** Use chickpeas or beans instead.
- Storage** Stores well in the fridge up to 2 days.

Ingredients

- 8 cups** Kale Leaves (chopped)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1 1/2 tsps** Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Tahini
- 1** Lemon (juiced)
- 1 tbsp** Maple Syrup
- 1/4 cup** Water
- 2 cups** Lentils (cooked, drained and rinsed)
- 2 cups** Frozen Peas (thawed)
- 2 cups** Radishes (finely sliced)
- 1 cup** Blueberries

443 Calories



Chickpea Waldorf Salad

 15 ingredients  15 minutes  4 servings

Directions

1. Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
2. Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

Notes

On-the-Go Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free Use sunflower seeds instead of walnuts.

Ingredients

1/2	Avocado (peeled and diced)
2 tbsps	Apple Cider Vinegar
1 tbsps	Dijon Mustard
1 tbsps	Extra Virgin Olive Oil
1/2 tsp	Sea Salt
1/2 tsp	Black Pepper
1 tbsps	Water
2 cups	Chickpeas (cooked, drained and rinsed)
2 stalks	Celery (chopped)
1	Apple (cored and diced)
1 cup	Grapes (halved)
1/2 cup	Red Onion (finely diced)
1/4 cup	Parsley
1/2 cup	Walnuts (chopped)
4 cups	Baby Spinach

366 Calories

Per Serving	% Daily Value
Fat 19g	29%
Carbs 41g	14%
Fiber 12g	48%
Sugar 15g	0%
Protein 12g	24%



Turmeric Chili Rice

 5 ingredients  15 minutes  4 servings

Directions

1. Cook the rice according to the directions on the package.
2. Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
3. Divide into bowls and enjoy!

Notes

No Jasmine Rice Use any type of rice or quinoa instead.

Rice

No Olive Oil Use butter or ghee instead.

Serve it With Our Lime Basil Grilled Tuna Steaks, 15 Minute Halibut with Dill Pesto or One Pan Salmon with Rainbow Veggies.

Ingredients

- 1 cup** Jasmine Rice (dry)
- 1 tsp** Turmeric
- 1 1/2 tsps** Chili Powder
- 1/2 tsp** Sea Salt
- 1 tbsp** Extra Virgin Olive Oil

195 Calories

Per Serving	% Daily Value
Fat 4g	6%
Carbs 38g	13%
Fiber 1g	4%
Sugar 0g	0%
Protein 2g	4%



Slow Cooker Energy Bars

 12 ingredients  4 hours  8 servings

Directions

1. Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
2. In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
3. Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
4. Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
5. Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
6. Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

Notes

Storage Store in an airtight container in the freezer up to 6 months.

Ingredients

1 tsp	Coconut Oil
2 tbsps	Tahini
2 tbsps	Maple Syrup
3/4 cup	Unsweetened Almond Milk
1/2 tsp	Cinnamon
1/4 tsp	Sea Salt
2	Egg
1/3 cup	Quinoa (dry)
1/2 cup	Dried Unsweetened Cranberries
1/3 cup	Pumpkin Seeds
1/3 cup	Unsweetened Coconut Flakes
2 tbsps	Chia Seeds

172 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 17g	6%
Fiber 4g	16%
Sugar 8g	0%
Protein 5g	10%

Turkey Pineapple Quinoa Bowl

 13 ingredients  30 minutes  4 servings

Directions

1. Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
3. When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
4. Spoon into bowls and enjoy!

Ingredients

1/2 cup	Quinoa
1 cup	Water
1 tbsp	Extra Virgin Olive Oil
1 lb	Extra Lean Ground Turkey
1 tbsp	Curry Powder
1/8 tsp	Cayenne Pepper
	Sea Salt & Black Pepper (to taste)
1 tbsp	Ginger (peeled and grated)
1 cup	Pineapple (cored and sliced into chunks)
1	Carrot (grated)
1	Zucchini (grated)
1 tbsp	Tamari
1 cup	Baby Spinach

324 Calories

Per Serving	% Daily Value
Fat 15g	23%
Carbs 24g	8%
Fiber 4g	16%
Sugar 6g	0%
Protein 26g	52%

Mini Turkey Quinoa Meatloaves

 14 ingredients  1 hour  6 servings

Directions

1. Preheat oven to 350.
2. Place quinoa and water in a small sauce pan over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes and remove from heat. Set aside.
3. Place olive oil in a small frying pan over medium heat. Saute onions for about 5 minutes or until golden. Add minced garlic and stir for another minute. Remove from heat.
4. In a large mixing bowl, combine quinoa, garlic/onion mix, turkey, tomato, spinach, jalapeno, tamari, egg and salt and pepper to taste. Mix well with a spatula until all ingredients are well distributed.
5. Lightly grease a muffin tin with coconut oil or line each muffin cup with parchment paper. Spoon mixture evenly across muffin tin. Bake in oven for 30 - 40 minutes, or until cooked through.
6. Serve with a handful of leftover baby spinach and some lightly steamed cauliflower tossed in 1/2 tbsp coconut oil, seasoned with salt and pepper.

Notes

- Vegetarian** Use lentils instead of ground turkey.
- Make Meatballs** Roll into balls and fry in a pan with olive oil until cooked through.
- Make Burgers** Form into patties and bake in the oven or fry in a pan.
- Make a Glaze** Brush the tops of the mini meatloaves with raw honey or maple syrup before baking.

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 Tomato (diced)
- 1 cup Baby Spinach (chopped)
- 1 Jalapeno Pepper (deseeded and chopped)
- 1 tbsp Tamari
- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (cut into florets)
- 1 1/2 tsps Coconut Oil (melted)

207 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 12g	4%
Fiber 3g	12%
Sugar 3g	0%
Protein 19g	38%

Kale, Lentil & Sweet Potato Salad

 11 ingredients  45 minutes  4 servings

Directions

1. Preheat oven to 410. Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in oven for 30 - 35 minutes or until golden.
2. In the mean time, drain lentils and rinse with cold water. Set aside.
3. Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
4. Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
5. Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!

Ingredients

2 cups	Green Lentils (cooked, drained and rinsed)
2	Sweet Potato (diced into 1 inch cubes)
4 cups	Kale Leaves
2 tbsps	Balsamic Vinegar
1 tbsp	Maple Syrup
1 tbsp	Thyme
1 tsp	Cinnamon
1 tbsp	Extra Virgin Olive Oil (divided)
1 tbsp	Dijon Mustard
	Sea Salt & Black Pepper (to taste)
1/4 cup	Feta Cheese (crumbled)

287 Calories

Per Serving	% Daily Value
Fat 6g	9%
Carbs 45g	15%
Fiber 12g	48%
Sugar 9g	0%
Protein 13g	26%



Orange Beef Stir Fry

 13 ingredients  50 minutes  5 servings

Directions

1. Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
2. Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
3. Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add $\frac{1}{4}$ cup water and mix well.
4. Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
5. Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
6. Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
7. Serve stir fry over a bed of brown rice. Enjoy!

Notes

- Vegetarian** Use chickpeas instead of beef.
- Make it Saucy** Double up on the orange juice, tamari and sesame oil.
- More Green** Fold in some sautéed spinach until wilted.
- Power**

Ingredients

- 1 cup** Brown Rice (uncooked)
- 1 cup** Water
- 1 tbsp** Extra Virgin Olive Oil (divided)
- 12 ozs** Beef Tenderloin (sliced into thin strips)
- 1** Navel Orange (juiced)
- 2 tbsps** Tamari
- 1/2 tsp** Sesame Oil
- 1 tsp** Red Pepper Flakes
- 1** Sweet Onion (diced)
- 2** Garlic (cloves, minced)
- 3 cups** Snap Peas
- 4 cups** Broccoli (cut into florets)
- 1 tbsp** Ginger (grated)

393 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 47g	16%
Fiber 6g	24%
Sugar 9g	0%
Protein 28g	56%



Warm Carrot & Sweet Potato Salad

 11 ingredients  45 minutes  4 servings



Directions

1. Preheat oven to 425. Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
2. In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
3. In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
4. Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

Notes

More Protein Add grilled chicken or lentils.

Ingredients

- 2 Carrot (chopped into 1 inch pieces)
- 2 Sweet Potato (chopped into 1 inch pieces)
- Sea Salt & Black Pepper (to taste)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Lime (juiced)
- 1 tbsps Balsamic Vinegar
- 1 Garlic (clove, minced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Arugula
- 1/2 cup Goat Cheese (crumbled)

361 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 46g	15%
Fiber 6g	24%
Sugar 6g	0%
Protein 10g	20%



Slow Cooker Lamb & White Bean Stew

 10 ingredients  5 hours  4 servings

Directions

1. Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
2. Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Serve it With Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies Add watercress, kale or spinach before serving.

No Potato Use cauliflower instead.

Serve as Iranian Abgoosht Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Leftovers Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

Vegan & Vegetarians Replace the lamb with chickpeas.

Ingredients

5 cups	Water
14 ozs	Lamb Shank
2 cups	White Navy Beans (cooked)
1	Yellow Onion (medium, diced)
2	Tomato (diced)
1	Yellow Potato (medium, diced)
2 tsps	Turmeric
2 tsps	Apple Cider Vinegar
1 tbsp	Tomato Paste
2 tsps	Sea Salt

385 Calories

Per Serving	% Daily Value
Fat 14g	22%
Carbs 37g	12%
Fiber 12g	48%
Sugar 4g	0%
Protein 28g	56%

Slow Cooker Hawaiian Beef

 10 ingredients  6 hours  4 servings

Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing 2 cups of water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage Store in an airtight container in the fridge up to 3 days.

Save Time Cook the quinoa in advance and reheat before serving.

Ingredients

1 lb	Beef Brisket
3	Red Bell Pepper (sliced)
1 1/2 cups	Crushed Pineapple (canned, packed in pineapple juice)
1/2 cup	Red Onion (finely diced)
2 tbsps	Apple Cider Vinegar
2 tbsps	Tamari
2	Garlic (cloves, minced)
	Sea Salt & Black Pepper (to taste)
2 cups	Water
1 cup	Quinoa (dry)

430 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 50g	17%
Fiber 6g	24%
Sugar 17g	0%
Protein 32g	64%



Thai Basil Turkey with Bok Choy & Rice

 11 ingredients  25 minutes  4 servings

Directions

1. Cook the rice according to the instructions on the package and set aside.
2. While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
3. Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
4. Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

- No Rice** Use quinoa or roasted potatoes instead.
- Storage** Store in an airtight container in the fridge up to 3 days.
- Low Carb** Use cauliflower rice instead of jasmine rice.
- Make it Faster** Use green peas instead of bok choy.
- No Thai Chili** If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.
- Reheating** Saute in a skillet until warmed through.
- Leftovers**
- Vegan & Vegetarian** Replace the ground turkey with roasted chickpeas or warm lentils.

Ingredients

- 1 cup** Jasmine Rice (dry)
- 1 tbsp** Coconut Oil
- 2** Thai Chili (stems removed and finely sliced)
- 6 stalks** Green Onion (finely diced)
- 4** Garlic (cloves, minced)
- 1 lb** Extra Lean Ground Turkey
- 1 tbsp** Raw Honey
- 3 tbsps** Tamari
- 1 cup** Basil Leaves (fresh, chopped)
- 2 tsps** Sesame Oil
- 4 cups** Bok Choy (sliced in half lengthwise)

430 Calories

Per Serving	% Daily Value
Fat 15g	23%
Carbs 48g	16%
Fiber 2g	8%
Sugar 7g	0%
Protein 27g	54%

Slow Cooker Balsamic Roast Beef

 12 ingredients  8 hours  4 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!

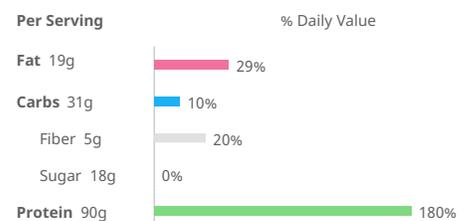
Notes

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	Coconut 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)

656 Calories



Zucchini Quiche with Quinoa Crust

🛒 12 ingredients ⌚ 1 hour 🍴 4 servings

Directions

1. Place quinoa in a medium-sized saucepan and add the water. Place on the stovetop and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 15 minutes or until all water is absorbed. Remove from the heat and fluff with a fork. Let cool for at least 5 minutes.
2. Preheat the oven to 375.
3. Crack 1 egg into a mixing bowl and whisk with a fork. Add the quinoa and sea salt. Mix well to combine. Press the mixture down into the base of a glass dish to form a crust. Bake in the oven for 20 minutes or until slightly golden.
4. Meanwhile, heat your olive oil in a frying pan over medium heat. Sauté your onion for about 8 to 10 minutes or until translucent. Add in the minced garlic and sauté for another minute.
5. Crack the remaining eggs into a mixing bowl and add almond milk. Add in the onion/garlic, basil and season generously with sea salt and pepper. Cover the crust with this mix and then press the zucchini chunks into the mix and over the top. Bake in the oven for 45 minutes.
6. Remove from oven and sprinkle goat cheese over top. Let cool slightly before serving. Enjoy!

Notes

More Greens Serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Quinoa Use millet instead.

Sensitivity

Leftovers Store in an airtight container in the fridge up to three days and reheat before serving.

Ingredients

3/4 cup	Quinoa (uncooked)
1 1/4 cups	Water
6	Egg
1 tsp	Sea Salt
1 1/2 tsps	Extra Virgin Olive Oil
1/2	Sweet Onion (finely diced)
1	Garlic (clove, minced)
2 tbsps	Unsweetened Almond Milk
1/4 cup	Basil Leaves (chopped)
	Sea Salt & Black Pepper (to taste)
1	Zucchini (sliced into thin rounds)
1/2 cup	Goat Cheese (crumbled)

299 Calories

Per Serving	% Daily Value
Fat 14g	22%
Carbs 26g	9%
Fiber 3g	12%
Sugar 4g	0%
Protein 17g	34%

White Bean Burgers

 13 ingredients  30 minutes  4 servings

Directions

1. In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
2. Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
3. In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
4. Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Ingredients

2 cups	White Navy Beans (cooked, drained and rinsed)
1	Garlic (clove, minced)
1/4 cup	Basil Leaves (chopped)
1	Egg (whisked)
1/2 cup	Almond Flour
2	Tomato (diced)
1/2 cup	Green Olives (pits removed and chopped)
1/4 cup	Red Onion (finely diced)
1 tbsp	Extra Virgin Olive Oil
1 tbsp	Balsamic Vinegar
	Sea Salt & Black Pepper (to taste)
4 cups	Baby Spinach
1	Lemon (cut into wedges)

303 Calories

Per Serving	% Daily Value
Fat 14g	22%
Carbs 33g	11%
Fiber 13g	52%
Sugar 2g	0%
Protein 14g	28%



Burrito Bowl Mason Jar

 10 ingredients  25 minutes  4 servings

Directions

1. Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
3. Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Ingredients

1 cup	Quinoa
2 cups	Water
1 lb	Extra Lean Ground Chicken
1/2 cup	Organic Salsa
2	Avocado (peeled and diced)
2	Tomato (diced)
1 cup	Baby Spinach (chopped)
2 cups	Black Beans (cooked, drained and rinsed)
1	Lime (juiced)
	Sea Salt & Black Pepper (to taste)

576 Calories

Per Serving	% Daily Value
Fat 19g	29%
Carbs 62g	21%
Fiber 18g	72%
Sugar 2g	0%
Protein 43g	86%