



4 Week Meal Guide

WEEK 1

PREPARATION SCHEDULE

Day	Preparation	Notes
0 Sun	Grocery shop	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have
	Make and freeze the Slow Cooker Honey Garlic Chicken	In a large ziplock bag, combine the olive oil, honey, garlic, chilli powder, sea salt, black pepper, and chicken thighs. Store in freezer for up to 2 months.
	Make and freeze the Pumpkin Breakfast Cookies	Follow the recipe and let cool before transferring to an airtight container or ziplock bag. Store in the freezer.
	Make Pumpkin Pie Baked Oatmeal	Cool, cover and store in the refrigerator for up to 4 days, or freeze in single portions.
	Make the Sea Salt & Garlic Crackers	Follow the recipe, cool and store refrigerated in an airtight container for up to 1 week. Or, store in the freezer for up to 2 months
	Make the Lentil Masala Soup	Follow the recipe, then divide between containers. Store in the fridge up to 4 days or freeze as single portions
	Freeze the salmon fillets and chicken breasts	We'll remind you when to set them out to thaw
	1 Mon	For breakfast, heat up a serving of Pumpkin Pie Baked Oatmeal
For lunch, heat up a serving of Lentil Masala Soup		Reheat in a small saucepan on the stove or in the microwave

PREPARATION SCHEDULE

Day	Preparation	Notes
	Today's snacks: Sea Salt & Garlic Crackers and Banana with Almond Butter	Enjoy!
	Make the Tomato & Eggplant Casserole	Store enough leftovers in an airtight container for dinner tomorrow. Freeze the remaining.
2 Tues	For breakfast, heat up a serving of Pumpkin Pie Baked Oatmeal	Reheat in toaster oven or microwave
	For lunch, heat up a serving of Lentil Masala Soup	Reheat in a small saucepan or microwave
	Today's snacks: Sea Salt & Garlic Crackers and Banana with Almond Butter	Enjoy!
	Enjoy leftover Tomato & Eggplant Casserole for dinner	Reheat in toaster oven or microwave
	Take the Slow Cooker Honey Garlic Chicken out of the freezer	Place in the refrigerator to thaw for tomorrow
	3 Wed	For breakfast, heat up a serving of Pumpkin Pie Baked Oatmeal
Cook the Slow Cooker Honey Garlic Chicken out of the freezer		Dump the contents of the freezer bag into your slow cooker and cook on low for 6-8 hours or high for 4 hours.
For lunch, heat up a serving of Lentil Masala Soup		Reheat in a small saucepan or microwave
	Today's snacks: Sea Salt & Garlic Crackers and Banana with Almond Butter	Enjoy!

PREPARATION SCHEDULE

Day	Preparation	Notes
	Enjoy the Slow Cooker Honey Garlic Chicken for dinner	Finish the recipe by steaming broccoli to serve. Divide leftovers into containers and store in the fridge
	Make the Zucchini Bread Overnight Oats	Follow the recipe to make the overnight oats. Divide between jars or cover the bowl and store in the fridge
	Take Pumpkin Breakfast Cookies out of the freezer	Transfer to the refrigerator for snacks
4 Thur	For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy	Optional: warm in microwave if you prefer hot oatmeal
	For lunch, heat up a serving of Lentil Masala Soup	Reheat in a small saucepan or microwave
	Today's snacks: Pumpkin Breakfast Cookies and Apple with Almond Butter	Enjoy!
	Reheat Slow Cooker Honey Garlic Chicken for dinner	Warm up on the stove or in the microwave
	Take leftover Tomato & Eggplant Casserole out of the freezer	Transfer to the fridge for lunches
	Take salmon and chicken breasts out of the freezer	Transfer to the fridge to thaw
5 Fri	For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy	Optional: warm in microwave if you prefer hot oatmeal
	For lunch, heat up leftover One Pan Chicken, Golden Cauliflower & Carrot Fries	Reheat in toaster oven or microwave

PREPARATION SCHEDULE

Day	Preparation	Notes
	Today's snacks: Pumpkin Breakfast Cookies and Apple with Almond Butter	Enjoy!
	Make One Pan Salmon & Rainbow veggies for dinner	Store leftovers in an airtight container in the fridge
6 Sat	For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy	Optional: warm in microwave if you prefer hot oatmeal
	For lunch, heat up a serving of Tomato & Eggplant Casserole	Reheat in a small saucepan or microwave
	Today's snacks: Pumpkin Breakfast Cookies and Apple with Almond Butter	Enjoy!
7 Sun	Make One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner	Divide leftovers into containers and store in the fridge
	For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy	Optional: warm in microwave if you prefer hot oatmeal
	For lunch, heat up leftover One Pan Chicken, Golden Cauliflower & Carrot Fries	Reheat in toaster oven or microwave
	Today's snacks: Pumpkin Breakfast Cookies and Apple with Almond Butter	Enjoy!
	Enjoy leftover One Pan Salmon and Rainbow Veggies for dinner	Reheat in toaster oven or microwave

SHOPPING LIST

Fruit

- 6 Apples
- 12 Bananas
- 1 Navel Orange

Breakfast

- 438g Almond Butter
- 240g Maple Syrup

Seeds, Nuts & Spices

- 4g Black Pepper
- 192g Chia Seeds
- 8g Chili Powder
- 8g Cinnamon
- 2g Dried Thyme
- 20g Garam Masala
- 11g Garlic Powder
- 55g Ground Flax Seed
- 80g Hemp Seeds
- 2g Nutmeg
- 1g Onion Powder
- 6g Oregano
- 196g Pumpkin Seeds
- 42g Sea Salt
- 192g Sunflower Seeds
- 12g Turmeric

Vegetables

- 42g Basil Leaves
- 910g Broccoli
- 5 Carrots
- 1 head Cauliflower
- 596g Cherry Tomatoes
- 32g Cilantro
- 1 Eggplant
- 11 Garlic
- 168g Kale Leaves
- 320g Red Onion
- 2 Yellow Bell Peppers
- 2 Zucchini

Boxed & Canned

- 550g Brown Rice Penne
- 485ml Canned Coconut Milk
- 1.5kg Crushed Tomatoes
- 1.5kg Diced Tomatoes
- 416g Dry Red Lentils
- 396g Lentils
- 1.9l Vegetable Broth

Baking

- 112g Almond Flour
- 10g Baking Powder
- 547g Oats
- 174g Pitted Dates
- 5g Pumpkin Pie Spice
- 674g Pureed Pumpkin
- 126g Raw Honey
- 5ml Vanilla Extract

Bread, Fish, Meat & Cheese

- 454g Chicken Breast
- 907g Chicken Thighs
- 567g Salmon Fillet

Condiments & Oils

- 15ml Coconut Aminos
- 44ml Coconut Oil
- 251ml Extra Virgin Olive Oil

Cold

- 3 Eggs
- 960ml Unsweetened Almond Milk

Other

- 355ml Water

PUMPKIN PIE BAKED OATMEAL



6 servings



45 minutes

Ingredients

- 490g Pureed Pumpkin
- 2 Eggs
- 160g Maple Syrup
- 5g Pumpkin Pie Spice
- 5ml Vanilla Extract
- 3g Baking Powder
- 3g Sea Salt
- 240ml Unsweetened Almond Milk
- 203g Oats (rolled or quick)
- 26g Ground Flax Seed
- 28g Pumpkin Seeds



Method

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

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

Egg-Free: Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins: Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20-25 minutes, or until muffins are cooked through.

Nutritional amount per serving



307 kcals



8g fat



51g carbs



10g protein



8g fiber

ZUCCHINI BREAD OVERNIGHT OATS



8 servings



8 hours

Ingredients

243g Oats (quick or traditional)
720ml Unsweetened Almond Milk
26g Ground Flax Seed
80g Maple Syrup
3g Cinnamon
2 Zucchini (grated)
80g Hemp Seeds
4 Banana (sliced)



Method

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

Notes

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

SEA SALT & GARLIC CRACKERS



8 servings



30 minutes

Ingredients

128g Sunflower Seeds
112g Pumpkin Seeds
192g Chia Seeds
112g Almond Flour
6g Sea Salt
9g Garlic Powder
237ml Water



Notes

Storage: Refrigerate in an airtight container for up to 1 week.

Serving Them With: Hummus, nut butter, cheese, on top of salad or soup.

Method

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1-2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool).
5. Enjoy!

Nutritional amount per serving



286 kcals



9g fat



45g carbs



10g protein



7g fiber

Nutritional amount per serving



372 kcals



29g fat



20g carbs



14g protein



11g fiber

PUMPKIN BREAKFAST COOKIES



8 servings



45 minutes

Ingredients

101g Oats (quick or rolled)
 3g Ground Flax Seed
 5g Cinnamon
 2g Nutmeg
 2g Sea Salt
 7g Baking Powder
 56g Pumpkin Seeds
 64g Sunflower Seeds
 147g Pitted Dates (chopped)
 1 Egg
 184g Pureed Pumpkin
 84g Raw Honey
 15ml Coconut Oil (melted)
 1 Carrot (grated)



Method

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Leftovers: Freeze in the freez-safe bag or container for up to 1 month.

Make It Sweeter: Add in a handful of dark chocolate chips.

Vegan: Use maple syrup instead of honey and a chia egg instead of an egg.

Nutritional amount per serving



255 kcals



11g fat



38g carbs



7g protein



6g fiber

LENTIL MASALA SOUP



8 servings



30 minutes

Ingredients

15ml Coconut Oil
 160g Red Onion (finely diced)
 8 Garlic Cloves (minced)
 6g Turmeric
 20g Garam Masala
 20g Sea Salt
 32g Cilantro (finely chopped)
 1.9l Vegetable Broth
 1.5kg Diced Tomatoes
 416g Dry Red Lentils
 485ml Canned Coconut Milk (full fat)
 168g Kale Leaves (finely sliced)



Method

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

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

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

Nutritional amount per serving



391 kcals



14g fat



50g carbs



17g protein



11g fiber

BANANA WITH ALMOND BUTTER



2 servings



2 minutes

Ingredients

2 Bananas
63g Almond Butter

Notes

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



Method

1. Slice the banana.
2. Dip in almond butter.
3. Bam.

TOMATO & EGGPLANT PASTA CASSEROLE



8 servings



1 hour

Ingredients

1.5kg Crushed Tomatoes	2g Garlic Powder
396g Lentils (cooked, drained & rinsed)	1g Onion Powder
119ml Water	12g Sea Salt
59ml Extra Virgin Olive Oil	3g Black Pepper
42g Basil Leaves (chopped)	550g Brown Rice Penne (dry)
6g Oregano	1 Large Eggplant (sliced into 1/2 inch thick rounds)

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

Serve It With: Argula tossed in olive oil and lemon juice.

Likes It Spicy: Garnish with red chili flakes.

Cheese Lover: Serve with Parmesan Cheese.

Meat Lover: Swap out the lentils for cooked ground meat.

No Eggplant: Use tomatoes or zucchini sliced into rounds to cover the top instead.



Method

1. Preheat oven to 450°F (232°C).
2. In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
3. Remove from oven and let cool for 5 minutes before serving. Enjoy!

Nutritional amount per serving



297 kcals



18g fat



33g carbs



8g protein



6g fiber

Nutritional amount per serving



460 kcals



10g fat



82g carbs



13g protein



14g fiber

SLOW COOKER HONEY GARLIC CHICKEN



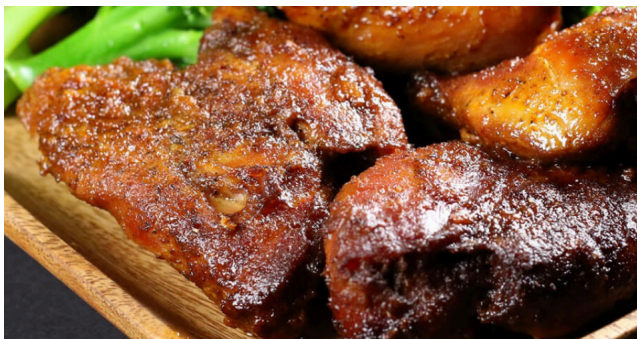
4 servings



4 hours

Ingredients

44ml Extra Virgin Olive Oil
42g Raw Honey
3 Garlic Cloves (minced)
8g Chili Powder
6g Sea Salt
1g Black Pepper
907g Chicken Thighs (skinless, boneless)
546g Broccoli (chopped into florets)
15ml Coconut Oil (or organic butter)
Sea Salt & Black Pepper, to taste



Method

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs: Use chicken wings, drumsticks or breasts.

No Slow Cooker: Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs: Serve with rice, potato or quinoa.

Nutritional amount per serving



481 kcals



24g fat



20g carbs



49g protein



4g fiber