



# MEAL PLAN

WEEK 2

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**SculptMaxx**

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# WEEK 2

Hi there, it's Angela here just popping in to see how week 1 has gone for you so far? I am sure you have made changes and are doing amazing. We know you have lots to fit into your busy schedule, so any changes you have made in the right direction are great, keep going!



I suggested practicing gratitude in your opening week and wanted to check in to see if you are writing down something to be grateful for each day? If not, let's try it this week as it is great for self-esteem and reducing stress.

I was looking at the fabulous meals we have put together for you and wondered how delicious the coconut chia seed yoghurt was that we suggested as a snack?

Then there was the one pot chicken that took only 35 minutes of prep time so you are not spending the whole night at the stove. We know you don't have the time for that!

Don't worry if some of the recipes don't work for you, just add in more of the ones that your taste buds (and your schedule) will love as well.

Have a great week 2!

Angela

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# PREPARATION SCHEDULE

Day	Preparation	Notes
<p style="text-align: center;"><b>0</b> <b>Sun</b></p>	Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
	Freeze half of the ground beef.	This guide will remind you to thaw them later in the week
	Make the Berry Baked Oatmeal.	Divide between containers in the fridge for breakfasts.
	Make Hummus & Veggies Snack Boxes and Hummus Dippers.	Store in the fridge for snacks throughout the week.
	Make Deli Snack Boxes.	Store in the fridge for snacks throughout the week.
	Make Avocado Egg Salad Sandwiches if you're packing a lunch.	Store in the fridge for lunch tomorrow.
	Make Frozen Yogurt Covered Blueberries.	Store in the freezer.
	Pack your meals if you are on-the-go.	Berry Baked Oatmeal, Hummus & Veggies Snack Box, Avocado Egg Salad Sandwich, and Deli Snack Box.
<p style="text-align: center;"><b>1</b> <b>Mon</b></p>	Make the Herbed Chicken Tenders with Honey Dijon for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
	Enjoy Yogurt with Pear as a dessert or bedtime snack.	

# PREPARATION SCHEDULE

Day	Preparation	Notes
	Pack your meals if you are on-the-go	Berry Baked Oatmeal, Apple with Sunflower Seed Butter, Herbed Chicken Tenders with Honey Dijon, and Deli Snack Box.
<b>2 Tue</b>	Make the One Pot Taco Pasta for dinner.	Enjoy and store leftovers in the fridge for tomorrow.
	Enjoy Yogurt with Pear as a dessert or bedtime snack.	
	Pack your meals if you are on-the-go	Berry Baked Oatmeal, Apple with Sunflower Seed Butter, Herbed Chicken Tenders with Honey Dijon, and Deli Snack Box.
<b>3 Wed</b>	Make Honey Chili Meatballs with Broccoli & Rice for dinner.	Enjoy and store leftovers in the fridge for tomorrow.
	Enjoy the Frozen Yogurt Covered Blueberries as a dessert or bedtime snack.	
	Make Eggs and Toast with Blueberries for breakfast	
<b>4 Thu</b>	Pack your meals if you are on-the-go	Eggs & Toast with Blueberries, Yogurt with Pear, Chili Meatballs with Broccoli & Rice, and Hummus Dippers.
	Make the Penne with Red Lentil Bolognese Sauce for dinner.	Enjoy and store leftovers in the fridge for tomorrow.

# PREPARATION SCHEDULE

Day	Preparation	Notes
	Enjoy the Frozen Yogurt Covered Blueberries as a dessert or bedtime snack.	
	Make Eggs and Toast with Blueberries for breakfast.	
<b>5 Fri</b>	Take the Ground Beef out of the freezer.	Thaw in the fridge for dinner tomorrow.
	Make Pina Colada Ice Cream and enjoy as a dessert or bedtime snack.	Store leftover servings in the freezer.
	Make Eggs and Toast with Blueberries for breakfast	
<b>6 Sat</b>	Make Sweet Potato Pancakes and Strawberry Banana Smoothies for breakfast.	
	Make Avocado Egg Salad Sandwiches if you're packing a lunch.	Make extra for tomorrow and store in the fridge.
	Pack your meals if you are on-the-go	Sweet Potato Pancakes and Strawberry Banana Smoothies, Apple with Sunflower Seed Butter, Avocado Egg Salad Sandwiches, and Hummus Dippers.
	Make the Classic Tacos for dinner.	

# PREPARATION SCHEDULE

Day	Preparation	Notes
	Enjoy the Pina Colada Ice Cream as a dessert or bedtime snack.	
<b>7 Sun</b>	Make Sweet Potato Pancakes and Strawberry Banana Smoothies for breakfast.	
	Pack your meals if you are on-the-go	Sweet Potato Pancakes and Strawberry Banana Smoothies, Apple with Sunflower Seed Butter, Avocado Egg Salad Sandwiches, and Hummus Dippers.
	Shop and prep for next week.	
	Make Sweet Potato Fries Supreme for dinner.	
	Enjoy the Pina Colada Ice Cream as a dessert or bedtime snack.	

# SHOPPING LIST

## Fruit

- 8 Apple
- 3 ½ Avocado
- 8 Banana
- 1.8kg Blueberries
- 2 Lemon
- 4 Pear
- 600g Pineapple
- 1.2kg Strawberries

## Breakfast

- 240g Maple Syrup

## Seeds, Nuts & Spices

- 3g Black Pepper
- 48g Chia Seeds
- 12g Chili Powder
- 10g Cinnamon
- 5g Cumin
- 4g Garlic Powder
- 1g Ground Mustard
- 80g Hemp Seeds
- 6g Italian Seasoning
- 4g Onion Powder
- 2g Oregano
- 3g Paprika
- 594mg Red Pepper Flakes
- 28g Sea Salt
- 72g Sliced Almonds
- 80g Walnuts

## Frozen

- 4 Brown Rice Tortilla
- 747g Frozen Berries
- 109g Frozen Corn

## Vegetables

- 210g Baby Spinach
- 728g Broccoli
- 42g Basil Leaves
- 15 Carrot
- 12 stalks Celery
- 346g Cherry Tomatoes
- 5g Cilantro
- 12 Garlic
- ½ head Green Lettuce
- 5 ¼ stalks Green Onion
- 1 ½ Red Bell Pepper
- 10 ⅔ Sweet Potato
- 3 ½ Tomato
- 3 Yellow Bell Pepper
- 1 2/3 Yellow Onion

## Boxed & Canned

- 341g Black Beans
- 317g Brown Rice Pasta Shells
- 726g Brown Rice Penne
- 242ml Canned Coconut Milk
- 1l Chicken Broth
- 148g Corn
- 275g Dry Red Lentils
- 368g Jasmine Rice
- 343g Red Salsa
- 202g Tomato Paste
- 941ml Vegetable Broth

## Cold

- 52 Eggs
- 1.9kg Plain Greek Yogurt
- 3l Unsweetened Almond Milk

## Baking

- 24g Nutritional Yeast
- 486g Oats
- 294g Raw Honey
- 224g Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

- 32 slices Bread
- 907g Chicken Breast
- 8 Corn Tortilla
- 1.1kg Extra Lean Ground Beef
- 907g Extra Lean Ground Chicken
- 56g Goats Cheese
- 738g Hummus

## Condiments & Oils

- 29ml Apple Cider Vinegar
- 76ml Avocado Oil
- 39ml Balsamic Vinegar
- 197ml Coconut Oil
- 165g Dijon Mustard
- 157ml Extra Virgin Olive Oil
- 256g Sunflower Seed Butter
- 323g Tomato Sauce

## Other

- 334ml Water

# BERRY BAKED OATMEAL



12 servings



45 minutes

## Ingredients

324g Oats (quick or traditional)

960ml Unsweetened Almond Milk

80g Maple Syrup

244g Unsweetened Applesauce

5g Cinnamon

48g Chia Seeds

747g Frozen Berries

72g Sliced Almonds



## Method

1. Preheat oven to 350oF (177oC). 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 airtight 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.

Nutritional amount per serving



221 kcals



7g fat



35g carbs



6g protein



7g fiber



# EGGS AND TOAST



4 servings



5 minutes

## Ingredients

20ml Coconut Oil

8 Eggs

4 Slices of Bread (toasted)

## Notes

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

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



## Method

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!

Nutritional amount per serving



261 kcals



16g fat



13g carbs



14g protein



1g fiber

# BLUEBERRIES



4 servings



2 minutes

## Ingredients

592g Blueberries



## Method

1. Wash the blueberries and enjoy!

Nutritional amount per serving



84 kcals



0g fat



21g carbs



1g protein



4g fiber

# SWEET POTATO PANCAKES



8 servings



20 minutes

## Ingredients

8 Sweet Potatoes (small)  
16 Eggs (whisked)  
59ml Coconut Oil  
5g Cinnamon  
160g Maple Syrup

## 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.



## Method

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!

Nutritional amount per serving



369 kcals



16g fat



41g carbs



15g protein



4g fiber

# STRAWBERRY BANANA SMOOTHIE



4 servings



5 minutes

## Ingredients

576g Strawberries  
2 Bananas  
41g Oats (quick or rolled)  
960ml Unsweetened Almond Milk  
40g Hemp Seeds



## 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.

## Method

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

Nutritional amount per serving



221 kcals



7g fat



35g carbs



6g protein



7g fiber

# EGGS AND TOAST



4 servings



5 minutes

## Ingredients

20ml Coconut Oil

8 Eggs

4 Slices of Bread (toasted)



## Notes

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

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

## Method

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!

Nutritional amount per serving



261 kcals



16g fat



13g carbs



14g protein



1g fiber

# APPLE WITH SUNFLOWER SEED BUTTER



4 servings



5 minutes

## Ingredients

4 Apples, medium, cored and sliced

128g Sunflower Seed Butter

## Notes

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



## Method

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

Nutritional amount per serving



292 kcals



18g fat



33g carbs



6g protein



6g fiber

# YOGURT WITH PEAR



8 servings



5 minutes

## Ingredients

4 Pears, halved & cored  
1.8kg Plain Greek Yogurt

## 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.



## Method

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

Nutritional amount per serving



232 kcals



5g fat



26g carbs



22g protein



3g fiber

# AVOCADO EGG SALAD SANDWICH

  
4 servings

  
15 minutes

## Ingredients

6 Eggs  
1 Avocado  
30g Baby Spinach, chopped  
15g Dijon Mustard  
¼ Lemon, juiced  
Sea Salt and Black Pepper, to taste  
8 Slices of Bread, toasted



## Notes

**Less Bread:** Make it an open-face sandwich.

**Add A Kick:** Add red chili flakes or hot sauce.

**Vegan:** Use mashed chickpeas or white kidney beans instead of eggs.

## Method

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

Nutritional amount per serving



348 kcals



19g fat



30g carbs



14g protein



6g fiber



# HUMMUS DIPPERS

  
12 servings

  
15 minutes

## Ingredients

3 Yellow Bell Peppers  
3 Carrots  
12 Stalks Celery  
738g Hummus

## Notes

**Homemade:** Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

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



## Method

1. Slice your peppers, carrots 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.

Nutritional amount per serving

  
170 kcals

  
11g fat

  
15g carbs

  
6g protein

  
5g fiber

# HERBED CHICKEN TENDERS WITH HONEY DIJON

  
8 servings

  
40 minutes

## Ingredients

907g Chicken Breast, skinless, boneless & cut into strips  
60ml Avocado Oil, divided  
81g Oats, quick  
6g Italian Seasoning  
6g Sea Salt  
12 Carrots, medium, peeled & sliced into fries  
120g Dijon Mustard  
126g Raw Honey



## Method

1. Preheat oven to 400oF (204oC) 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.

## Notes

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

**Vegan & Vegetarian:** Use tofu strips instead of chicken.

**Leftovers:** Keeps well in the fridge up to 3 days.

Nutritional amount per serving



333 kcals



11g fat



28g carbs



28g protein



4g fiber

# ONE POT TACO PASTA

  
8 servings

  
40 minutes

## Ingredients

20ml Extra Virgin Olive Oil	large, diced
605g Extra Lean Ground Beef	110g Frozen Corn, thawed
5 ½ Stalks Green Onion, finely chopped	115g Black Beans, cooked from the can
2 ½ Garlic Cloves, minced	1 ½ Red Bell Pepper, diced
3g Cumin, ground	789ml Chicken Broth
4g Chili Powder	347g Salsa
2g Sea Salt	320g Brown Rice Pasta Shells, dry, uncooked
1 ½ Tomato,	



## Method

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

## Notes

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

**Vegan & Vegetarian:** Swap the ground meat out for cooked lentils.

**Optional Toppings:** Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

**Likes It Spicy:** Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

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

**No Brown Rice Pasta Shells:** Use any other type of pasta or pasta shell instead, like whole wheat penne or chickpea fusilli.

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

Nutritional amount per serving

  
369 kcals

  
12g fat

  
44g carbs

  
22g protein

  
5g fiber

# HONEY CHILI MEATBALLS

  
8 servings

  
30 minutes

## Ingredients

907g Extra Lean Ground Chicken	237ml Chicken Broth
1 Yellow Onion, medium, chopped	160g Tomato Paste
4 Garlic Cloves, minced	168g Raw Honey
2 Eggs	29ml Apple Cider Vinegar
12g Sea Salt, divided	8g Chili Powder
1g Black Pepper	1g Paprika
59ml Coconut Oil	1g Ground Mustard



## Method

1. Preheat oven to 350oF (177oC).
2. In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
3. Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
4. Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
5. Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

## Notes

**Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

**Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.

**Leftovers:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.

Nutritional amount per serving



332 kcals



17g fat



24g carbs



23g protein



2g fiber

# BROCCOLI AND RICE



8 servings



25 minutes

## Ingredients

368g Jasmine Rice, rinsed & dry

728g Broccoli, chopped into florets



## Notes

**No Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

**Serving Size:** One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.

**Leftovers:** Refrigerate in an airtight container up to 4 days.

## Method

1. Cook the jasmine rice according to the directions on the package.
2. Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
3. Divide the rice and broccoli into bowls or containers. Enjoy!

Nutritional amount per serving



191 kcals



0g fat



44g carbs



6g protein



3g fiber

# PENNE WITH RED LENTIL BOLOGNESE SAUCE



8 servings



40 minutes

## Ingredients

2/3 Yellow Onion, finely chopped  
5 1/2 Garlic Cloves, minced  
79ml Water  
2g Oregano  
4g Sea Salt  
600mg Red Pepper Flakes  
277g Dry Red Lentils, rinsed  
43g Tomato Paste  
951ml Vegetable Broth  
327g Tomato Sauce  
40ml Balsamic Vinegar, divided  
733g Brown Rice Penne  
24g Nutritional Yeast, optional



## Method

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

**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.

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

Nutritional amount per serving



520 kcals



4g fat



102g carbs



18g protein



12g fiber

# SPINACH, TOMATO AND GOAT CHEESE PIZZA

  
4 servings

  
20 minutes

## Ingredients

80g Walnuts  
118ml Extra Virgin Olive Oil  
1 Lemon, juiced  
120g Baby Spinach, divided  
42g Basil Leaves  
2g Sea Salt  
1g Black Pepper  
4 Brown Rice Tortilla  
149g Cherry Tomatoes, halved  
56g Goat Cheese, crumbled



## Method

1. Preheat oven to 410oF (210oC) and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach and finely chop.
4. Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
5. Place on baking sheet and bake in the oven for 10 minutes.
6. After 10 minutes, remove and slice using a pizza cutter. Enjoy!

## Notes

**More Protein:** Add diced chicken, lentils or chickpeas.

Nutritional amount per serving

  
574 kcals

  
46g fat

  
34g carbs

  
10g protein

  
6g fiber

# CLASSIC TACOS



4 servings



25 minutes

## Ingredients

8 Corn Tortillas  
15ml Avocado Oil  
454g Extra Lean Ground Beef  
2g Onion Powder  
2g Garlic Powder  
3g Sea Salt  
1g Cumin  
½ Head Green Lettuce, small & finely chopped  
2 Tomatoes, medium & chopped



## Method

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.

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

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

Nutritional amount per serving



384 kcals



16g fat



31g carbs



26g protein



3g fiber



# SWEET POTATO FRIES SUPREME

  
4 servings

  
30 minutes

## Ingredients

2 ½ Sweet Potatoes	Sea Salt & Black Pepper, to taste
40ml Coconut Oil, melted	½ Avocado
2g Paprika	¼ Lemon, juiced
1g Cumin	20ml Extra Virgin Olive Oil
2g Onion Powder	79ml Hot Water
2g Garlic Powder	149g Corn
229g Black Beans, cooked, drained & rinsed	199g Cherry Tomatoes, cut into quarters
80ml Unsweetened Almond Milk	5g Cilantro, chopped



## Method

1. Preheat oven to 450oF (232oC). Cut off sweet potato ends and slice into ¼-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
2. Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet. Bake in the oven for 25 to 30 minutes, flipping halfway.
3. Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
4. Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
5. In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
6. Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

## Notes

**Crispier Fries:** Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

**Meat Lover:** Top with cooked ground chicken, ground turkey, lean ground beef, or bacon.

Nutritional amount per serving

  
378 kcals

  
20g fat

  
45g carbs

  
protein

  
12g fiber

# FROZEN YOGURT COVERED BLUEBERRIES



8 servings



40 minutes

## Ingredients

592g Blueberries, fresh or frozen

113g Plain Greek Yogurt

## 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.



## Method

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.

Nutritional amount per serving



53 kcals



1g fat



11g carbs



2g protein



2g fiber

# PINA COLADA ICE-CREAM

  
8 servings

  
5 minutes

## Ingredients

4 Bananas, sliced & frozen

660g Pineapple, cut into  
chunks & frozen

242ml Canned Coconut Milk

## Notes

**It's 5 O'Clock Somewhere:**

Add rum!



## Method

1. Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Nutritional amount per serving

  
147 kcals

  
6g fat

  
25g carbs

  
1g protein

  
3g fiber