



30 DAYS TO HEALTHY LIVING



MEAL PLANS & SHOPPING LIST

Recipes provided by Arbonne Independent Consultant, ENVP Molly Geil

WELCOME TO YOUR HEALTHY LIVING JOURNEY!

We've collected some delicious recipes to help you plan your clean eating during the coming weeks, and we've included an easy shopping list to help you get the right ingredients each time. Remember, this is your journey and this information is intended as a guideline to help you stay on track with your 30 Days to Healthy Living program. You may find you want to add your own flair or substitute non-vegan proteins with a vegan protein of your choice. Choose the recipes you enjoy and be well!



SHAKE RECIPES

BASIC SHAKE

- 2 scoops FeelFit Pea Protein Shake
- A handful of veggies like spinach, kale, pumpkin, or your favourite greens
- 25g low-glycemic fruits like dark berries or green apple
- 1 tbsp of healthy fat like coconut cream, almond butter, pecans or half an avocado
- 260-475 mL of liquid like water, almond milk, rice milk or coconut milk
- For an extra nutrient boost add flax seeds, chia seeds, and coconut flakes

DIRECTIONS

Combine ingredients in a blender and enjoy.

CARROT CAKE

- 2 scoops FeelFit Pea Protein Shake Mix, Vanilla Flavour
- 1 handful spinach
- 1 cup cooked or raw chopped carrots
- 1 tbsp walnuts
- 1 tsp cinnamon
- 275 mL of water
- 1 cup unsweetened almond milk
- Add ice to taste
- 1 scoop GutHealth Fibre Support

DIRECTIONS

Combine ingredients in a blender and enjoy.

CHOCOLATE SPINACH CRUNCH

- 2 scoops FeelFit Pea Protein Shake, Chocolate Flavour
- 275 mL of water
- 1½-2 handfuls fresh spinach
- 6-8 hazelnuts
- Add ice to taste
- 1 scoop GutHealth Fibre Support if desired

DIRECTIONS

Combine ingredients in a blender and enjoy.

DOUBLE CHOCOLATE FIX

- 2 scoops FeelFit Pea Protein Shake, Chocolate Flavour
- 1 scoop BeWell SuperFood Greens
- 275 mL unsweetened almond milk
- ¾ tsp flax oil
- 1 pinch of unsweetened cocoa nibs
- 1 tsp unsweetened cocoa powder
- Add ice to taste
- 1 scoop GutHealth Fibre Support if desired

DIRECTIONS

Combine ingredients in a blender and enjoy.

NUTTY APPLE CINNAMON

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavour
- 1 handful kale or spinach
- 275 mL unsweetened almond milk
- ½ sour green apple, sliced
- Ground cinnamon, to taste
- 1 tbsp raw pecans; or slivered/sliced raw almonds
- Add ice to taste
- 1 scoop GutHealth Fibre Support if desired

DIRECTIONS

Combine ingredients in a blender and enjoy.

SWEET VERY BERRY

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavour
- 1 scoop BeWell Superfood Greens
- ¼ cup unsweetened coconut milk
- ½ cup unsweetened almond milk
- 275 mL of water
- 1 tbsp almond butter
- ¼ cup frozen or fresh berries
- Add ice to taste
- 1 scoop GutHealth Fibre Support if desired

DIRECTIONS

Combine ingredients in a blender and enjoy.

SAMPLE MEAL PLAN ONE



MONDAY

- 7 am** Meal Replacement Shake
- 11 am** Kale Salad Bowl w/ Tahini
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Turkey Burgers w/ Sautéed Mushrooms and Spinach or Black Bean Butternut Pumpkin Chilli

TUESDAY

- 7 am** Power Protein Breakfast Bowl
- 11 am** Collard Wraps
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Grilled Chicken & Veg Fajitas with Black Beans or Toasted Coconut Quinoa Salad

WEDNESDAY

- 7 am** Breakfast Meal Replacement Shake
- 11 am** Mediterranean Quinoa Salad
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Kale Salad Bowl w/ Tahini & Grilled Salmon or Chicken

THURSDAY

- 7 am** Veggie Scramble
- 11 am** Kale Pad Thai
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Clean Eating Coconut Chicken with Almonds & Big Green Salad or Spaghetti Squash Italiano

FRIDAY

- 7 am** Meal Replacement Shake
- 11 am** Curried Chicken Salad
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Turkey and Veggie Meatloaf Minis or Toasted Coconut Quinoa Salad

SATURDAY

- 7 am** Meal Replacement Shake
- 11 am** Asian Lettuce Wraps
- 3 pm** Basic Shake or Meal Replacement Shake
- 7 pm** Kale and Quinoa Burrito Bowls

SUNDAY

- 7 am** Sunday Quiche
- 11 am** Meal Replacement Shake
- 3 pm** Buddha Bowl
- 7 pm** Hummus Crusted Chicken or Black Bean Butternut Pumpkin Chilli

GROCERY SHOPPING LIST



Organic Produce

- 3 green apples
- 6 avocados
- fresh basil
- bean sprouts
- berries
- 2 red bell peppers
- 2 orange bell peppers
- 3 yellow bell peppers
- 2 heads of broccoli
- 1 butternut pumpkin
- 1 head of cabbage
- 3 carrots
- 2 bunches of celery
- cherry tomatoes
- chives
- cilantro
- collard greens
- 2 packs of cremini mushrooms
- 2 cucumbers
- dill
- 1 eggplant
- 8 garlic bulbs
- fresh ginger
- 1 jalapeno
- 4 bunches of kale
- 3 lemons
- 4 limes
- mint leaves

- mixed greens
- 2 red onions
- 7 yellow onions
- 6 green onions
- parsley
- fresh pico de gallo/salsa
- 4 heads romaine lettuce
- spring onions
- 2 spaghetti squash
- 2 bunches of spinach
- 2 sweet potatoes
- 6 tomatoes
- 1 yellow squash
- 2 zucchinis



Organic Dry Goods

- almond butter
- almonds
- raw apple cider vinegar
- 3 cans black beans
- brown rice
- capers
- unsweetened cacao nibs
- unsweetened cacao powder
- cashews
- cayenne pepper
- chilli powder
- canned chipotle chilli
- chipotle powder
- cinnamon

- unsweetened coconut flakes
- coconut milk
- coconut oil
- corn
- cumin
- curry powder
- dijon mustard
- ground flax
- flax oil
- 4 cans (425 g) garbanzo beans
- garlic powder
- hazelnuts
- hemp seeds
- hummus
- kalamata olives
- liquid aminos
- marinara sauce
- powdered mustard
- no-salt seasoning
- nutritional yeast
- extra virgin olive oil
- oregano
- onion powder
- paprika
- pecans
- pepper
- pine nuts
- quinoa
- red pepper flakes
- sea salt
- sesame oil
- sesame seeds

- sun-dried tomatoes
- sunflower seeds
- tahini paste
- tomato paste
- turmeric powder
- walnuts
- vegan worcestershire sauce



Organic Frozen Produce

- frozen berries
- frozen spinach and/or kale



Organic Refrigerated Items & Proteins

- free-range boneless, skinless chicken breasts
- cage-free eggs
- coconut milk
- salmon filets
- extra lean ground turkey breast
- unsweetened almond milk



RECIPES

KALE SALAD BOWL WITH TAHINI

INGREDIENTS

- 2 sweet potatoes
- 4 cups chopped kale, stems removed
- 1½ cups cooked quinoa
- 1 can (425 g) chickpeas, drained
- Sesame seeds
- Salt & fresh pepper
- Olive oil

For the tahini:

- 2 garlic cloves
- 1 tsp salt
- ¾ cup tahini paste
- 2 tbsp lemon juice
- 2–3 tbsp warm water
- 2 tsp chopped parsley

For the lemon dressing:

- ¼ cup lemon juice
- 1 tsp salt
- ½ tsp fresh pepper
- ⅔ cup olive oil

DIRECTIONS

Roasted sweet potatoes: Preheat oven to 200°C. Prepare a baking sheet with foil and spray with nonstick cooking oil. Peel the potatoes and cut them into small cubes (1–2cm). Toss in a bowl with enough olive oil to coat all the pieces. Season GENEROUSLY with salt and fresh pepper. Lay the cubes out on the baking sheet in one layer. Bake for 20–25 minutes flipping the potatoes halfway through. To brown and crisp them a bit more, broil on high for 2–4 minutes.

Tahini: In a pestle & mortar, crush the garlic and coarse salt until it is completely pasty. There should be no chunks. Add the tahini paste and lemon and mix until combined. Add water, parsley and mix again. It should be fairly loose. If the tahini is too thick, add another tablespoon of water until you've achieved desired consistency. You can also do this in a food processor if you either don't own a pestle & mortar, or if yours isn't big enough to hold all the ingredients.

Lemon dressing: Whisk all the ingredients together.

Bowls: Toss the chickpeas with about 2 tablespoons of lemon dressing in a small bowl. Set aside.

In a large bowl, toss and massage the kale with the remaining lemon dressing, some salt, and fresh pepper. Massaging the kale will break down some of those tough fibers and make the kale a bit softer.

Top with the roasted potatoes, quinoa, and chickpeas. Drizzle with tahini. Use as much or as little as you like. You can serve the rest of the tahini on the side as well. Garnish with sesame seeds and season with salt and fresh pepper. Enjoy!

TURKEY BURGERS WITH SAUTÉED MUSHROOMS & SPINACH

INGREDIENTS

- 230 g extra lean ground organic turkey burger
- 1½ tsp no-salt seasoning
- Dash salt and pepper
- 1 tomato, sliced
- 3 cups fresh spinach
- 1½ cups fresh, raw mushroom slices
- 1 tsp minced garlic
- 1 tbsp olive oil

DIRECTIONS

Shape the meat into two round, flat patties and season as well. Set aside. Grab a sauté pan and a medium-sized saucepan. Drizzle some olive oil in the sauté pan and cook the burgers for 3–4 minutes on each side until they are cooked through. Simultaneously, drizzle olive oil in the medium-sized saucepan and heat over medium heat. Toss in minced garlic, spinach and mushrooms. Add a dash of salt and pepper and cook, stirring occasionally for 3–5 minutes until spinach is wilted and mushrooms are tender. Turn off heat under both pans.

Top each turkey burger with several tomato slices and a heaping spoonful of the sautéed spinach and mushrooms.

BLACK BEAN BUTTERNUT PUMPKIN CHILLI

INGREDIENTS

- 2 tbsp olive oil
- 1 small butternut pumpkin, peeled and cubed
- Salt and pepper
- 1 large yellow onion, chopped
- 1 yellow bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 2 medium cloves garlic, minced or grated
- 100 g chipotle chillies
- 2 cups vegetable broth
- 2 cups cooked black beans
- 4 spring onions
- 1 avocado, diced

DIRECTIONS

Heat the olive oil over medium heat in a large soup pot. Season butternut pumpkin with salt and pepper and cook in olive oil, stirring occasionally, until lightly browned. Add the onion and peppers, cooking until softened. Add the cumin, oregano, and garlic and cook until aromatic. Add the chipotle peppers, stock, and beans and cook until the pumpkin is tender. Mash the beans gently with a wooden spoon against the side of the pot to thicken, then season with salt and pepper. Ladle into bowls and serve with spring onions and avocado.

LEMONY BROCCOLI

INGREDIENTS

- 1 bunch or head of broccoli; rinsed and cut into florets
- 1 tsp olive oil
- 1–2 cloves garlic, minced
- ½ tsp lemon juice
- Sea salt and pepper

DIRECTIONS

Preheat the oven to 200°C. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet lined with parchment paper. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15–20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

POWER PROTEIN BREAKFAST BOWL

INGREDIENTS

- ⅔ cup cooked quinoa or cooked brown rice
- ½ green apple
- 2 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon and nutmeg
- Almond milk, unsweetened
- ¼–1 scoop FeelFit Pea Protein Shake, Vanilla Flavour

DIRECTIONS

Mix all ingredients in bowl and serve immediately!

CREATIVE COLLARD WRAPS

INGREDIENTS

- Avocado
- Green onion
- Mushrooms
- Yellow bell peppers
- Shredded carrots
- Bean sprouts
- Collard greens or hearty lettuce for wrap
- Brown rice
- Sesame seeds
- Red pepper flakes
- Liquid aminos

Optional: grilled chicken, ground turkey or chicken breast

DIRECTIONS

Slice your favorite veggies and put in a wrap! Place in collard wrap (or other hearty lettuce wrap) and drizzle with liquid aminos and dash of red pepper flakes.

TOASTED COCONUT QUINOA SALAD

INGREDIENTS

- 1 cup quinoa
- 1 cup coconut milk
- 1 small bunch of kale, stems removed and leaves chopped
- ½ red onion, chopped
- ⅓ cup unsweetened coconut flakes

DIRECTIONS

Toss all ingredients together in a bowl and enjoy.

CHICKEN & VEG FAJITAS WITH BLACK BEANS

INGREDIENTS

- 1 large red bell pepper, sliced thin lengthwise
- 1 large yellow bell pepper, sliced thin lengthwise
- 1 large orange bell pepper, sliced thin lengthwise
- 5 raw, boneless, skinless chicken breasts, sliced thin lengthwise
- Mixed greens
- Pico de gallo or salsa
- Black beans
- ¼ avocado
- 1 large red onion, sliced thin
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp chilli powder
- 1 tbsp ground cumin
- 1 tbsp olive oil

DIRECTIONS

Sauté everything in a large pan, adding the spices about halfway through. Top on a bed of fresh greens with salsa and avocado. Serve with a side of black beans.

MEDITERRANEAN QUINOA SALAD

INGREDIENTS

- ¾ cup quinoa
- 1¼ cups water
- 1 small cucumber cut in half, sliced **or** ½ cup diced celery from inner hearts
- ¼ cup kalamata olives
- 1 ripe avocado, diced
- 1 tbsp slivered fresh mint leaves
- 3 tbsp chopped fresh parsley
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- ¼ tsp dried mustard
- 1 small clove garlic, chopped fine
- 2 tbsp extra virgin olive oil
- Sea salt to taste
- Freshly ground pepper
- 170 g organic mixed greens
- Grilled chicken or salmon

DIRECTIONS

Place quinoa in a strainer and rinse with cold water if from a bin, boxed quinoa typically does not need to be rinsed. Place in saucepan with water and a small amount of sea salt. Bring to a boil, cover and simmer for 15 minutes or until grains show a thread-like spiral and water is absorbed. Remove from heat, remove the lid, and place a dish towel over the pan. Return the lid to the pan and let sit for 10 minutes or longer, undisturbed. Transfer to a salad bowl and fluff with fork. Allow to cool. Add cucumbers, olives avocado, mint, parsley to the bowl. Whisk together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Just before serving, toss greens with 3 tablespoons dressing. Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix. Also good topped with grilled chicken or salmon.

VEGGIE EGG SCRAMBLE

INGREDIENTS

- 2 eggs
- ¼ cup onion
- ½ cup spinach
- ¼ cup mushrooms
- 1 clove garlic
- 1 tbsp nutritional yeast
- 2 tsp olive oil or coconut oil
- Salt and pepper
- Avocado slices
- Fresh pico de gallo

DIRECTIONS

Sauté veggies in olive oil or coconut oil. Add two beaten eggs, nutritional yeast, no-salt seasoning or salt, and pepper. Scramble and top with avocado slices and fresh pico de gallo.

KALE PAD THAI

INGREDIENTS

- 1 bunch of kale, shredded or chopped
- ½ shredded cabbage
- 1 cup garbanzo beans
- 1 cup cashews, roasted or plain
- 1 bunch of celery, chopped
- ¼ cup sunflower seeds
- ½ cup spring onions, chopped fine
- 1 cup mung bean sprouts
- 1 cup shredded carrot
- ¼ cup cilantro
- 1 lime
- Chopped garlic
- Sesame oil
- Red pepper flakes
- Minced garlic
- 1 tbsp your favourite nut butter

DIRECTIONS

Add oil to wok on high heat. Toss in all veggies. Add garlic, spring onions, sprouts, and red pepper to taste. Toss in wok and sauté for 3 minutes. Add nut butter, garbanzo beans, nut and seeds. Serve with cilantro on top.

CLEAN EATING COCONUT CHICKEN WITH ALMONDS

INGREDIENTS

- ½ cup almonds, chopped
- 1 (425 g) can light coconut milk
- 4 cups raw spinach leaves, tightly packed when measuring
- 3 chicken breasts (about 120 g each), chopped into bite-sized pieces
- ½ tsp finely grated fresh ginger (grate on a micro plane for best results)
- ½ tsp cinnamon

DIRECTIONS

Combine all ingredients in a large pan and cook until the chicken is fully cooked through. Serve by itself or over brown rice, spaghetti squash, or fresh spinach.

BIG GREEN SALAD

INGREDIENTS

- Quinoa
- Shredded kale
- Shredded carrots
- Shredded broccoli
- Cherry tomatoes
- Chopped green onion
- Crushed pecans
- Avocado

DIRECTIONS

Toss together. Top with Easy Salad Dressing.

EASY SALAD DRESSING

INGREDIENTS

- ½ cup good quality olive oil
- Few dashes liquid aminos
- ¼ cup fresh squeezed lemon or raw apple cider vinegar
- 1 tbsp dijon mustard
- No-salt seasoning
- Fresh sea salt and pepper

DIRECTIONS

Mix all ingredients in jelly jar. Makes enough for several salads. Keep jar on counter for up to a week.

SPAGHETTI SQUASH ITALIANO

INGREDIENTS

- 2 small spaghetti squash
- 4 cups zucchini, eggplant, and mushroom slices
- 1 cup spinach
- 4 medium green onions, sliced
- ¼ cup fresh basil and parsley
- 1 tbsp olive oil
- 2 cloves garlic
- 1 jar marinara or tomato sauce
- 3 medium tomatoes, seeded and chopped
- ½ cup pine nuts or walnuts, toasted
- 2 tbsp nutritional yeast

DIRECTIONS

Halve squash lengthwise and remove the seeds. Prick skin all over. Place halves, cut side down, in a 3-quart rectangular baking dish. Cover and bake in a 180°C oven for 60–70 minutes or until tender. Using a fork, separate the squash pulp into strands, leaving strands in shell.

Meanwhile, sauté veggies, garlic, and herbs in oil, then add marinara sauce and tomatoes. Spoon ¼ of mixture into each shell. Sprinkle with nuts and nutritional yeast. Return to oven and bake, uncovered, for 10 minutes.

CURRIED CHICKEN SALAD

INGREDIENTS

- 1 tsp tahini
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 garlic clove, minced
- ½ tsp salt
- 1½–2 cups cooked chickpeas
- 1½ tsp black pepper
- 3 cups cooked brown rice, short grain
- 2 chicken breasts cooked and chopped
- 1 cup nutritional yeast (or to taste)
- ¼–1 tsp turmeric powder (optional)
- Pinch of dried or fresh dill, and smoky paprika

DIRECTIONS

Mix tahini with spices and garlic. Add the rest of ingredients to big bowl, mix together, and add the already mixed tahini and spices.

TURKEY & VEGGIE MEATLOAF MINIS

INGREDIENTS

- ½ cup grated onion
- 560 g raw lean organic ground turkey
- 1 cup chopped, dry broccoli
- ½ cup cooked brown rice
- 3 cloves garlic, minced
- ½ tsp liquid aminos
- 1 egg
- ¼ cup plus 3 tbsp of organic tomato paste

DIRECTIONS

Add all the ingredients, except for the turkey, and ¼ cup of the tomato paste into a large bowl and mix well. Add the turkey. Line 12 cups of a muffin pan with baking cups or nonstick spray. With a teaspoon, evenly distribute turkey-veggie mixture among the muffin cups, and top each with 1 teaspoon of tomato paste. Bake in the oven at 180°C for 30 minutes. Let stand for five minutes before serving.

ASIAN LETTUCE WRAPS

INGREDIENTS

- 1 tbsp sesame oil
- 2 cups cooked quinoa
- 1 red pepper, seeded and cut into strips
- 4 spring onions, trimmed and sliced
- 4 cloves garlic, minced
- 1 tsp liquid aminos
- 2 tbsp lime juice
- 2 tbsp apple cider vinegar
- ¼ tsp red pepper flakes
- ½ cup shredded carrots
- 1–2 heads lettuce, trimmed and separated
- ¼ cup toasted almonds, chopped

DIRECTIONS

Heat oil to medium in a large skillet. Add quinoa, red pepper and spring onions and cook for 6 minutes. Add aminos, lime juice, vinegar, and red pepper flakes. Cook for two minutes. Add garlic and cook for 30 seconds more. Stir in carrots and scoop into lettuce leaves. Top with almonds and roll up.

SUNDAY QUICHE

INGREDIENTS

Crust

- 1 tbsp ground flax + 3 tbsp water, mixed together
- 1 cup whole almonds, ground into flour
- 1 tsp dried parsley
- 1 tsp dried oregano
- ½ tsp kosher salt
- 1 tbsp coconut oil or olive oil
- 1–2½ tbsp water, as needed

Filling

- 6 eggs beaten
- 1 tbsp coconut oil or olive oil
- 1 yellow onion, thinly sliced
- 3 large garlic cloves, minced
- 3 cups (220 g) sliced cremini mushrooms
- ½ cup fresh chives, finely chopped
- ½ cup fresh basil leaves, finely chopped
- ⅓ cup oil-packed sun-dried tomatoes, finely chopped
- 1 cup spinach
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- ¾–1 tsp fine grain sea salt black pepper, to taste red pepper flakes, to taste

DIRECTIONS

Mix dry ingredients in food processor for crust. Add oil and water, press into tart pan. Use a little almond milk to help form crust if ingredients seem too dry. Bake the crust on 180°C for 15 minutes. Sauté onion, garlic, mushrooms, add spinach just to wilt. Add chives, basil, nutritional yeast and other ingredients and place in precooked crust. Pour eggs over and bake on 180°C for 30–40 min until top is browned and bubbling.

HUMMUS-CRUSTED CHICKEN

INGREDIENTS

- 4 boneless, skinless chicken breasts
- Sea salt and pepper
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 medium onion, chopped
- 1 cup hummus
- 1 tbsp olive oil
- 2 lemons
- 1 tsp smoked paprika

DIRECTIONS

Preheat oven to 230°C. Prepare one large baking dish or two smaller baking dishes with olive oil spray. Pat the chicken dry. Season the chicken breasts with generous pinches of sea salt and pepper. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with sea salt and pepper. If using one baking dish, place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top, then spread each chicken breast with the hummus so that the entire breast is covered. Squeeze the juice of one lemon over the chicken and vegetables. Sprinkle the entire dish with smoked paprika. If desired, thinly slice one lemon and place the slices in between the chicken and vegetables. If using two pans, use one for the chicken and one for the vegetables.

Bake for about 25–30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

KALE & QUINOA BURRITO BOWL

INGREDIENTS

Quinoa

- ½ cup quinoa
- ¾ cup water + 2 tbsp
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp red pepper flakes

Kale

- ½ bunch kale
- 1–2 limes

Chipotle Tahini

- 3 tbsp tahini
- 5 tbsp water, plus more as needed
- Juice from ½ a lime
- ⅛–¼ tsp chipotle powder
- Dash garlic & onion powder
- Pinch of salt

DIRECTIONS

Quinoa: In a medium pot, add quinoa, water, garlic and onion powder and salt, bring to a boil, cover, reduce heat to low and simmer for 15 minutes. Remove cover and let set 10 minutes, fluff with fork.

Kale: Rinse kale, remove the hard centre stem and julienne. Either right on the cutting board or in a large bowl, squeeze the juice of 1–2 limes over top and mix to coat, set aside to let the kale marinate.

Chipotle sauce: Place all ingredients in a small bowl and mix well. Taste for flavour adjusting as needed. To thicken, add a tad more tahini, to thin add more water. Set aside, the flavours will develop over a few minutes.

Pico de gallo: Dice vegetables, place in medium size bowl, add juice of 1 lime over top and mix well. Keep covered in the refrigerator for up to a week. Makes about 3 cups.

Beans: Place beans with juices in small pan and heat over medium until warm. If not heating, drain and rinse beans well.

To serve: Toss all ingredients together in a bowl and enjoy!

BUDDHA BOWLS

INGREDIENTS

- Kale
- 450 g cooked ground organic chicken breast with cumin
- 2 diced and roasted sweet potatoes
- 1 cup cooked brown rice
- 1 can organic corn
- Cilantro
- Avocado slices
- Almond butter
- Liquid aminos
- Red pepper flakes
- Olive oil
- Sesame oil
- Lime

DIRECTIONS

Line plates with kale, top with chicken, one scoop sweet potatoes, one scoop brown rice, and corn. Top with cilantro, avocado, almond butter, liquid aminos, and then add red pepper flakes, olive oil, sesame oil, fresh lime juice to taste.

SAMPLE MEAL PLAN TWO



MONDAY

- 7 am Meal Replacement Shake
- 11 am Crunchy Thai Quinoa Salad
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Seared Salmon Salad or Pumpkin Quinoa Stew

TUESDAY

- 7 am Power Protein Breakfast Bowl
- 11 am Extra Veg Fried Rice
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Slow Cooker Curried Veg Stew

WEDNESDAY

- 7 am Meal Replacement Shake
- 11 am Asian Collard Wraps with Creamy Almond Butter Sauce
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Lemon Chicken, Hasselback Sweet Potatoes & Steamed Broccoli or Butternut Pumpkin & Kale Soup

THURSDAY

- 7 am Veggie Scramble
- 11 am Kale, Strawberry and Avocado Salad with Poppy Seed Dressing
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm DIY Burrito Bowls with Avocado Lime Sauce

FRIDAY

- 7 am Meal Replacement Shake
- 11 am Mason Jar Taco Salad or Crunchy Thai Quinoa Salad
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Vegetable Paella

SATURDAY

- 7 am Meal Replacement Shake
- 11 am Healing Chicken Herb Soup
- 3 pm Basic Shake or Meal Replacement Shake
- 7 pm Salmon and Cauliflower Rice Bowls or DIY Burrito Bowl

SUNDAY

- 7 am Protein Boosted Blueberry Pecan Quinoa Breakfast Bowl
- 11 am Meal Replacement Shake
- 3 pm Classic Vegan Caesar with Avocado and Chickpeas
- 7 pm Hippie Bowls with Secret Sauce

GROCERY SHOPPING LIST



Organic Produce

- baby arugula
- 6 avocados
- blueberries
- 4 carrots
- 2 heads of cauliflower
- basil
- bean sprouts
- 2 heads of broccoli
- butternut pumpkin
- 1 celery bunch
- cherry tomatoes
- 1 bunch of fresh cilantro
- 2 cucumbers
- 3 bulbs of garlic
- collard green leaves
- fresh ginger
- 1 green apple
- 1 green bell pepper
- green cabbage
- green onion
- 3 bunches of kale
- 2 lemons
- 3 limes
- 1 onion
- parsley
- pumpkin
- 1 purple cabbage
- 5 red bell peppers

- radish
- romaine lettuce
- 3 roma tomatoes
- strawberries
- snow peas
- 7 sweet potatoes
- sweet onion
- 2 bags of baby spinach
- 2 white onions
- yellow onion
- 2 zucchinis
- Optional veggies: snow peas, asparagus, and fresh or frozen peas



Organic Dry Goods

- 1 bag of quinoa
- almonds
- almond butter
- almond milk
- apple cider vinegar
- apple cider vinegar mustard
- 1 can (400 g) quartered artichokes
- avocado oil
- 2 cans (400 g) black beans
- bone broth
- 2 bags brown rice
- brussels sprouts
- cayenne pepper

- 5 cans of chickpeas
- chilli garlic sauce
- chilli powder
- cinnamon
- 1 can coconut milk
- coconut aminos
- coconut oil
- shredded coconut
- cumin powder
- cumin seeds
- curry powder
- dijon mustard
- garlic powder
- hemp seeds
- kalamata olives
- low sodium vegetable broth
- dried marjoram
- mint
- nutmeg
- nutritional yeast
- olive oil
- onion powder
- dried oregano
- paprika
- pecans
- pepper
- poppy seeds
- raw coconut flakes
- thin rice noodles
- red pepper flakes
- rosemary
- dried sage

- salsa
- salt
- sesame seeds
- sesame oil
- tahini
- tamari sauce
- thyme
- 3 cans of diced tomatoes
- tomato paste
- toasted sesame oil
- turmeric
- vegetable broth



Organic Refrigerated Items & Proteins

- 4 salmon filets
- 170 g extra-firm organic tofu
- cage-free eggs
- 6 chicken breasts



RECIPES

CRUNCHY THAI QUINOA SALAD

INGREDIENTS

Salad

- ¾ cup uncooked quinoa
- 1½ cups water
- 2 cups shredded purple cabbage
- 1 cup grated carrot
- 1 cup thinly sliced snow peas
- ½ cup chopped cilantro
- ¼ cup thinly sliced green onion
- ¼ cup toasted slivered almonds

Sauce

- ¼ cup smooth almond butter
- 3 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1 tsp toasted sesame oil
- 1 tsp grated fresh ginger
- ½ lime, juiced
- Pinch of red pepper flakes

DIRECTIONS

Rinse the quinoa in a fine mesh colander under running water. In a medium-sized pot, combine the rinsed quinoa and 1½ cups water. Bring the mixture to a gentle boil over medium heat, and then reduce the heat to medium-low and gently simmer the quinoa until it has absorbed all of the water. Remove the quinoa from heat, cover the pot and let it rest for 5 minutes. Uncover the pot and fluff the quinoa with a fork. Set it aside to cool.

Sauce: Whisk together the almond butter and coconut aminos until smooth. Add the remaining ingredients and whisk until smooth. If the mixture seems too thick to toss into the salad, whisk in a bit of water to loosen it up.

In a large serving bowl, combine the cooked quinoa, shredded cabbage, carrot, snow peas, cilantro and green onion. Toss to combine, then pour in the sauce. Toss again until everything is lightly coated in sauce. Salt to taste. Divide into individual bowls and garnish with slivered almonds.

TIP: This salad keeps well, covered and refrigerated, for about 4 days. If you don't want your toasted almonds to get soggy, store them separately from the rest and garnish just before serving.

SEARED SALMON SALAD

INGREDIENTS

- Two salmon filets (grilled or pan seared)
- Chopped romaine lettuce
- Peeled carrots
- Snow peas
- Radishes
- 1 avocado

Dressing

- ¼ cup olive oil
- Juice from ½ lemon
- Salt and pepper to taste
- 1 tbsp Brown's Organic Apple Cider Vinegar Mustard

DIRECTIONS

Arrange on platter or in bowls and drizzle with dressing.

PUMPKIN QUINOA STEW

INGREDIENTS

- Olive oil
- Onion
- Garlic
- Fresh sage
- Cumin
- 1 can fresh diced tomatoes
- 2 cups cooked pumpkin or squash
- 3 cups veggie stock
- 1 cup cooked quinoa
- 2 cups black beans

DIRECTIONS

Heat oven to 200°C. Cut pumpkin in half, rub with olive oil and place on roasting pan cut side down and pierce with a fork. Cook for 40 minutes or until a fork easily pokes through the pumpkin.

Sauté the onion, garlic, and sage in olive oil. Add spices, tomatoes, pumpkin, and stock. Bring to a boil. Add the quinoa and black beans to the pot, reduce heat and simmer uncovered for 1 minute.

POWER PROTEIN BREAKFAST BOWL

INGREDIENTS

- ⅔ cup cooked quinoa or cooked brown rice
- ½ green apple
- 1 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon to taste
- Nutmeg to taste
- Almond milk, unsweetened
- ¼-1 scoop FeelFit Pea Protein Shake, Vanilla Flavour

DIRECTIONS

Mix all ingredients in bowl and serve immediately.

EXTRA VEGGIE FRIED RICE

INGREDIENTS

- 1½ tsp + 2 tbsp avocado oil
- 2 eggs, scrambled
- 1 small white onion, finely chopped
- 2 medium carrots, finely chopped
- 2 cups additional veggies, cut into very small pieces for quick cooking (options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas)
- ¼ tsp salt, more to taste
- 1 tbsp grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice
- 1 cup greens, such as spinach or kale
- 3 green onions, chopped
- 1 tbsp coconut aminos
- 1 tsp toasted sesame oil

DIRECTIONS

Before getting started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked eggs and veggies.

Warm a large cast iron or stainless-steel skillet over medium-high heat. Add 1½ teaspoons of oil and swirl the pan to coat the bottom. Add the eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.

Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent, and the carrots are tender.

Add the remaining veggies and salt. Continue cooking, stirring occasionally, until the veggies are cooked through and turning golden. In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.

Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the cooked rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges.

Add the greens and green onions and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the coconut amino and sesame oil. Divide into bowls and serve immediately.

SLOW COOKER CURRIED VEGETABLE AND CHICKPEA STEW

INGREDIENTS

- 1 tsp olive oil
- 1 large onion, diced
- 1 tbsp kosher salt, divided
- 2 medium sweet potatoes
- 1 tbsp curry powder
- 1 tbsp coconut aminos
- 1 tbsp grated fresh ginger
- 3 cloves garlic, minced
- ⅛ tsp cayenne pepper
- 2 cups low-sodium vegetable broth, divided
- 2 cans chickpeas, drained and rinsed
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 1 medium head cauliflower, cut into bite-sized florets
- 1 can diced tomatoes with their juices
- ¼ tsp freshly ground black pepper
- 1 (280 g) bag baby spinach
- 1 cup coconut milk

DIRECTIONS

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent. Add the potatoes or pumpkin and 1 teaspoon of the salt, and sauté until just translucent around the edges.

Stir in the curry, coconut amino, ginger, garlic, and cayenne and cook until fragrant. Pour in ¼ cup of the broth and scrape up any browned bits from the bottom of the pan. Transfer this onion-potato mixture into the bowl of a 5.5 L slow cooker.

Add the remaining 1¾ cups broth, chickpeas, bell peppers, cauliflower, tomatoes with their juices, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as needed. Cover and cook for on the HIGH setting for 4 hours.

Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over brown rice or quinoa.

TIP: Halve this recipe for a smaller slow cooker.

ASIAN COLLARD WRAPS WITH CREAMY ALMOND BUTTER SAUCE

INGREDIENTS

- 170 g extra-firm organic tofu, drained
- 1 tbsp coconut oil
- 170 g thin rice noodles
- 6 large collard green leaves
- 1 medium carrot, peeled
- ½ cucumber
- ½ cup purple cabbage, shredded
- 12 basil leaves
- 12 mint leaves
- 1 cup bean sprouts

Sauce

- 4 tbsp almond butter
- 2 tsp apple cider vinegar
- 1 tbsp lime juice
- 1 tsp chilli garlic sauce
- 1–2 tsp water
- ½ tsp tamari sauce

DIRECTIONS

Press tofu between a few layers of paper towels to remove as much moisture as possible. Cut tofu into ½-inch thick strips, about 3–4 inches long. Begin cooking your rice noodles according to package directions.

Heat coconut oil in a large skillet over medium heat and fry the tofu until lightly golden, 3–4 minutes on each side. Check on your rice noodles and when tender, drain and set aside. Once tofu is done cooking, set on a layer of paper towels to cool.

Wipe clean the same skillet you used to cook the tofu and fill it with a few inches of salted water. Bring the water to a boil over medium heat. At this time, fill a separate pot or bowl with ice water and set aside.

While you wait for your water to boil, prepare your collard greens by trimming the long stem so it's flush with the leaf. Then, with the leaf upside down, gently shave down the thick stem that runs up the centre of the leaf with a sharp paring knife. Doing so will make the leaf more flexible to fold and wrap.

Once the water is boiling, carefully drop in the collard greens. Cook for 30 seconds, then immediately transfer them to the bowl of ice water.

While your collard greens chill in the ice bath, prepare your veggies. For the carrot, use a vegetable peeler to create long, thin strips. Slice the cucumber in half lengthwise and then cut each half lengthwise into thin pieces. Trim the fleshy, seedy part of each piece to avoid a soggy wrap. Set chopped veggies aside.

Sauce: Combine the almond butter, tamari, apple cider vinegar, lime juice and chilli garlic sauce in a small bowl. Add a teaspoon or two of water to thin the sauce if it's really sticky.

Assemble: Dry each collard green leaf between two paper towels. Lay one of the leaves on a flat surface, like your cutting board, with the stem side facing up.

Spread a spoonful of almond butter sauce across the bottom centre of the leaf, followed by the tofu, rice noodles, carrot, cucumber, bean sprouts, mint and basil. Fold the sides of the leaf in towards the centre, followed by the bottom, so your fillings are cradled.

Finally, using your hands to keep the sides of the leaf tucked in, roll the wrap from the bottom like you're folding a burrito. Add a dab of almond butter sauce to the edge of the leaf to help the wrap stick to itself. Repeat this process with the remaining three wraps.

With a serrated knife, carefully slice each wrap in half to serve. Or, if you're going to travel with your wrap, leave it whole and cut it on arrival. Use any extra almond butter sauce for dipping.

LEMON CHICKEN WITH SWEET POTATOES AND BROCCOLI

INGREDIENTS

- 2–3 chicken breasts
- Olive oil
- Lemon juice
- Turmeric
- Salt
- Pepper
- Cayenne pepper
- Rosemary
- Thyme
- Steamed broccoli
- 2 large sweet potatoes
- 2 tsp fresh thyme leaves, plus extra for serving
- ¼ tsp kosher salt
- ¼ tsp fresh ground black pepper
- 3 tbsp olive oil

DIRECTIONS

Marinate chicken in olive oil, lemon juice, turmeric, sea salt, black and cayenne pepper, fresh rosemary and thyme. Bake or grill the chicken breasts. Arrange a rack in the middle of the oven and heat to 190°C

Wash the sweet potatoes and cut the sweet potato into rough 1/2 – 1 cm slices, leaving 2 cm intact at the bottom.

Place in a roasting pan. Carefully tuck the thyme leaves in between the fans of the sweet potatoes. Sprinkle with salt and pepper, then drizzle the olive oil on top, using a brush to spread evenly and into the fans as well.

Roast in the oven until the sweet potatoes are soft in the middle and easily pierced with a paring knife, 45–55 minutes depending on the size of your sweet potatoes. Serve immediately while hot.

BUTTERNUT PUMPKIN & KALE SOUP

INGREDIENTS

- 8 cups butternut pumpkin, peeled and cubed
- 2 tbsp olive oil
- Salt
- Pepper
- 2 tbsp coconut oil
- 1 onion, diced
- 3 garlic cloves, diced
- 4 cups vegetable broth
- 1 tbsp cinnamon
- 1 tbsp smoked paprika
- ¼ cup unsweetened almond milk
- 1 bunch kale

DIRECTIONS

Heat oven to 200°C. Combine olive oil, pumpkin, and sprinkle with salt and pepper. Place on a roasting pan and roast for about 40 minutes or until a fork easily pokes through the pumpkin.

Add coconut oil and onion to large pot. Sauté until onion is translucent, about 5 minutes. Add garlic and sauté another 2–3 minutes.

Add pumpkin, broth, cinnamon and paprika to pot. Bring to a boil, then simmer another 10–15 minutes. Add almond milk, then blend until smooth.

Add kale and re-blend or stir. Add salt and pepper to taste, then serve warm.

VEGGIE EGG SCRAMBLE

INGREDIENTS

- 6–8 eggs
- 2 sweet potatoes, peeled, diced, roasted
- 2 medium zucchinis, sliced
- 2 handfuls spinach
- 1 red bell pepper, diced
- 10 cherry tomatoes, halved
- 3 garlic cloves, minced
- 1 tsp chilli powder
- ½ tsp ground cumin
- ½ tsp paprika
- 3 tbsp olive oil
- Fresh parsley (for garnish)
- ½ avocado
- Salsa
- Sea salt and freshly ground black pepper

DIRECTIONS

Sauté zucchini, peppers and garlic, then add cherry tomatoes and sweet potato, add spinach. Scramble eggs with spices, pour over veggies, stir until cooked, top with fresh parsley, avocado and salsa.

KALE SALAD

INGREDIENTS

Salad

- 4 cups chopped kale, stems removed
- Pinch of sea salt
- 1 cup sliced strawberries
- 1 avocado, chopped
- 1/3 cup sliced almonds

Lemon Poppy Seed Dressing

- 1 tbsp olive oil
- 2 tbsp fresh lemon juice
- ½ tsp poppy seeds
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper

DIRECTIONS

Put the kale in a large bowl. Sprinkle a pinch of sea salt over the kale and massage the leaves with your hands until the leaves are darker in colour and tender. Add the strawberries, avocado, and almonds. Toss gently.

Lemon Poppy Seed Dressing: In a small jar, combine the olive oil, lemon juice, honey, poppy seeds, salt, and pepper. Shake until mixed well. Pour the dressing over the salad and toss to coat. Serve.

BURRITO BOWLS WITH AVOCADO LIME SAUCE

INGREDIENTS

- 1 cup dry brown rice
- 1 tbsp coconut oil
- Salsa
- Sliced green onion, for garnish
- Sliced cherry tomatoes, for garnish

Spicy Black Beans

- 2 tbsp coconut oil or olive oil
- 1 cup diced sweet onion
- 4 medium garlic cloves, minced
- ¾–1 cup chopped fresh tomatoes
- 1 tsp chilli powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- Salt
- 2½ tbsp tomato paste
- 1 can black beans, drained and rinsed
- ½ cup unpacked cilantro, large stems removed and finely chopped

Avocado-Lime Sauce

- 1 large garlic clove
- 1 large avocado, pitted
- 3 tbsp fresh lime juice
- 1 tbsp water
- ¼ tsp fine sea salt, or to taste

DIRECTIONS

Add the rice and 1 tablespoon of oil into a medium pot along with 2 cups of water. Increase heat to medium-high and bring to a simmer. Immediately reduce the heat to low-medium and cover with a lid. Cook the rice until it's tender and the water is absorbed.

Spicy Black Beans: In a large wok or skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 5–6 minutes, until softened. Stir in the chopped tomatoes, chilli powder, garlic powder, dried oregano, cayenne, and ½ teaspoon of salt. Continue sautéing for another 3–5 minutes until the tomato softens.

Stir in the tomato paste and drained and rinsed black beans. Cook for a few more minutes until heated throughout. Taste and add more salt if desired. Stir in the cilantro.

Avocado-Lime Sauce: Mince the garlic clove in a food processor. Add the avocado, lime juice, water, and salt. Process until smooth. Taste and adjust lime juice if desired.

Divide the rice between 2–3 bowls. Top each with a couple scoops of the hot black bean mixture, and a large spoonful of both the salsa and the avocado-lime sauce. Garnish with sliced green onion and optional sliced cherry tomatoes. Serve over a bed of greens.

MASON JAR TACO SALAD

INGREDIENTS

- 1 tbsp olive oil
- 220 g chicken breast cut into bite-sized pieces
- 2 cup large carrots, sliced
- 1 large red bell pepper, sliced
- ½ cup large onion, roughly chopped
- 2 tsp garlic minced
- 2 tsp cumin seed
- Salt
- 1 large avocado
- 1 large lime, juiced
- 1 cup salsa
- 2 cups roma tomatoes, chopped
- ½ cup cucumber, chopped
- ½ cup cilantro, roughly chopped
- Fresh spinach
- 2 quart wide-mouth sized mason jars

DIRECTIONS

Heat ½ tbsp of olive oil in a large skillet over medium heat. Cook the chicken breast until golden brown, and no longer pink on the inside. Set aside in a small bowl.

Add the remaining ½ tbsp of olive oil into the pan and turn to medium/high heat. Cook the carrots until they begin to just soften. Turn the heat down to medium and add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred.

While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2 minutes. Transfer them to a cutting board and crush. Add the crushed seeds into the pan with the veggies and season with salt. Mix well and turn off the heat.

Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. Place ½ cup of salsa in the bottom of each jar, spreading evenly. Divide the avocado/lime mixture on top, gently spreading out. Then, divide the cumin roasted veggies, followed by the chicken. You may need to lightly pack everything in to get it all to fit. After the chicken, place the chopped tomatoes, and then the cucumbers. Finish off by dividing the cilantro and then as much spinach as you can fit. Seal and refrigerate.

VEGETABLE PAELLA

INGREDIENTS

- 3 tbsp extra virgin olive oil, divided
- 1 medium yellow onion, chopped fine
- 1½ tsp fine sea salt, divided
- 6 garlic cloves, pressed or minced
- 2 tsp smoked paprika
- 1 can (425 g) diced tomatoes, drained
- 2 cups brown rice
- 1 can (425 g) chickpeas, rinsed and drained
- 3 cups vegetable broth
- 1 can (400 g) quartered artichokes, drained
- 2 red bell peppers, sliced into long, ½"-wide strips
- ½ cup kalamata olives
- 2 cups spinach
- Freshly ground black pepper
- ¼ cup chopped fresh parsley, plus about 1 tbsp more for garnish
- 2 tbsp lemon juice, plus additional lemon wedges for garnish
- ½ cup frozen peas
- 30 cm large Dutch oven

DIRECTIONS

Arrange your oven racks in the upper and lower thirds of the oven, making sure that you have ample space between the two racks for your Dutch oven. Preheat the oven to 180°C. Heat 2 tablespoons of the oil in your Dutch oven or skillet over medium heat until shimmering. Add the onion and a pinch of salt. Cook until the onions are tender and translucent.

Stir in the garlic and paprika and cook until fragrant. Stir in the tomatoes and cook until the mixture begins to darken and thicken slightly, about 2 minutes. Stir in the rice and cook until the grains are well coated with tomato mixture, about 1 minute. Stir in the chickpeas, broth, and 1 teaspoon salt.

Increase the heat to medium-high and bring the mixture to a boil, stirring occasionally. Cover the pot and transfer it to the lower rack in the oven. Bake, undisturbed, until the liquid is absorbed, and the rice is tender, 50–55 minutes.

Meanwhile, line a large, rimmed baking sheet with parchment paper. On the baking sheet, combine the artichoke, peppers, chopped olives, 1 tablespoon of the olive oil, ½ teaspoon of the salt, and ground black pepper. Toss to combine, then spread the contents evenly across the pan.

Roast the vegetables on the upper rack until the artichokes and peppers are tender and browned around the edges, about 40–45 minutes. Remove from the oven and let the vegetables cool for a few minutes. Add 2 cups spinach and ¼ cup parsley to the pan and the lemon juice and toss to combine. Season with salt and pepper, to taste. Set aside.

Sprinkle the peas and roasted vegetables over the baked rice, cover, and let the paella sit for 5 minutes. Garnish with a sprinkle of chopped parsley and serve in individual bowls, with lemon wedges on the side.

CHICKEN HERB SOUP

INGREDIENTS

- 220 g diced chicken breast
- 2 tbsp olive oil or coconut oil
- 2 garlic cloves
- 3 celery stalks, sliced
- ½ diced onion
- 1 carrot, peeled and diced
- 1 cup water
- 5 cups bone broth
- 1 tsp onion powder
- ½ tsp dried marjoram
- ½ tsp dried sage
- 1½ cups shredded green cabbage
- Salt and pepper to taste
- 2 tbsp chopped fresh parsley

DIRECTIONS

In a large pot, heat oil over med-high heat. Add garlic, celery, onion, and carrots and sauté for 2–3 minutes. Stirring frequently. Add chicken and cook for 4 more minutes. Stir in water, broth, onion powder, marjoram, and sage. Bring to a boil, then reduce heat to simmer for 15–20 min. Add cabbage and simmer for another 5 minutes. Season with salt and pepper to your desired taste. Ladle into bowls and top with parsley.

SALMON & CAULIFLOWER RICE BOWLS

INGREDIENTS

- 1 salmon fillets
- 10–12 brussels sprouts, chopped in half
- 1 bunch kale, washed and shredded
- ½ head cauliflower, pulsed or chopped into cauliflower rice
- 3 tbsp olive or coconut oil
- 1 tsp curry powder
- Salt

Marinade

- ¼ cup tamari sauce
- 1 tsp dijon mustard
- 1 tsp sesame oil
- 1 tbsp sesame seeds

DIRECTIONS

Preheat oven to 180°C. Line a baking tray and add chopped brussels sprouts. Coat with 1 tablespoon oil and season with salt. Add to oven and roast for 20 minutes. Meanwhile, make marinade by combining all ingredients in a bowl and whisking until combined.

Remove brussels sprouts after 20 minutes and add salmon filets to the baking tray. Spoon marinade over salmon filets and return to oven for a further 13–15 minutes.

While salmon is cooking, heat a pan over medium-high heat and add 1 tablespoon oil. Add kale and sauté until wilted. Remove from pan and set aside.

Heat remaining oil in pan and add cauliflower rice. Season with 1 teaspoon curry powder and salt and sauté until cooked. Remove salmon and brussels sprouts from oven and divide into two bowls. Add sautéed kale and cauliflower rice to bowls.

CLASSIC VEGAN CAESAR WITH AVOCADO & CHICKPEAS

INGREDIENTS

Dressing

- ¼ cup tahini
- ¼ cup water
- 2 tsp fresh grated garlic
- 2 tbsp nutritional yeast flakes
- 2 tsp whole grain dijon mustard
- ¼ tsp salt

Salad

- 3 chopped romaine hearts, chopped
- Handful of baby rocket
- 425 g can chickpeas, rinsed and drained
- 1 avocado, diced
- Fresh black pepper to taste

DIRECTIONS

Stir together the dressing ingredients in a small bowl. Use a fork to blend smooth. Add additional tablespoons of water to thin, as needed. Taste for salt and seasoning.

In a large mixing bowl, toss the greens with the dressing. Add the avocado and chickpeas. Serve with fresh black pepper sprinkled on top.

HIPPIE BOWLS WITH SECRET SAUCE

INGREDIENTS

- 1 cup dry quinoa
- 1 small sweet potato, scrubbed clean and cut into 1 cm chunks
- 1 small head of broccoli, cut into small florets
- 1 cup cooked chickpeas (if canned rinsed and drained)
- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- ¼ cup almonds, roughly chopped
- 1 small avocado, diced

Sauce

- ¼ cup tahini
- ¼ cup water
- 1 tbsp apple cider vinegar
- 2 tsp dijon mustard
- Pinch of cayenne pepper
- 3 tbsp nutritional yeast
- Salt to taste

DIRECTIONS

Preheat the oven to 220°C. In a large bowl combine the sweet potato, broccoli and chickpeas. Toss with a little olive oil, salt and pepper. Place on a prepared baking sheet and roast in the oven until lightly browned on all sides. Toss veggies halfway through cooking time.

While veggies are done roasting, cook the quinoa. Prepare the “hippie sauce” by combining all ingredients and processing until smooth with a stick blender or regular blender.

Once veggies are done roasting toss them with the cooked quinoa. Add the shredded cabbage, carrots, avocado, and almonds. Drizzle with creamy sauce and serve warm.

PROTEIN BOOSTED BLUEBERRY PECAN QUINOA BREAKFAST BOWL

INGREDIENTS

- ¾ cup cooked quinoa
- ¼ cup coconut milk
- 2 scoops FeelFit Pea Protein Shake
- Sprinkle of cinnamon
- 2–3 tbsp pecan pieces
- 2–3 tbsp shredded coconut
- ½ cup blueberries

DIRECTIONS

Mix ingredients together in a bowl and enjoy!

