

**i'm  
nutrients**

**meal plan**  
**Family**



**+42 kid friendly recipes**



Hey there fellow parental, guardian and all the other possible titles you could be for all the small people in your life,

I want to firstly acknowledge YOU! The fact that you took 5 seconds out your day to download this meal plan means YOU ARE DOING A GREAT JOB!




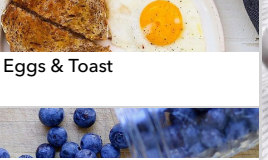

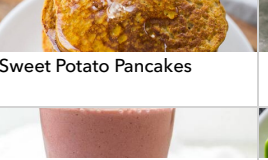












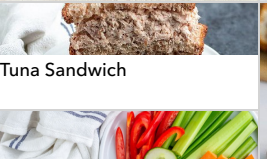








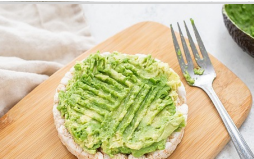

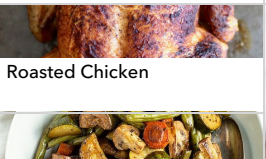










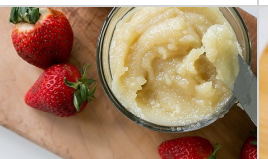

## A few tips on using this meal plan

- use it as inspiration- don't try cook a different meal each day, you will literally give yourself burn out. Instead try cook once, eat twice (and possible three times) by multiplying some of the recipe quantities
- **your job is to provide the food, your kids will decide what they want to eat**
- for fussier eaters, you may like to choose the meals with options like tacos or snack boxes
- feel free to mix some of your family favourites into this meal planner, again its just for inspiration and to give you as many new recipes as possible
- don't forget to snap your creations and tag us on instagram @im.nutrients. Taking photos of your food is not "so 2010"!

I'm here to help,

Brit Darling  
(founder, multitasker, mum and nutritionist)



|           | Mon   | Tue   | Wed  | Thu  | Fri  | Sat  | Sun   |
|-----------|---|---|--|--|--|--|---|
| Breakfast | <br>Berry Baked Oatmeal                                | <br>Oatmeal Berry Jars               | <br>Kiwi Green Smoothie                 | <br>Eggs & Toast                           | <br>Freezer Veggie Breakfast Burritos | <br>Sweet Potato Pancakes             | <br>Green Bread                              |
| Snack 1   | <br>Hummus & Veggies Snack Box                         | <br>Apple with Sunflower Seed Butter | <br>Pomegranate Yogurt Bark             | <br>Yogurt with Pear                       | <br>Fruit & Egg Snack Plate           | <br>Roasted Chickpeas                 | <br>Fruit & Nut Popcorn Snack Mix            |
| Lunch     | <br>Turkey Wraps with Almonds, Cucumbers & Blueberries | <br>Egg Salad Sandwich               | <br>Salmon Nuggets with Peas            | <br>Tuna Nori Wraps                        | <br>Tuna Sandwich                     | <br>Almond Butter & Banana Sandwich   | <br>Bacon & Gruyere Egg Muffins              |
| Snack 2   | <br>Deli Snack Box                                     | <br>Strawberry Papaya Smoothie       | <br>Blueberry Almond Mini Muffins       | <br>Hummus Dippers                         | <br>Strawberry Lemon Pancakes         | <br>Pineapple Chia Pudding            | <br>Avocado Rice Cake                        |
| Dinner    | <br>Baked Chicken Schnitzel & Apple Coleslaw          | <br>Roasted Chicken                 | <br>Skillet Lasagna                    | <br>Penne with Red Lentil Bolognese Sauce | <br>Classic Cheeseburger             | <br>Classic Tacos                    | <br>Herbed Chicken Tenders with Honey Dijon |
| Snack 3   | <br>Yogurt with Pear                                 | <br>Chocolate Banana Popsicles     | <br>Frozen Yogurt Covered Blueberries | <br>Dark Chocolate & Walnuts             | <br>Pomegranate Yogurt Bark         | <br>Strawberries with Macadamia Dip | <br>Creamy Mango Pudding                   |

**Fruits**

- 2 1/4 Apple
- 2 Avocado
- 3 Banana
- 4 1/3 cups Blueberries
- 2 Kiwi
- 2 1/2 tbsps Lemon Juice
- 1 Lime
- 1 cup Papaya
- 2 Pear
- 1/3 cup Pineapple
- 2/3 cup Pomegranate Seeds
- 5 1/2 cups Strawberries

**Breakfast**

- 2 tbsps Almond Butter
- 1/2 cup Maple Syrup
- 1 Plain Rice Cake

**Seeds, Nuts & Spices**

- 1/4 cup Almonds
- 3/4 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tsp Cinnamon
- 1 1/16 tbsps Cumin
- 1/8 tsp Garlic Powder
- 1 tsp Hemp Seeds
- 2 tbsps Italian Seasoning
- 1 1/2 cups Macadamia Nuts
- 1/4 tsp Onion Powder
- 1 1/2 tsps Oregano
- 2 tsps Paprika
- 2 tbsps Pecans
- 1 tsp Poultry Seasoning
- 1 cup Pumpkin Seeds
- 1/16 tsp Red Pepper Flakes
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sliced Almonds
- 1/8 tsp Turmeric

**Vegetables**

- 5 cups Baby Spinach
- 1 cup Broccoli
- 8 Carrot
- 10 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1 1/4 Cucumber
- 3 cups Fresh Peas
- 6 1/3 Garlic
- 2 cups Green Beans
- 2 Green Bell Pepper
- 1/3 head Green Lettuce
- 1 tbsp Mint Leaves
- 2 cups Mushrooms
- 3 1/2 Red Bell Pepper
- 1 cup Red Onion
- 3 tbsps Sunflower Sprouts
- 4 Sweet Potato
- 1 1/2 Tomato
- 1 Yellow Bell Pepper
- 2/3 Yellow Onion
- 2 Zucchini

**Boxed & Canned**

- 1/2 cup Bread Crumbs
- 1 2/3 cups Brown Rice Penne
- 1/2 cup Canned Coconut Milk
- 2 cups Chickpeas
- 1/3 cup Dry Red Lentils
- 8 Lasagna Sheets
- 3 cups Marinara Sauce
- 42 grams Oat Crackers
- 1 cup Popcorn
- 2 tsps Tomato Paste
- 2 cans Tuna
- 1 cup Vegetable Broth
- 150 grams Whole Grain Crackers

**Baking**

- 1 1/4 cups All Purpose Gluten-Free Flour

**Bread, Fish, Meat & Cheese**

- 4 slices Bacon, Cooked
- 1 slice Bread
- 188 grams Cheddar Cheese
- 454 grams Chicken Breast
- 2 Corn Tortilla
- 680 grams Extra Lean Ground Beef
- 28 grams Havarti Cheese
- 1 1/2 cups Hummus
- 454 grams Lean Ground Beef
- 1/3 cup Ricotta Cheese
- 340 grams Salmon Fillet
- 400 grams Sliced Turkey Breast
- 297 grams Sourdough Bread
- 2 slices Whole Grain Bread
- 1.8 kilograms Whole Roasting Chicken
- 226 grams Whole Wheat Hamburger Buns

**Condiments & Oils**

- 1 tbsp Apple Cider Vinegar
- 1 1/4 tbsps Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1/4 cup Coconut Oil
- 3 tbsps Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil
- 1/2 cup Mayonnaise
- 2 tbsps Sunflower Seed Butter
- 1/3 cup Tomato Sauce

**Cold**

- 39 Egg
- 1/2 cup Gruyere Cheese
- 118 milliliters Pineapple Juice
- 8 1/3 cups Plain Greek Yogurt
- 5 cups Unsweetened Almond Milk

**Other**

- 1/2 cup Chocolate Protein Powder
- 19 grams Collagen Powder
- 6 Nori Sheets
- 1/2 cup Vanilla Protein Powder



1 cup Walnuts**Frozen** 10 Brown Rice Tortilla 1 1/2 cups Frozen Berries 3/4 cup Frozen Blueberries 1/2 cup Frozen Mango 9 Ice Cubes 2 1/2 cups Almond Flour 1 3/4 tbsps Baking Powder 1/2 tsp Baking Soda 1/2 cup Brown Rice Flour 1 1/2 cups Buckwheat Flour 1 tbsp Cacao Powder 1/3 cup Coconut Sugar 100 grams Dark Chocolate 1 tbsp Dark Chocolate Chips 2 tsps Nutritional Yeast 2 cups Oats 1 1/2 tbsps Raw Honey 1/4 cup Unsweetened Applesauce 2 1/16 cups Water



## Berry Baked Oatmeal

3 servings

45 minutes

### Ingredients

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

### Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to 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.





## Oatmeal Berry Jars

**1 serving**  
8 hours 5 minutes

### Ingredients

1/2 cup Oats (rolled or quick)  
1/2 cup Unsweetened Almond Milk  
1/2 cup Frozen Berries

### Directions

1

Add the oats to a jar along with the milk and berries. Stir to combine. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy hot or cold.

**More Flavor:** Add cinnamon, sweetener of choice, or vanilla extract.

**Additional Toppings:** Nut butter, chia seeds, chopped nuts, granola, or more berries.



## Kiwi Green Smoothie

2 servings

5 minutes

### Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups 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.





## Eggs & Toast

1 serving

5 minutes

### Ingredients

- 1 tsp Coconut Oil
- 2 Egg
- 1 slice Bread (toasted)

### Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!

### Notes

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

**Gluten-Free:** Use gluten-free bread or serve on sweet potato toast.



## Blueberries

**1 serving**  
**2 minutes**

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### Ingredients

1 cup Blueberries

### Directions

- 1 Wash the berries and enjoy!





## Freezer Veggie Breakfast Burritos

10 servings

30 minutes

### Ingredients

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

### Directions

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

### Notes

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

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

**Make it Spicy:** Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

**Serve it With:** Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

**No Brown Rice Tortillas:** Use corn or whole wheat tortillas instead.



## Sweet Potato Pancakes

2 servings

20 minutes

### Ingredients

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

### 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

**Serving Size:** One serving equals four 3-inch pancakes.

**Spice it Up:** Add nutmeg and/or ginger spice.

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





## Strawberry Banana Smoothie

1 serving

5 minutes

### Ingredients

1 cup Strawberries  
1/2 Banana  
2 tbsps Oats (quick or rolled)  
1 cup Unsweetened Almond Milk  
1 tbsp Hemp Seeds

### Directions

1

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

### Notes

**No Banana:** Sweeten with raw honey, maple syrup or soaked dates instead.

**Storage:** Refrigerate in a sealed mason jar up to 48 hours.

**More Protein:** Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

**More Fibre:** Add ground flax seeds.



## Green Bread

8 servings

50 minutes

### Ingredients

- 1 1/2 cups Buckwheat Flour
- 1/2 cup Brown Rice Flour
- 2 tsps Baking Powder
- 1 tsp Sea Salt
- 1 cup Broccoli
- 2 cups Baby Spinach
- 2/3 cup Extra Virgin Olive Oil
- 3 Egg

### Directions

- 1 Preheat oven to 180 degrees Celsius. Line a loaf tin with baking paper and set aside.
  - 2 Place a medium sized saucepan, half filled with water onto the stovetop and top with a steamer.
  - 3 Turn onto high and add broccoli to steamer. Place the lid on and allow to cook until soft but not overcooked.
  - 4 Tip cooked broccoli into a bowl and set aside.
  - 5 Return steamer to saucepan, add in baby spinach and return lid.
  - 6 Allow to steam until wilted. Once the spinach is wilted, place into a bowl and set aside. Once the spinach is cool enough to touch, squeeze excess liquid out with hands.
  - 7 Place spinach and broccoli into a blender and blend until smooth.
  - 8 In a large mixing bowl, sieve the buckwheat flour, brown rice flour and baking powder. Add in salt (optional) and stir to combine.
  - 9 Pour wet ingredients into dry ingredients and mix together until just combined.
  - 10 Tip mixture into the loaf tin, spread out evenly and place into the oven to bake for 45 minutes.
- Once a skewer comes out clean when tested, remove the bread from the oven

- 
- 11 and allow to cool in tin for 5 minutes before turning out onto wire rack to cool completely.
  - 12 Slice and store in an airtight container in the fridge for 3 days or freeze in portions.





## Avocado

2 servings

5 minutes

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### Ingredients

1 Avocado

### Directions

- 1 Cut avocado into slices or chunks. Enjoy!

### Notes

Serve it With: Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack: Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack: Top with maple syrup, honey, maple butter and/or cinnamon.



## Hummus & Veggies Snack Box

2 servings

5 minutes

### Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

### Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

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

**No Hummus:** Use guacamole or a ready-made dip instead.



## Apple with Sunflower Seed Butter

1 serving

5 minutes

### Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

### Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

### Notes

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





## Pomegranate Yogurt Bark

9 servings

2 hours

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

### Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
- 3 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

### Notes

**Leftovers:** Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

**Serving Size:** Each serving equals approximately one 3 x 2.5" piece.

**Dairy-Free:** Use coconut yogurt instead.

**More Flavor:** Add vanilla extract and your sweetener of choice.

**Additional Toppings:** Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.



## Yogurt with Pear

2 servings

5 minutes

### Ingredients

- 1 Pear (halved and cored)
- 2 cups Plain Greek Yogurt

### Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

### Notes

**Dairy-Free:** Use coconut or almond yogurt instead of Greek yogurt.

**No Pear:** Use any type of fresh fruit instead.

**Likes it Sweet:** Drizzle with honey or maple syrup.



## Fruit & Egg Snack Plate

2 servings

20 minutes

### Ingredients

- 2 Egg
- 1 cup Blueberries
- 1 cup Strawberries (halved)

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 2 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

### Notes

**Leftovers:** Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

**Serving Size:** One serving is one egg and one cup of fruit.

**More Flavor:** Season the hard boiled egg with salt and pepper.





## Roasted Chickpeas

2 servings

30 minutes

### Ingredients

2 cups Chickpeas (cooked, rinsed)  
2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

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

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

**No Extra Virgin Olive Oil:** Use avocado oil instead.



## Fruit & Nut Popcorn Snack Mix

1 serving

5 minutes

### Ingredients

- 1 cup Popcorn
- 1/4 cup Blueberries
- 2 tbsps Pecans
- 1 tbsp Dark Chocolate Chips

### Directions

- 1 Combine all ingredients in a small bowl. Enjoy!

### Notes

**Leftovers:** Do not mix in blueberries until serving. Store other components in an airtight container at room temperature for up to four days.

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

**Dairy-Free:** Use dairy-free chocolate chips.

**Nut-Free:** Replace pecans with pumpkin seeds.



## Turkey Wraps with Almonds, Cucumbers & Blueberries

1 serving  
10 minutes

### Ingredients

1/4 Apple (cored, sliced)  
28 grams Havarti Cheese (sliced)  
100 grams Sliced Turkey Breast  
1/2 cup Blueberries  
1/4 cup Almonds  
1/2 Cucumber (large, sliced)

### Directions

1

Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

### Notes

**No Turkey Breast:** Use ham, prosciutto, salami, collard greens or lettuce instead.

**Dairy-Free:** Use avocado instead of havarti.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead.

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





## Egg Salad Sandwich

2 servings

15 minutes

### Ingredients

4 Egg  
2 tbsps Mayonnaise  
1/8 tsp Turmeric (ground)  
Sea Salt & Black Pepper (to taste)  
198 grams Sourdough Bread (toasted)  
3 tbsps Sunflower Sprouts (optional)

### Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let cool, then peel and add to a bowl. Add the mayonnaise, turmeric, salt, and pepper. Mash with a fork to desired consistency.
- 3 Add egg salad to a slice of sourdough and top with sprouts and then the other slice of sourdough. Slice and enjoy!

### Notes

**Leftovers:** Refrigerate the egg salad for up to three days. Toast the bread fresh for best results.

**Gluten-Free:** Use a gluten free bread.

**More Flavor:** Add a pinch of cayenne.

**Additional Toppings:** Add chives or chopped red onion.

**No Sprouts:** Omit or replace with lettuce.



## Salmon Nuggets with Peas

3 servings

20 minutes

### Ingredients

1/4 cup All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
1 Egg (large)  
42 grams Oat Crackers (crushed)  
340 grams Salmon Fillet (chopped into chunks, patted dry)  
3 cups Fresh Peas (or frozen and thawed)

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of salmon and one cup of peas.

**More Flavor:** Add dried herbs to the flour mixture.

**Additional Toppings:** Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

**Make it Vegan:** Use tofu instead of salmon.



## Tuna Nori Wraps

2 servings

15 minutes

### Ingredients

- 1 can Tuna (drained and flaked)
- 1 Carrot (smaller, julienned)
- 1/2 Cucumber (julienned)
- 1/2 Avocado (peeled and sliced)
- 6 Nori Sheets (snack size)

### Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

### Notes

**Leftovers:** Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

**Serving Size:** Each serving size will yield approximately 3 small rolls.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.





## Tuna Sandwich

1 serving

5 minutes

### Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)
- 2 slices Whole Grain Bread

### Directions

- 1 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 2 Place the tuna mixture between the slices of bread. Cut the sandwich in half and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, assemble the sandwich just before serving.

**Serving Size:** One serving is one sandwich.

**Canned Tuna:** One can of tuna is equal to approximately 165 grams or 5.8202 ounces, drained.

**Gluten-Free:** Use gluten-free bread.

**More Flavor:** Add lemon juice, dried herbs and spices, like garlic powder or dried dill, or capers to the tuna mixture.

**Additional Toppings:** Add favorite sandwich condiments like mustard, lettuce, tomato, onion, pickles, or sliced cucumber.



## Veggie Snack Plate

2 servings

5 minutes

### Ingredients

- 2 stalks Celery (cut into sticks)
- 1 Carrot (medium, peeled and cut into sticks)
- 1/2 Red Bell Pepper (medium, cut into sticks)
- 1/4 Cucumber (sliced)

### Directions

- 1 Place the vegetables on a plate and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.  
**Serve it With:** Hummus, guacamole, or your favorite dip.



## Almond Butter & Banana Sandwich

1 serving

5 minutes

### Ingredients

2 tbsps Almond Butter  
99 grams Sourdough Bread  
1/2 Banana (sliced into rounds)

### Directions

1

Spread the almond butter onto the bread. Top with bananas. Close the sandwich and slice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day. Best enjoyed fresh.

**Gluten-Free:** Use gluten free bread.

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

**More Flavor:** Add a dash of cinnamon.

**Likes it Sweet:** Add honey.





## Bacon & Gruyere Egg Muffins

6 servings

15 minutes

### Ingredients

5 Egg  
4 slices Bacon, Cooked (chopped)  
1/2 cup Gruyere Cheese (shredded)  
1/2 cup Baby Spinach (chopped)  
1/8 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (205°C) and grease a muffin tray or use a silicone muffin tray.
- 2 In a large bowl, whisk the eggs. Add the remaining ingredients and stir to combine.
- 3 Portion the mixture into the muffin tray, filling each cup about 3/4 of the way full. Bake for 12 to 15 minutes, or until set. Cool for five minutes, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one egg muffin.

**Dairy-Free:** Omit the cheese or use plant-based cheese.

**Additional Toppings:** Drizzle with hot sauce before serving.



## Deli Snack Box

3 servings

5 minutes

### Ingredients

3/4 cup Pumpkin Seeds  
150 grams Whole Grain Crackers  
1 1/2 cups Cherry Tomatoes  
75 grams Cheddar Cheese (cubed or sliced)  
300 grams Sliced Turkey Breast  
3 Egg (hard boiled)

### Directions

1

Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

### Notes

**Storage:** Refrigerate up to 3 days.

**Modifications:** Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.



## Strawberry Papaya Smoothie

1 serving

5 minutes

### Ingredients

1 cup Papaya  
1/2 cup Strawberries (stems removed)  
1/2 Lime (juiced)  
1 cup Unsweetened Almond Milk  
19 grams Collagen Powder  
5 Ice Cubes

### Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Nut-Free:** Use coconut milk, cow's milk, or other nut-free milk.

**Additional Toppings:** Add chia seeds or hemp seeds before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.





## Blueberry Almond Mini Muffins

12 servings

30 minutes

### Ingredients

- 2 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 1/4 cups Plain Greek Yogurt
- 2 Egg (large)
- 1/3 cup Coconut Sugar
- 1 1/2 tsps Lemon Juice
- 3/4 cup Frozen Blueberries (or fresh)

### Directions

- 1 Preheat the oven to 325°F (160°C). Grease or line a mini muffin tray or use a mini silicone muffin tray.
- 2 In a small mixing bowl, whisk together the almond flour, baking powder, baking soda, and salt.
- 3 In a large mixing bowl, whisk together the yogurt, eggs, sugar, and lemon juice. Gently stir in the dry ingredients until incorporated. Fold in the blueberries.
- 4 Transfer the batter to the muffin tray. Bake for 25 minutes, or until golden and a toothpick comes out clean. Enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to three days at room temperature, or freeze if longer.

**Serving Size:** One serving equals approximately one mini muffin.

**More Flavor:** Add lemon zest and vanilla extract.

**Additional Toppings:** Add walnuts, pecans, or sliced almonds.

**Almond Flour:** This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.



## Hummus Dippers

4 servings

15 minutes

### Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

### Directions

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

### Notes

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



## Strawberry Lemon Pancakes

3 servings

20 minutes

### Ingredients

- 1 Egg
- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Lemon Juice
- 1 cup All Purpose Gluten-Free Flour
- 2 tps Baking Powder
- 1/8 tsp Sea Salt
- 1 cup Strawberries (stems removed, chopped)
- 1 tbsp Coconut Oil

### Directions

- 1 Whisk the egg(s) in a bowl. Add the milk, maple syrup, and lemon juice and stir to combine.
- 2 Add the flour, baking powder, and salt. Mix until well combined. Fold in the strawberries.
- 3 Heat a pan over medium-high heat and add some oil. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

**Serving Size:** One serving is equal to two pancakes.

**No Almond Milk:** Use cow's milk or any other alternative milk.

**Additional Toppings:** Maple syrup, butter, coconut butter, berries, nuts.





## Pineapple Chia Pudding

2 servings

35 minutes

### Ingredients

1/2 cup Canned Coconut Milk  
118 milliliters Pineapple Juice  
1/4 cup Chia Seeds  
1/2 Lime (zested)  
1/3 cup Pineapple (chopped)  
1 tbsp Mint Leaves (chopped, optional garnish)

### Directions

- 1 Combine the coconut milk, pineapple juice, chia seeds, and lime zest in a bowl. Refrigerate for at least 30 minutes or until chilled and the chia seeds have set.
- 2 Stir well then divide between bowls or jars. Top with pineapple and mint, if using. Enjoy!

### Notes

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

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

**More Flavor:** Add vanilla extract.

**Additional Toppings:** Coconut flakes.

**Likes it Sweeter:** Add honey or maple syrup.



## Avocado Rice Cake

**1 serving**

**5 minutes**

### Ingredients

- 1/2 Avocado
- 1 Plain Rice Cake

### Directions

- 1 Mash the avocado with a fork and spread over the rice cake. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

**No Plain Rice Cake:** Use brown rice cakes or crackers instead.



## Baked Chicken Schnitzel & Apple Coleslaw

2 servings

20 minutes

### Ingredients

227 grams Chicken Breast (patted dry)  
1/4 cup Mayonnaise (divided)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Bread Crumbs  
3 cups Coleslaw Mix  
1 Apple (small, grated)  
1 tbsp Dijon Mustard  
1 tbsp Apple Cider Vinegar

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Cut the chicken breast(s) in half lengthwise. Coat the chicken cutlets with half the mayonnaise, salt, and pepper. Then, coat evenly in the bread crumbs. Bake for 20 minutes in the oven or until cooked through.
- 3 Meanwhile, combine the coleslaw mix, apple, dijon mustard, vinegar, salt, and pepper in a large bowl until well combined. Set aside.
- 4 Divide the baked chicken and coleslaw evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of chicken and 1 1/2 cups of coleslaw.

**Gluten-Free:** Use gluten-free bread crumbs or crushed gluten-free crackers instead of bread crumbs.

**More Flavor:** Pan fry the chicken prior to baking. Add your sweetener of choice to the coleslaw.





## Roasted Chicken

4 servings

2 hours

### Ingredients

1.8 kilograms Whole Roasting Chicken  
1 tbsp Extra Virgin Olive Oil  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1 tbsp Poultry Seasoning  
2 tsps Paprika

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

### Notes

**Roasting Times:** If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

**Leftovers:** Meat can be kept for up to 3 days in a covered container in the fridge.

**Zero Waste:** Save the chicken carcass to make Immunity Boosting Bone Broth.

**Save Time:** Buy a pre-roasted chicken.



## Roasted Veggies

4 servings

40 minutes

### Ingredients

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

### Directions

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

### Notes

**Leftovers:** Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

**Serving Size:** One serving equals approximately two cups of veggies.

**No Mushrooms:** Swap in bell peppers or broccoli instead.

**Even Cooking:** Chop your vegetables to be approximately the same size to ensure even cooking.



## Skillet Lasagna

6 servings

50 minutes

### Ingredients

1 tsp Extra Virgin Olive Oil  
1/2 Yellow Onion (medium, diced)  
454 grams Lean Ground Beef  
1 1/2 tbsps Italian Seasoning  
3 cups Marinara Sauce  
8 Lasagna Sheets (no boil)  
1/3 cup Ricotta Cheese

### Directions

- 1 Preheat the oven to 400°F (205°C). In an oven-safe pan, heat the oil over medium-high heat. Add the onion and sauté for five to six minutes or until translucent.
- 2 Add the beef, breaking it up as it cooks. Add the Italian seasoning and cook for about 10 minutes. Add the marinara sauce and bring to simmer.
- 3 Break the lasagna sheets in half and add them to the pan. Stir to ensure the sauce is covering the lasagna sheets. Add a splash of water if necessary.
- 4 Cover the pan with an oven-safe lid or aluminum foil. Bake the lasagna in the oven for 20 minutes or until the lasagna sheets are soft and cooked through.
- 5 Spoon the ricotta cheese on top and bake it for another five minutes uncovered. Enjoy!

### Notes

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

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

**Gluten-Free:** Use gluten-free lasagna sheets instead.

**Dairy-Free:** Use a dairy-free ricotta cheese instead.

**More Flavor:** Add mushrooms, celery, and/or carrot.

**Additional Toppings:** Fresh herbs like basil or parsley.





## Penne with Red Lentil Bolognese Sauce

2 servings

40 minutes

### Ingredients

1/8 Yellow Onion (finely chopped)  
1 1/3 Garlic (clove, minced)  
1 1/3 tbsps Water  
1/2 tsp Oregano  
1/8 tsp Sea Salt  
1/16 tsp Red Pepper Flakes  
1/3 cup Dry Red Lentils (rinsed)  
2 tsps Tomato Paste  
1 cup Vegetable Broth  
1/3 cup Tomato Sauce  
2 tsps Balsamic Vinegar (divided)  
1 2/3 cups Brown Rice Penne  
2 tsps Nutritional Yeast (optional)

### Directions

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

### Notes

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

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

**Additional Toppings:** Top with extra red pepper flakes or fresh oregano.

**No Penne:** Use your favorite noodles or spiralized vegetables instead.



## Classic Cheeseburger

4 servings  
20 minutes

### Ingredients

567 grams Extra Lean Ground Beef  
Sea Salt & Black Pepper (to taste)  
113 grams Cheddar Cheese (sliced)  
226 grams Whole Wheat Hamburger Buns  
1 Tomato (medium, sliced)  
1/4 head Green Lettuce (leaves pulled apart)

### Directions

- 1 Use your hands to form the ground beef into one-inch-thick patties, about five ounces (140 grams) each. Gently form a depression in the middle of each burger patty. Season both sides with salt and pepper.
- 2 Grill the burgers over high heat for three to four minutes per side, or until your desired doneness is reached. Add the cheese on top and toast your hamburger buns about one minute before your burgers are finished cooking. Let the burgers rest for one minute.
- 3 Assemble your burger patties in the hamburger buns with the sliced tomato and lettuce. Enjoy as is or add your condiments of choice. Enjoy!

### Notes

**Leftovers:** Refrigerate the cooked burger patties in an airtight container for up to three days. Assemble when ready to serve.

**Serving Size:** One serving equals one cheeseburger.

**Dairy-Free:** Use vegan cheese instead of cheddar cheese, or omit completely.

**More Flavor:** Use ground chuck and/or sirloin. Add garlic, onions, Worcestershire sauce, and your choice of spices to the beef mixture. Add sliced red onion, sautéed mushrooms, pickles, or bacon to your burger.

**No Hamburger Bun:** Use portobello mushrooms caps, lettuce wraps or serve over a bed of mixed greens.

**Hamburger Bun:** One hamburger bun is approximately 2 ounces (56 grams).



## Classic Tacos

1 serving

25 minutes

### Ingredients

- 2 Corn Tortilla
- 3/4 tsp Avocado Oil
- 113 grams Extra Lean Ground Beef
- 1/4 tsp Onion Powder
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1/8 tsp Cumin
- 1/8 head Green Lettuce (small, finely chopped)
- 1/2 Tomato (medium, diced)

### Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

### Notes

**Serving Size:** One serving is equal to two tacos.

**Storage:** Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

**More Toppings:** Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

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

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





## Herbed Chicken Tenders with Honey Dijon

2 servings

40 minutes

### Ingredients

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

### Directions

- 1 Preheat oven to 400°F (204°C) 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.



## Chocolate Banana Popsicles

6 servings

6 hours

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/2 cup Plain Greek Yogurt  
1/2 cup Chocolate Protein Powder  
1 tbsp Cacao Powder  
1 Banana  
2 tbsps Maple Syrup

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

### Notes

**Leftovers:** Keep frozen popsicles in an airtight container in the freezer for up to one month.

**Serving Size:** One serving is one popsicle.

**Dairy-Free:** Use coconut yogurt instead.



## Frozen Yogurt Covered Blueberries

2 servings

40 minutes

### Ingredients

- 1 cup Blueberries (fresh or frozen, not wild)
- 2 tbsps Plain Greek Yogurt

### Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

### Notes

**Kid-Friendly:** Serve just a few at a time as these will melt quickly after handling.

**Dairy-Free & Vegan:** Use a dairy-free yogurt such as coconut or almond.





## Dark Chocolate & Walnuts

4 servings

5 minutes

### Ingredients

1 cup Walnuts  
100 grams Dark Chocolate (at least  
70% cacao)

### Directions

- 1 Divide dark chocolate and walnuts between bowls. Enjoy!



## Strawberries with Macadamia Dip

6 servings

5 minutes

### Ingredients

- 1 1/2 cups Macadamia Nuts (soaked at least 30 minutes)
- 2 tbsps Coconut Oil (melted)
- 2 cups Strawberries

### Directions

- 1 Combine the macadamia nuts and coconut oil in a food processor or high-speed blender. Blend until smooth, adding a bit of water if needed until your desired consistency is reached.
- 2 Transfer to a bowl. Serve with strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate the macadamia dip separately in an airtight container for up to two weeks.

**Nut-Free:** Use sunflower seed butter instead of macadamia nuts.

**Additional Toppings:** Top with hemp seeds, shredded coconut, dark chocolate chips or crushed nuts.

**More Flavor:** Use roasted macadamia nuts, and/or combine with cashews or hazelnuts.

**Save Time:** Use store-bought macadamia nut butter instead, or skip the soaking time and add more water or milk instead.



## Creamy Mango Pudding

1 serving

5 minutes

### Ingredients

1/2 cup Frozen Mango  
1/2 cup Plain Greek Yogurt

### Directions

1

Blend the mango and yogurt in a mini food processor or using an immersion blender until well combined. Transfer to a cup and enjoy!

### Notes

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

**Additional Toppings:** Top with fresh fruit, crushed nuts, shredded coconut, hemp seeds, or your sweetener of choice.