



**The Immune Boosters - 30  
Immune System Supportive  
Recipes that the whole family  
will enjoy!**



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## Strawberry Almond Protein Smoothie

1 serving  
5 minutes

### Ingredients

216 grams Strawberries (frozen)  
1 Banana (small, frozen)  
24 grams Vanilla Protein Powder  
23 grams Almond Butter  
7 grams Ground Flax Seed  
300 milliliters Unsweetened Almond Milk

### Directions

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

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

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



## Peanut Butter & Jam Overnight Oats

2 servings

8 hours

### Ingredients

81 grams All Natural Peanut Butter (divided)  
 60 grams Maple Syrup (divided)  
 300 milliliters Unsweetened Almond Milk  
 81 grams Oats (quick)  
 12 grams Chia Seeds  
 288 grams Strawberries (finely chopped)

### Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

### Notes

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

**No Peanut Butter:** Use almond butter, cashew butter or sunflower seed butter instead.





## Homemade Coconut Yogurt

4 servings  
24 hours

### Ingredients

454 grams Coconut Meat (thawed)  
119 milliliters Water  
30 milliliters Lemon Juice  
2 Probiotic Capsules

### Directions

- 1 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 2 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 3 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

### Notes

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

**Probiotic Sensitivity:** Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

**More Flavor:** Use coconut water instead of water.





## Kiwi Green Smoothie

2 servings

5 minutes

### Ingredients

2 Kiwi (small, peeled)  
1 Banana (frozen)  
49 grams Vanilla Protein Powder  
24 grams Chia Seeds  
75 grams Baby Spinach  
474 milliliters Water  
4 Ice Cubes

### Directions

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

### Notes

**No Chia Seeds:** Use flax seed instead.  
**No Protein Powder:** Use hemp seeds instead.



## Bell Pepper Egg Cups

1 serving  
 20 minutes

### Ingredients

1 Red Bell Pepper  
 2 Egg  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat oven to 425°F (218°C).  
 ;
- 2 Slice pepper in half and carve out the seeds.  
 ;
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

### Notes

**More Flavour:** Roast the red pepper in the oven before cracking the egg into them.

**Added Touch:** Sprinkle with cheese during the last 2 minutes.

**Serve it With:** Toast for dipping or our Grain-Free Flax Bread.

**More Protein:** If it is a large bell pepper, fill remaining space with egg whites for added protein.



## Egg Roll in a Bowl

4 servings  
30 minutes

### Ingredients

30 milliliters Avocado Oil  
1 Yellow Onion (medium, diced)  
5 stalks Green Onion (diced)  
4 Garlic (cloves, minced)  
6 grams Ginger (peeled and grated)  
454 grams Lean Ground Pork  
510 grams Coleslaw Mix  
520 grams Bean Sprouts  
60 milliliters Coconut Aminos

### Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

### Notes

**No Coconut Aminos:** Use tamari or soy sauce instead.

**Meat-Free:** Replace the ground meat with scrambled eggs or tofu.





## Scrambled Eggs with Peppers & Kale

2 servings  
 15 minutes

### Ingredients

7 milliliters Extra Virgin Olive Oil  
 1 Red Bell Pepper (sliced)  
 42 grams Kale Leaves (chopped)  
 6 Egg  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs:** Serve with toast, roasted potatoes, or sweet potatoes.

**Egg-Free:** Use mashed tofu instead of eggs.



## Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings

1 hour 15 minutes

### Ingredients

12 Garlic (cloves, peeled and trimmed)  
 1 Yellow Onion (large, roughly chopped)  
 1 head Cauliflower (sliced into florets)  
 44 milliliters Extra Virgin Olive Oil (divided)  
 4 grams Italian Seasoning  
 6 grams Sea Salt  
 168 grams Kale Leaves (packed)  
 891 milliliters Vegetable Broth (divided)

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

### Notes

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

**Serve it With:** An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

**Too Thick:** If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



## Cream of Broccoli Soup

4 servings

30 minutes

### Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 455 grams Broccoli (chopped, incl. stalks)
- 1.4 liters Water
- 700 milligrams Dried Basil
- 6 grams Sea Salt
- 138 grams Cashews
- 396 grams Green Lentils (cooked, drained and rinsed)
- 60 grams Baby Spinach (packed)

### Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.





## Sauerkraut & Vegetable Soup

6 servings

1 hour

### Ingredients

426 grams Sauerkraut  
 30 milliliters Extra Virgin Olive Oil  
 1 Yellow Onion (chopped)  
 3 Garlic (cloves, minced)  
 2 grams Sea Salt  
 2 Carrot (peeled, chopped)  
 312 grams Celery Root (peeled, cubed)  
 46 grams Parsley (roughly chopped)  
 1.4 liters Vegetable Broth  
 1 Bay Leaf

### Directions

- 1 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 2 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 3 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups of soup.

**Additional Toppings:** Serve with additional parsley on top.



## Veggie & Bean Yogurt Bowls

2 servings  
 15 minutes

### Ingredients

30 milliliters Avocado Oil  
 121 grams Portobello Mushroom (sliced)  
 1 Yellow Bell Pepper (small, sliced)  
 1 Zucchini (small, sliced)  
 226 grams Plain Greek Yogurt  
 89 grams Red Kidney Beans (cooked)  
 38 grams Feta Cheese (crumbled)

### Directions

- 1 Heat avocado oil in a large skillet over medium heat. Cook portobello mushrooms and bell pepper slices for 5 to 8 minutes, or until tender and slightly browned. Transfer to a paper towel-lined plate.
- 2 Add zucchini and cook for 1 to 2 minutes per side or until tender. Transfer to a plate.
- 3 Divide yogurt, beans, and veggies into bowls. Top with feta and enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.

**No Red Kidney Beans:** Use chickpeas, lentils or black beans instead.

**No Avocado Oil:** Use butter, olive oil or ghee instead.



## Sweet Potato Lasagna

10 servings

1 hour 30 minutes

### Ingredients

15 milliliters Extra Virgin Olive Oil  
 1 Yellow Onion (diced)  
 96 grams Mushrooms (thinly sliced)  
 454 grams Extra Lean Ground Turkey  
 3 Garlic (cloves, minced)  
 2 grams Dried Basil  
 3 grams Oregano  
 726 grams Crushed Tomatoes  
 275 grams Cashews (soaked for 1 hour and drained)  
 1 Lemon (juiced)  
 9 grams Nutritional Yeast  
 158 milliliters Water  
 3 grams Sea Salt  
 2 Sweet Potato  
 120 grams Baby Spinach  
 2 Zucchini (sliced into rounds)

### Directions

- 1 Start by making the tomato meat sauce. Heat your olive oil in a skillet over medium heat. Add onion, mushrooms and extra lean ground turkey and saute until meat is cooked through. Add garlic and saute for another minute. Now add in dried basil, oregano and crushed tomatoes. Bring to a boil then reduce to a simmer. Cover and let simmer while you prepare the rest.
- 2 Now let's make your cashew ricotta cheese by combining soaked cashews, lemon juice, nutritional yeast, water and sea salt together in a blender or food processor. Blend very well until completely smooth. Transfer to a bowl and set aside.
- 3 Slice your sweet potatoes into thin rounds as thinly and as evenly as possible. Place them in a large mixing bowl and toss with a splash of olive oil and season with sea salt and pepper.
- 4 Preheat oven to 375°F (191°C).
- 5 Grab a baking dish (we use 13 x 9) and lightly grease the bottom. Create a layer of sweet potatoes in the bottom of the dish so that the base is completely covered. Next use a spatula to spread on a layer of your cashew ricotta cheese. Top it with a layer of your tomato sauce. Arrange a layer of spinach over top then a layer of zucchini rounds. Add the remaining spinach and top with the remaining tomato sauce. Add another layer of sweet potato rounds and finish off by spreading the remaining cashew ricotta over top.
- 6 Cover dish tightly with foil and bake for 45 minutes.
- 7 Remove from oven and let sit for 15 minutes. Cut into slices and enjoy!





### Notes

**Leftovers:** Transfer leftovers into an airtight container and freeze for later.

**Vegans & Vegetarians:** Use 1 can of cooked lentils in replace of 1 lb. ground meat.

**Slow Cooker It:** Layer ingredients into a slow cooker. Cook on low for 6 - 8 hours or on high for 3 - 4 hours.



## Garlicky Broccoli & Chickpea Pasta

2 servings

25 minutes

### Ingredients

182 grams Broccoli (finely chopped)  
 164 grams Chickpeas (cooked, patted dry)  
 15 milliliters Avocado Oil  
 3 grams Sea Salt (divided)  
 125 grams Whole Wheat Penne  
 44 milliliters Extra Virgin Olive Oil (divided)  
 2 Garlic (cloves, minced and divided)  
 9 grams Nutritional Yeast  
 59 milliliters Water  
 10 milliliters Lemon Juice

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 5 Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 6 Divide between plates and serve immediately. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

**Serving Size:** One serving is equal to approximately 2 1/4 cups.

**Gluten-Free:** Use rice pasta or quinoa pasta instead of whole wheat pasta.

**More Flavor:** Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

**Additional Toppings:** Nutritional yeast, vegan parmesan cheese, and/or fresh parsley.



## Rainbow Lettuce Wraps with Spicy Mango Dressing

4 servings

15 minutes

### Ingredients

134 grams Purple Cabbage (thinly sliced)  
 1 Red Bell Pepper (thinly sliced)  
 1 Carrot (medium, grated)  
 2 stalks Green Onion (thinly sliced)  
 1 Mango (small, chopped)  
 44 milliliters Water  
 29 milliliters Apple Cider Vinegar  
 1 Garlic (clove, small, minced)  
 900 milligrams Red Pepper Flakes  
 750 milligrams Sea Salt  
 1 head Romaine Hearts (large leaves separated, washed and dried)  
 2 Avocado (diced)  
 6 grams Sesame Seeds  
 4 grams Cilantro

### Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

**Serving Size:** One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

**Additional Toppings:** For extra crunch add sliced almonds or pumpkin seeds.





## Quinoa & Roasted Chickpea Rainbow Salad

6 servings

30 minutes

### Ingredients

328 grams Chickpeas (cooked)  
 7 milliliters Coconut Oil (melted)  
 3 grams Sea Salt  
 170 grams Quinoa (dry)  
 415 milliliters Water  
 30 milliliters Extra Virgin Olive Oil  
 59 milliliters Balsamic Vinegar  
 Sea Salt & Black Pepper (to taste)  
 170 grams Mixed Greens  
 1 Cucumber (diced)  
 1 Nectarine (pitted and thinly sliced)  
 123 grams Raspberries  
 32 grams Pumpkin Seeds  
 11 grams Basil Leaves (finely sliced)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
- 3 While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
- 4 Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
- 5 Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Nectarine:** Use sliced pear, plum, apple or peach instead.



## Spicy Curried Kale & Quinoa Stir Fry

3 servings

15 minutes

### Ingredients

85 grams Quinoa (uncooked)  
 178 milliliters Water  
 2 Egg (whisked)  
 30 milliliters Coconut Oil  
 1 Yellow Bell Pepper (thinly sliced)  
 4 stalks Green Onion (chopped)  
 2 Garlic (cloves, minced)  
 168 grams Kale Leaves (chopped)  
 2 grams Sea Salt  
 30 milliliters Tamari  
 2 grams Red Pepper Flakes  
 6 grams Curry Powder  
 1 Lime (cut into wedges)  
 37 grams Raw Peanuts (chopped)

### Directions

- 1 Combine 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 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
- 3 Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
- 4 Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
- 5 Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

### Notes

**Extra Garnish:** Serve with hot sauce and chopped cilantro for an added touch.  
**Leftovers:** Store covered in the fridge up to 3 days.





## Pressure Cooker Bean-Free Chili

4 servings

50 minutes

### Ingredients

454 grams Extra Lean Ground Beef  
 13 grams Ghee  
 1 Yellow Onion (chopped)  
 1 Red Bell Pepper (chopped)  
 3 Garlic (clove, minced)  
 32 grams Tomato Paste  
 16 grams Chili Powder  
 6 grams Cumin  
 3 grams Sea Salt  
 1 Tomato (chopped)  
 237 milliliters Chicken Broth

### Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

### Notes

**Optional Toppings:** Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

**No Ground Beef:** Use ground turkey or chicken instead.

**More Flavor:** Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

**Tomato Options:** Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

**No Ghee:** Use extra virgin olive oil or avocado oil instead.

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

**Serving Size:** One serving is equal to approximately one cup of chili.





## Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

### Ingredients

454 grams Extra Lean Ground Chicken (cooked)  
 440 grams Brussels Sprouts (halved)  
 58 grams Radishes (sliced)  
 65 grams Pumpkin Seeds  
 74 milliliters Extra Virgin Olive Oil  
 1 Garlic (whole head)  
 1/2 Lemon (juiced)  
 30 grams Dijon Mustard  
 Sea Salt & Black Pepper

### Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

### Notes

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

**Save Time:** Cook the ground chicken and make the roasted garlic dressing in advance.

**No Extra Lean Ground Chicken:** Use any other type of ground meat instead.

**Vegan & Vegetarian:** Use cooked lentils instead of ground meat.



## Coconut Lime Steamed Mussels

2 servings

20 minutes

### Ingredients

121 milliliters Canned Coconut Milk (full fat)  
 119 milliliters Water  
 4 grams Cilantro (chopped)  
 2 stalks Green Onion (chopped)  
 29 milliliters Lime Juice  
 9 grams Ginger (grated)  
 15 milliliters Coconut Aminos  
 907 grams Mussels  
 2 grams Sea Salt (optional)

### Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

### Notes

**Leftovers:** Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

**More Flavor:** Add garlic or red pepper flakes to the broth.

**Additional Toppings:** Serve with lime wedges, green onion or cilantro.

**No Coconut Aminos:** Use soy sauce or tamari instead of coconut aminos





## Salmon Nicoise Salad

4 servings

1 hour

### Ingredients

4 Egg  
 600 grams Mini Potatoes (halved)  
 400 grams Green Beans (trimmed)  
 454 grams Salmon Fillet  
 15 grams Dijon Mustard  
 59 milliliters Extra Virgin Olive Oil  
 59 milliliters Apple Cider Vinegar  
 2 Garlic (cloves, minced)  
 1 gram Italian Seasoning  
 Sea Salt & Black Pepper (to taste)  
 298 grams Cherry Tomatoes (halved)  
 134 grams Pitted Kalamata Olives

### Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into quarters.
- 2 Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
- 3 Toss the mini potatoes with a little olive oil to coat, and season with salt and pepper. Spread across the baking sheet and bake for 20 minutes.
- 4 While the potatoes are roasting, bring a medium saucepan of water to a boil and add the green beans. Boil for about 5 minutes, then drain and transfer the beans to a bowl of cold water to cool. Once cooled, drain and pat dry.
- 5 After the potatoes have been in the oven for 20 minutes, remove the baking sheet from the oven and move the potatoes to one side. Add the salmon fillets on the other side. Return to the oven for 15 to 20 more minutes, or until the salmon is cooked and the potatoes are tender.
- 6 To make the dressing, combine the dijon mustard, olive oil, apple cider vinegar, garlic, Italian seasoning, sea salt and black pepper in a small mason jar. Put the lid on and shake well.
- 7 To serve, divide the roasted potatoes, quartered eggs, green beans, cherry tomatoes and olives between plates. Top with salmon and drizzle with desired amount of dressing. Enjoy!

### Notes

**Leftovers:** Store leftovers in an airtight container in the fridge for 2 to 3 days.

**Save Time:** Hard boil the eggs in advance, or just leave them out.





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## Pan Fried Turmeric Ginger Tilapia

4 servings

45 minutes

### Ingredients

30 milliliters Extra Virgin Olive Oil  
 1 Lime (juiced)  
 6 grams Ginger (peeled and grated)  
 2 Garlic (cloves, minced)  
 6 grams Turmeric (ground)  
 2 grams Cumin (ground)  
 3 grams Chili Powder  
 2 grams Sea Salt  
 4 Tilapia Fillet  
 15 milliliters Coconut Oil

### Directions

- 1 In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
- 2 Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
- 3 Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
- 4 Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

### Notes

**Extra Flavour:** Serve with lemon, lime or orange wedges.

**Likes it Spicy:** Add cayenne pepper to the marinade to taste.

**No Tilapia:** Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughy. Cooking times may vary depending on the thickness of the fillet.

**Meal Prep:** Combine the marinade and fish together in a bag and freeze for up to three months. Thaw before cooking.

**Fillet Size:** One tilapia fillet is equal to 116 grams or 4.1 ounces.



## Sardine Salad with Peppers, Celery & Blueberries

1 serving  
10 minutes

### Ingredients

85 grams Sardines (packed in oil, drained)  
20 grams Red Onion (minced)  
2 stalks Celery (sliced into sticks)  
1/2 Red Bell Pepper (stems and seeds removed, sliced)  
74 grams Blueberries

### Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

### Notes

**No Sardines:** Use canned tuna instead.  
**Leftovers:** Refrigerate in an airtight container for up to three days.





## Herb & Garlic Whole Roasted Chicken with Veggies

6 servings

2 hours

### Ingredients

1.8 kilograms Whole Roasting Chicken  
 44 milliliters Extra Virgin Olive Oil (divided)  
 6 grams Sea Salt (divided)  
 2 grams Rosemary (chopped)  
 2 grams Thyme (chopped)  
 546 grams Broccoli (chopped)  
 176 grams Brussels Sprouts (trimmed, halved)  
 8 Garlic (cloves)

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the chicken on a roasting pan and coat in half the oil. Rub half the sea salt, plus all the rosemary and thyme on all sides. Roast for 15 minutes.
- 3 Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature reaches 180°F (83°C), about 20 minutes per pound.
- 4 Approximately 30 minutes before the chicken is ready, add the broccoli, brussels sprouts and garlic to a separate baking dish. Toss in the remaining oil and sea salt and bake.
- 5 Remove both pans from the oven and let rest for 15 minutes before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Repurpose the leftovers in a salad, soup, wrap, stir-fry or fried rice.

**Serving Size:** One serving equals approximately 2/3 cup of cooked chicken and 2/3 cup of roasted veggies.

**More Flavor:** Add cumin, paprika and black pepper. Stuff the cavity of the chicken with more herbs, lemon wedges, onion and/or garlic. Slide butter under the skin or inside the cavity.

**Zero Waste:** Save the chicken carcass to make bone broth.



## Red Pepper Chicken Thighs

4 servings

1 hour

### Ingredients

- 1 Red Bell Pepper (roughly chopped)
- 1 Red Hot Chili Pepper (seeds removed, roughly chopped)
- 4 grams Cilantro (chopped)
- 2 grams Smoked Paprika
- 30 milliliters Lemon Juice
- 10 milliliters Extra Virgin Olive Oil (divided)
- 3 grams Sea Salt (divided)
- 454 grams Chicken Thighs with Skin
- 600 grams Mini Potatoes (halved)

### Directions

- 1 In a food processor or blender, add the red pepper, hot chili pepper, cilantro, smoked paprika, lemon juice, half the olive oil and half the sea salt. Blend until smooth.
- 2 In a large bowl add the chicken thighs along with the sauce and let it marinate on the counter for 20 minutes.
- 3 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the baby potatoes and toss with the remaining olive oil and sea salt. Add the chicken to the pan. Place in the oven and bake for 30 minutes. Broil for an additional 4 to 5 minutes.
- 4 Remove from the oven and let it cool slightly. Top with additional cilantro if desired and enjoy!

### Notes

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

**More Flavor:** Let it marinate in the fridge for up to 24 hours.

**Additional Toppings:** Serve with a side salad or roasted vegetables.

**Less Heat:** Omit the chili pepper.





## Cauliflower, Kale & Sausage Bowl

2 servings

40 minutes

### Ingredients

1/2 head Cauliflower (chopped into florets)  
 30 milliliters Avocado Oil (divided)  
 Sea Salt & Black Pepper (to taste)  
 63 grams Kale Leaves (chopped)  
 227 grams Chicken Sausage  
 2 Egg  
 1 Avocado

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

### Notes

**Plant-Based:** Use chickpeas or tempeh instead of sausage, and skip the egg.





## Deconstructed Stuffed Peppers

6 servings

50 minutes

### Ingredients

185 grams Brown Rice  
 680 grams Extra Lean Ground Beef  
 15 milliliters Extra Virgin Olive Oil  
 3 Red Bell Pepper (chopped)  
 3 grams Italian Seasoning  
 5 grams Paprika  
 6 grams Sea Salt  
 900 milligrams Red Pepper Flakes  
 847 grams Crushed Tomatoes (from the can)  
 242 grams Diced Tomatoes (from the can)  
 119 milliliters Water  
 6 stalks Green Onion (chopped, divided)

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

**Serving Size:** One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

**More Flavor:** Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

**No Red Bell Pepper:** Use any colour of bell pepper instead.

**No Beef:** Use ground pork or sausage meat instead.



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**No Brown Rice:** Use white rice, quinoa or cauliflower rice instead.



## Liver, Onions & Sage

2 servings

20 minutes

### Ingredients

40 grams All Purpose Gluten-Free Flour  
 3 grams Sea Salt (divided)  
 225 grams Beef Liver (sliced into strips)  
 45 milliliters Avocado Oil (divided)  
 1 Yellow Onion (medium, sliced)  
 4 grams Fresh Sage

### Directions

- 1 In a bowl, combine the flour and half of the salt. Add liver and toss until well coated. Set aside.
- 2 Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
- 3 In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be slightly pink in the center.
- 4 Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve immediately and enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 days.

**No Fresh Sage:** Use dried sage instead.

**No Avocado Oil:** Use butter, coconut oil, olive oil or ghee instead.

**More Carbs:** Serve it with quinoa, couscous, rice, toast or potatoes.





## Turmeric Beef Stew

4 servings

55 minutes

### Ingredients

454 grams Top Sirloin Steak  
 8 grams Tapioca Flour  
 6 grams Sea Salt  
 1 gram Black Pepper  
 22 milliliters Extra Virgin Olive Oil  
 2 Carrot (medium, chopped)  
 1 Yellow Potato (large, chopped)  
 3 grams Turmeric (ground)  
 2 grams Coriander (ground)  
 2 grams Cumin (ground)  
 2 grams Ground Ginger  
 473 milliliters Beef Broth  
 4 stalks Green Onion (green parts only, chopped)  
 8 grams Cilantro (chopped)

### Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

### Notes

**Too Thick:** If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

**Leftovers:** Store in an airtight container in the fridge up to 3 days. Freeze for longer.

**No Beef Broth:** Use vegetable or chicken broth instead.



## Garlic & Herb Broccoli

4 servings

15 minutes

### Ingredients

- 28 grams Butter (salted, at room temperature)
- 3 grams Basil Leaves (very finely chopped)
- 4 grams Parsley (very finely chopped)
- 3 grams Chives (very finely chopped)
- 1 Garlic (clove, minced)
- 750 milligrams Sea Salt
- 364 grams Broccoli (cut into florets)

### Directions

- 1 In a small mixing bowl combine the butter, herbs, garlic and salt with a fork until well mixed.
- 2 Bring a pot of water to a boil over medium-high heat. Place the broccoli florets in a steamer basket over the boiling water and cover with a lid. Let them steam for 3 to 5 minutes, or until tender but crisp. Transfer the cooked broccoli to a plate or bowl and drain the water from the pot. Adjust the heat to medium-low and place the pot back on the burner.
- 3 Melt the butter in the pot and add the cooked broccoli. Toss to coat the broccoli in the garlic herb butter. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate butter in an airtight container for up to two weeks. Refrigerate broccoli in an airtight container for up to five days.

**Serving Size:** One serving is equal to approximately one cup.

**Dairy-Free:** Use a dairy-free butter instead.

**No Broccoli:** Use green beans, cauliflower, asparagus or peas instead.



## Kimchi

8 servings

30 minutes

### Ingredients

- 356 grams Green Cabbage (tightly packed)
- 6 stalks Green Onion (diced)
- 1 Carrot (large, grated)
- 116 grams Radishes (grated)
- 4 Garlic (cloves, minced)
- 18 grams Ginger (peeled and grated)
- 18 grams Sea Salt
- 5 grams Red Pepper Flakes

### Directions

- 1 Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
- 2 Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
- 3 Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
- 4 Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
- 5 Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

### Notes

Serve it With: Burgers, salads or in our Kimchi Fried Cauliflower Rice.