



4 Week Meal Guide

WEEK 2

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

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.
	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 hard-boiled eggs for the week	While they are cooking move on to other tasks
	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.
1 Mon	Pack your meals if you are on-the-go.	Berry Baked Oatmeal, Hummus & Veggies Snack Box, Avocado Egg Salad Sandwich, and Deli Snack Box.
	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
2 Tue	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.
	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.	
3 Wed	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.
	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.	
4 Thu	Make Eggs and Toast with Blueberries for breakfast	
	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.
	Enjoy the Frozen Yogurt Covered Blueberries as a dessert or bedtime snack.	

PREPARATION SCHEDULE

Day	Preparation	Notes
5 Fri	Make Eggs and Toast with Blueberries for breakfast.	
	Pack your meals if you are on-the-go	Eggs & Toast with Blueberries, Yogurt with Pear, Penne with Red Lentils Bolognese Sauce & Hummus Dippers
	Make the Spinach, Tomato & Goat Cheese Pizza for dinner	
	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.
6 Sat	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.
7 Sun	Make the Classic Tacos for dinner.	
	Make Pina Colada Ice Cream and enjoy as a dessert or bedtime snack.	
	Make Sweet Potato Pancakes and Strawberry Banana Smoothies for breakfast.	

PREPARATION SCHEDULE

Day	Preparation	Notes
	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

- 6 Apple
- 1 ¾ Avocado
- 5 Banana
- 1.1kg Blueberries
- 1 Lemon
- 4 Pear
- 495g Pineapple
- 576g Strawberries

Breakfast

- 120g Maple Syrup

Seeds, Nuts & Spices

- 1g Black Pepper
- 24g Chia Seeds
- 6g Chili Powder
- 5g Cinnamon
- 3g Cumin
- 2g Garlic Powder
- 500mg Ground Mustard
- 40g Hemp Seeds
- 3g Italian Seasoning
- 2g Onion Powder
- 990mg Oregano
- 1g Paprika
- 168g Pumpkin Seeds
- 297mg Red Pepper Flakes
- 14g Sea Salt
- 36g Sliced Almonds
- 40g Walnuts

Frozen

- 2 Brown Rice Tortilla
- 373g Frozen Berries
- 54g Frozen Corn

Vegetables

- 105g Baby Spinach
- 364g Broccoli
- 21g Basil Leaves
- 8 Carrot
- 16 stalks Celery
- 620g Cherry Tomatoes
- 3g Cilantro
- 6 Garlic
- ¼ head Green Lettuce
- 2 ½ stalks Green Onion
- 2 ½ Red Bell Pepper
- 5 ½ Sweet Potato
- 1 ⅓ Tomato
- 2 Yellow Bell Pepper
- ¾ Yellow Onion

Boxed & Canned

- 170g Black Beans
- 158g Brown Rice Pasta Shells
- 363g Brown Rice Penne
- 182ml Canned Coconut Milk
- 509ml Chicken Broth
- 74g Corn
- 137g Dry Red Lentils
- 184g Jasmine Rice
- 172g Salsa
- 101g Tomato Paste
- 471ml Vegetable Broth
- 300g Whole Grain Crackers

Cold

- 32 Eggs
- 1.9kg Plain Greek Yogurt
- 1.5l Unsweetened Almond Milk

Baking

- 12g Nutritional Yeast
- 243g Oats
- 147g Raw Honey
- 122g Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 16 slices Bread
- 150g Cheddar Cheese
- 454g Chicken Breast
- 526g Extra Lean Ground Beef
- 454g Extra Lean Ground Chicken
- 28g Goats Cheese
- 738g Hummus
- 162g Tomato Sauce

Condiments & Oils

- 15ml Apple Cider Vinegar
- 38ml Avocado Oil
- 20ml Balsamic Vinegar
- 99ml Coconut Oil
- 83g Dijon Mustard
- 79ml Extra Virgin Olive Oil
- 192g Sunflower Seed Butter
- 162g Tomato Sauce

Other

- 334ml Water

BERRY BAKED OATMEAL


6 servings


45 minutes

Ingredients

162g Oats (quick or traditional)
480ml Unsweetened Almond Milk
40g Maple Syrup
122g Unsweetened Applesauce
3g Cinnamon
24g Chia Seeds
373g Frozen Berries
36g Sliced Almonds



Method

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 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.

EGGS AND TOAST


2 servings


5 minutes

Ingredients

10ml Coconut Oil
4 Eggs
2 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



221 kcals



7g fat



35g carbs



6g protein



7g fiber

Nutritional amount per serving



261 kcals



16g fat



13g carbs



14g protein



1g fiber

BLUEBERRIES


2 servings


2 minutes

Ingredients

296g Blueberries



Method

1. Wash the blueberries and enjoy!

SWEET POTATO PANCAKES


4 servings


20 minutes

Ingredients

4 Sweet Potatoes (small)
8 Eggs (whisked)
30ml Coconut Oil
3g Cinnamon
80g 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 $\frac{1}{2}$ 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 $\frac{1}{8}$ - $\frac{1}{4}$ 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



84 kcals



0g fat



21g carbs



1g protein



4g fiber

Nutritional amount per serving



369 kcals



16g fat



41g carbs



15g protein



4g fiber

STRAWBERRY BANANA SMOOTHIE


2 servings


5 minutes

Ingredients

288g Strawberries
1 Banana
20g Oats (quick or rolled)
480ml Unsweetened Almond Milk
20g 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!

HUMMUS & VEGGIES SNACK BOX


4 servings


5 minutes

Ingredients

2 Red Bell Pepper (sliced)
8 Stalks Celery (cut into small stalks)
197g Blueberries
246g Hummus



Notes

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

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

Method

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

Nutritional amount per serving



221 kcals



7g fat



35g carbs



6g protein



7g fiber

Nutritional amount per serving



201 kcals



11g fat



22g carbs



6g protein



7g fiber

APPLE WITH SUNFLOWER SEED BUTTER


2 servings


5 minutes

Ingredients

2 Apples, medium, cored and sliced
64g 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!

YOGURT WITH PEAR


4 servings


5 minutes

Ingredients

2 Pears, halved & cored
904g 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



292 kcals



18g fat



33g carbs



6g protein



6g fiber

Nutritional amount per serving



232 kcals



5g fat



26g carbs



22g protein



3g fiber

AVOCADO EGG SALAD SANDWICH


2 servings


15 minutes

Ingredients

3 Eggs
½ Avocado
15g Baby Spinach, chopped
8g Dijon Mustard
¼ Lemon, juiced
Sea Salt and Black Pepper, to taste
4 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!

DELI SNACK BOX


6 servings


5 minutes

Ingredients

168g Pumpkin Seeds
300g Whole Grain Crackers
447g Cherry Tomatoes
150g Cheddar Cheese (cubed or sliced)
600g Sliced Turkey Breast
6 Eggs (hard boiled)



Notes

Storage: Refrigerate for up to 3 days.

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

Method

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.

Nutritional amount per serving



348 kcals



19g fat



30g carbs



14g protein



6g fiber

Nutritional amount per serving



683 kcals



40g fat



45g carbs



38g protein



7g fiber

HUMMUS DIPPERS



8 servings



15 minutes

Ingredients

2 Yellow Bell Peppers
2 Carrots
8 Stalks Celery
492g 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 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 ¼ 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



4 servings



40 minutes

Ingredients

454g Chicken Breast (skinless, boneless, sliced into strips)
30ml Avocado Oil (divided)
41g Oats (quick)
3g Italian Seasoning
3g Sea Salt
6 Carrots (medium, peeled & sliced into fries)
60g Dijon Mustard
63g Raw Honey

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.



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. Enjoy!

Nutritional amount per serving



333 kcals



11g fat



28g carbs



28g protein



4g fiber

ONE POT TACO PASTA



4 servings



40 minutes

Ingredients

10ml Extra Virgin Olive Oil	55g Frozen Corn (thawed)
302g Extra Lean Ground Beef	57g Black Beans (cooked from the can)
2 ⅓ Stalks Green Onion (finely chopped)	⅔ Red Bell Pepper (diced)
1 ½ Garlic (cloves, minced)	394ml Chicken Broth
1g Cumin (ground)	173g Salsa
2g Chili Powder	160g Brown Rice Pasta Shells (dry, uncooked)
1g Sea Salt	
⅔ Tomato (large, diced)	



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 ½ cups.

No Ground Beef: Use ground chicken or turkey instead.

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 Brown Rice Pasta Shells: Use any other type of pasta/pasta shells instead like whole wheat penne or chickpea fusili.

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

Nutritional amount per serving



369 kcal



12g fat



44g carbs



22g protein



5g fiber

HONEY CHILI MEATBALLS



4 servings



30 minutes

Ingredients

454g Extra Lean Ground Chicken	30ml Coconut Oil
1/2 Yellow Onion (medium, chopped)	118ml Chicken Broth
2 Garlic (cloves, minced)	80g Tomato Paste
1 Egg	84g Raw Honey
6g Sea Salt (divided)	15ml Apple Cider Vinegar
725g Black Pepper	4g Chili Powder
	575mg Paprika
	500mg Ground Mustard



Method

1. Preheat oven to 350°F (177°C).
2. In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 ½ 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

Likes It Spicy: Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

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

Leftovers: Refrigerate in an airtight container up to 3 days or freeze up to 2-4 months (cooked or uncooked)

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

Serving Size: 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 kcal



17g fat



24g carbs



23g protein



2g fiber

BROCCOLI & RICE



4 servings



25 minutes

Ingredients

184g Jasmine Rice (dry, rinsed)

364g Broccoli (chopped into florets)

Notes

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

Storage: Refrigerate in an airtight container for up to 4 days.

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



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!

PENNE WITH RED LENTIL BOLOGNESE SAUCE



4 servings



40 minutes

Ingredients

1/3 Yellow Onion (finely chopped)	21g Tomato Paste
2 2/3 Garlic (cloves, minced)	475ml Vegetable Broth
40ml Water	163g Tomato Sauce
1g Oregano	20ml Balsamic Vinegar (divided)
2g Sea Salt	367g Brown Rice Penne
300mg Red Pepper Flakes	12g Nutritional Yeast (optional)
139g Dry Red Lentils (rinsed)	

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.



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!

Nutritional amount per serving



191 kcals



0g fat



44g carbs



6g protein



3g fiber

Nutritional amount per serving



520 kcals



4g fat



102g carbs



18g protein



12g fiber

SPINACH, TOMATO & GOAT CHEESE PIZZA



Ingredients

40g Walnuts
59ml Extra Virgin Olive Oil
1/2 Lemon (juiced)
60g Baby Spinach (divided)
21g Basil Leaves
750mg Sea Salt
725mg Black Pepper
2 Brown Rice Tortilla
75g Cherry Tomatoes (halved)
28g Goat Cheese (crumbled)



Method

1. Preheat oven to 410°F (210°C) 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.

CLASSIC TACOS



Ingredients

4 Corn Tortillas
8ml Avocado Oil
227g Extra Lean Ground Beef
1g Onion Powder
775mg Garlic Powder
2g Sea Salt
525mg Cumin
1/4 Head Green Lettuce, small & finely chopped
1 Tomato, 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.

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

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

Nutritional amount per serving



574 kcals



46g fat



34g carbs



10g protein



6g fiber

Nutritional amount per serving



384 kcals



16g fat



31g carbs



26g protein



3g fiber

SWEET POTATO FRIES SUPREME

 **2 servings**  **30 minutes**

Ingredients

1 ½ Sweet Potatos	Sea Salt & Black Pepper (to taste)
20ml Coconut Oil (melted)	½ Avocado
767mg Paprika	¼ Lemon (juiced)
700mg Cumin	10ml Extra Virgin Olive Oil
800mg Onion Powder	40ml Water (hot)
1g Garlic Powder	75g Corn
115g Black Beans (cooked, drained and rinsed)	99g Cherry Tomatoes (cut into quarters)
40ml Unsweetened Almond Milk	3g Cilantro (chopped)



Method

1. Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-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 (do not overcrowd the tray). 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.

More Greens: Turn it into a salad by serving it over a bed of greens.

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

 **4 servings**  **40 minutes**

Ingredients

296g Blueberries, fresh or frozen, not wild
57g 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



6 servings



5 minutes

Ingredients

3 Bananas, sliced & frozen
495g Pineapple, cut into
chunks & frozen
182ml 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