

GENTLE NUTRITION MEAL INSPIRATION

by Michelle Yandle

Weekly meal planning can make life really easy and it's a great form of self care. The meals in this guide will support you in feeling satisfied, nourished, and full of energy. All of the meals are designed to be easy to prepare, budget-friendly, and are ideal whether you live alone or cook for your entire family. These meals are designed to inspire ideas and are not meant as a 'diet'. Feel free to mix them up with your favourite meals.

There are staples that I suggest having in your pantry to make life easy, and these are also affordable. If you do not like one of the suggested meals for breakfast, lunch, or dinner, then simply exchange for one of your faves. Experiment with and to get in tune with your unique body.

Have fun!

DAY	BREAKFAST	LUNCH	DINNER
1	Berry Beauty	Chopped Beauty Salad	Sautéed Baby Bok Choy with Leeks
2	Apple Chia Seed Pudding	Mean Green with Sunflower Seed Pate	Roasted Summer Vegetables
3	Kale is 'King'	Chopped Beauty Salad	Slaw Burrito
4	Sweet Sunshine	Romaine Momma	Sautéed Broccoli & Cauliflower
5	Superfood Energy	Antioxidant Supreme	Roasted Summer Vegetables
6	Chocolate Berry Bomb	Mean Green with Sunflower Seed Pate	Raw Corn Salad with Sautéed Salmon
7	Scrambled Eggs with Spinach and Peppers	Spinach Dreams	Sautéed Baby Bok Choy with Leeks

NOTE: Protein is important, and not included in many of the recipes in an effort to make them suitable to both vegetarians and non vegetarians. Please include a healthy protein (animal or vegetarian) at both lunch and dinner. Individual needs vary. If you feel lightheaded or hungry, by all means, up your protein intake to keep your blood sugar balanced. You can increase the portion sizes or add a scoop of protein powder to smoothies, or soups for an extra boost. Adding fats to salads such as avocado or nuts and seeds can also boost the satiety levels of that meal.

ANIMAL-BASED PROTEIN SOURCES

MEATS (pasture-raised is best)

Chicken

Lamb

Pork

Grass-fed beef

FISH, SEAFOOD

Canned fish (sardines, anchovies, wild salmon) – look for BPA-free cans if possible

Fish, such as salmon or non-fatty white meat fish.

Shellfish, such as shrimp or scallops

PLANT-BASED PROTEIN SOURCE

3 tablespoons of hemp seeds, 1/4 cup sunflower seeds, or 1/4 cup pumpkin seeds

1/2 of an avocado

Soy products (such as tempeh or Tofu)

1 scoop of plant-based protein powder can be added to your smoothies, soups, or even mixed into a dip. I like hemp protein or pea protein, but feel free to use your favorite protein.

BEANS

You can also add 1/2 cup mung beans, lentils, chickpeas or adzuki beans to your meals.

For more information about Gentle Nutrition please check out our series here:

<https://www.awesomeendsin.me/tag/gentle-nutrition/>

YOUR RECIPES

BERRY BEAUTY

Ingredients

- 1 cup romaine or cos lettuce
- 1 cup kale
- 1 1/2 cup water or non-dairy milk (coconut, hemp, or almond milk)
- 1/2 cup strawberries
- 1/2 avocado
- 1 tablespoon ground linseed

** Add pea protein (vanilla) or 1/2 banana to sweeten.

Instructions

Mix together in a blender.

CHOPPED BEAUTY SALAD WITH TAHINI DRESSING

Makes 2 servings

Ingredients

- 2 cups spinach
- 2 cups thinly sliced purple cabbage
- 1/2 bunch flat leaf parsley, chopped
- 1/2 cup shredded carrots
- 1 large cucumber, chopped into pieces
- 5 to 6 mint leaves, minced

Tahini Dressing

- 1/2 cup tahini
- 2 lemons, juiced
- 3/4 to 1 cup of water
- 1 large garlic clove, minced
- 1/4 tablespoon sea salt
- 1/4 tablespoon black pepper

Instructions

Add your dressing ingredients to a jar with a lid. Shake vigorously and allow the flavors to marinate while you prepare the salad. Add your salad ingredients to a large serving bowl. Toss with the Tahini Dressing. Top with your favourite protein (leftover grilled chicken, canned fish, chickpeas or hard boiled eggs etc).

SAUTÉED BABY BOK CHOY WITH LEEKS AND FRESH TOMATOES

Makes 4 servings

Ingredients

2 tablespoons coconut oil
1 large leek, washed and thinly sliced
8 heads of baby bok choy, washed and chopped
1 teaspoon sea salt
1/2 teaspoon black pepper
1/2 cup cherry tomatoes, halved (to be eaten raw)

Instructions

In a large sauté pan, add your coconut oil. When the pan is warm, add the thinly sliced leeks and sauté on medium heat until soft and lightly browned (about 8 to 10 minutes). When the leeks are browned, add the bok choy along with salt and pepper. Toss the mixture until the bok choy is wilted and bright green (about 2 to 3 minutes). Remove from heat and add to a serving bowl. Top your bok choy with fresh grape tomatoes as well as your favourite protein source.

APPLE CHIA SEED PUDDING

Makes 2 servings

Ingredients

2 cups unsweetened non-dairy milk such as almond or coconut
1/2 teaspoon vanilla extract
2/3 cup chia seeds
2 tablespoons unsweetened coconut flakes
2 apples, cored and chopped
2 teaspoons cinnamon

Instructions

For warm chia seed pudding, place your milk and vanilla extract into a saucepan, and warm over low heat for 2 to 3 minutes. The milk does not have to be boiling hot, just warm enough for your taste. Add your chia seeds to a cereal bowl. When the milk is warm, add the milk to your bowl of chia seeds. Stir continuously for about 2 minutes while the chia seeds absorb the milk. Allow the mixture to sit for 2 to 3 minutes. Top with coconut flakes, apple slices, and cinnamon.

Note: If you do NOT want warm chia seed pudding, simply add the milk to your bowl of chia seeds. Stir until the chia seeds have absorbed the milk (about 3 to 5 minutes). Then top with coconut flakes, apples, and cinnamon.

MEAN GREEN WITH SUNFLOWER SEED PATE

Makes 2 servings

Feel free to use romaine lettuce, a collard leaf, a nori sheet, or your favourite wheat based or gluten free wrap as a wrap for this recipe.

Ingredients

Sunflower Seed Pate

- 1 cup sunflower seeds, soaked overnight
- 1 large tomato
- 1/4 bunch coriander
- 2 to 3 sundried tomatoes
- 3 tablespoons extra virgin olive oil
- 2 tablespoons tahini
- 2 lemons, juiced
- 1/4 tablespoon sea salt
- 1/4 tablespoon black pepper

Instructions

Drain the water from the sunflower seeds and place the seeds in a food processor or blender. Add the remaining ingredients and blend until smooth. Add 1 to 2 tablespoons of water to get desired consistency, if needed.

Pate Topping Options

- 1 cup cultured vegetables
- Sprouts of your choice
- Shredded carrots
- Shredded leftover chicken
- Canned salmon or smoked salmon

Instructions

To assemble your wrap, add 2 to 3 tablespoons of pate to your chosen wrap. Add desired toppings. Roll it up and enjoy.

ROASTED SUMMER VEGETABLES

Makes 3 to 4 servings

Ingredients

2 large red onions, roughly chopped into bite sized pieces
1 cup chopped zucchini
1 cup chopped pumpkin
1 cup chopped carrot
1 cup chopped red capsicum
2 cups chopped eggplant
1 tablespoon dried rosemary
1 tablespoon thyme
2 tablespoons coconut oil
1/2 tablespoon sea salt

Instructions

Preheat your oven to 180 degrees Celsius.

Add your chopped vegetables, rosemary, thyme, and coconut oil to a large mixing bowl. Toss until well coated. Spread your vegetables onto a roasting pan into a single layer. Roast the vegetables for 30 to 35 minutes. The vegetables should be browned and tender. Add sea salt and mix thoroughly.

Add your favourite protein on the side.

KALE IS KING

Ingredients

2 cups kale
1 1/2 cups water or non-dairy milk (coconut, hemp or almond milk)
1 cup frozen berries
1 teaspoon honey or 1-2 drops liquid stevia
1 teaspoon linseed ground
1 scoop of your favourite protein powder or a handful of nuts.

Instructions

Mix together in a blender.

SLAW BURRITO

Makes 2 servings

Ingredients

- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- 1 small red onion, thinly sliced

Burrito Dressing

- 1 avocado, chopped
- 1 lemon, juiced
- 2 teaspoons raw apple cider vinegar
- 2 tablespoons flax seed oil
- 1 large garlic clove, minced
- 1 tablespoon honey (optional)

Instructions

Start making your Burrito Dressing by adding your avocado to a mixing bowl. Use a fork to mash it until chunky. Add the remaining ingredients and mix until it's as smooth as you can get it. In your salad bowl, add the carrots, cabbage, and red onion. Mix with the Burrito Dressing and toss until well coated. Serve your slaw in a collard or lettuce leaf or your favourite wrap. The slaw dressing can be kept in the refrigerator for no longer than 1 to 2 days.

SWEET SUNSHINE

Ingredients

- 1 cup spinach or kale
- 1 handful of coriander
- 1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)
- 1/2 cup frozen berries
- 1 tablespoon coconut oil
- 1 tablespoon raw cacao
- 1/2 frozen banana

Instructions

Mix together in a blender.

ROMAINE MOMMA WITH MANGO-BASIL DRESSING

Makes 2 servings

Ingredients

2 heads romaine or cos lettuce, chopped
1 cup cherry tomatoes
1/2 cup coriander, chopped
1 cup chopped red pepper
1/4 cup chopped purple cabbage
1/2 cup chopped cucumbers
2 tablespoons pumpkin seeds

Mango-Basil Dressing

1 cup fresh mango, chopped
1 lime, juiced
5 to 6 basil leaves
1/2 cup extra virgin olive oil
pinch of sea salt
pinch of black pepper

Instructions

Add your dressing ingredients to a blender. Blend until smooth. Add to your salad. Top with your favourite protein. Cashew nuts are lovely on this.

SAUTÉED BROCCOLI AND CAULIFLOWER

Makes 3 to 4 servings

Ingredients

1 tablespoon coconut oil (add more as needed)
1 head broccoli, cut into florets
1 head cauliflower, cut into florets
1/2 tablespoon sea salt (add 1/4 tablespoon at a time)
1/2 cup chopped red capsicum
1/2 cup chopped onion
4 to 5 cloves garlic, minced
1 inch ginger, grated
1/2 lemon, juiced
1 teaspoon red chili flakes (optional)

Instructions

SAUTÉ BROCCOLI AND CAULIFLOWER. In a large sauté pan, add coconut oil. When the pan is hot, add broccoli and 1/4 tablespoon of sea salt. Sauté for 3 to 5 minutes until the broccoli turns a bright green. When the broccoli is done, remove from heat and transfer to a serving bowl. Repeat the process with the cauliflower.

SAUTÉ PEPPERS, ONION, GINGER, AND GARLIC. Once the broccoli and cauliflower have finished cooking, add a tablespoon of coconut oil to the pan. Toss in your red bell pepper and onion. Sauté until soft (about 3 minutes). Add the minced garlic and grated ginger for about 2 minutes. Remove from heat and pour the mixture over the broccoli and garlic. Toss in a bowl to mix the flavors. Top with lemon juice and red chili flakes (optional).

Grilled chicken, or steamed salmon are great accompaniments for this dish. For a vegetarian option you could lightly fry some tofu in olive oil with sea salt and a bit of nutritional yeast.

SUPERFOOD ENERGY

Ingredients

2 cups spinach
1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)
1/2 cup frozen mango
1 tablespoon ground linseed
1 teaspoon chia seeds
1 scoop protein powder or 1/2 banana + 1/4 cup cashews

Instructions

Mix together in a blender.

ANTIOXIDANT SUPREME WITH NUTRITIONAL YEAST DRESSING

Makes 2 servings

Ingredients

2 cups kale, thinly sliced
2 cups silverbeet, thinly sliced
1/2 bunch flat leaf parsley, chopped
1 green apple, chopped
2 tablespoons hemp seeds or sunflower seeds.

Nutritional Yeast Dressing

1/2 cup extra virgin olive oil
1/2 cup raw apple cider vinegar
3 heaping tablespoons of nutritional yeast (optional)
2 large garlic cloves, minced
1/4 tablespoon sea salt
1/4 tablespoon black pepper

Instructions

Add your salad dressing ingredients to a jar with a lid. Close and shake vigorously until well incorporated. In a separate bowl, add your salad ingredients. Top with the Nutritional Yeast Dressing and toss until well coated.

Serve with your favourite protein.

CHOCOLATE BERRY BOMB

Ingredients

1/2 cup frozen berries(fresh optional)
1 1/2 cups water or coconut, hemp or almond milk
2 cups spinach
handful of parsley
1 teaspoon raw cacao
1/2 teaspoon cinnamon
1 teaspoon honey or 1-2 drops liquid stevia
1 tablespoon unsweetened shredded coconut (optional topping)

Instructions

Mix together in a blender.

RAW CORN SALAD WITH SAUTÉED SALMON

Makes 4 to 5 servings

Corn Salad

Ingredients

6 ears of corn
1 cup chopped capsicum
1 jalapeño, diced (optional)
1 green onion, minced
1/2 bunch coriander, minced
1 teaspoon oregano
2 tablespoons extra virgin olive oil
sea salt to taste

Instructions

Pull away the green from each ear of corn. Make sure to remove the silks as well. Next, get a shallow bowl and place one ear of corn inside the bowl while holding the opposite end. Using a very sharp chef's knife, gently glide the knife down the ear of corn from the top to the end. Repeat until you can get as many kernels off the ear as possible.

Add the remaining ingredients to the corn kernels and mix thoroughly.

Sautéed Salmon

Ingredients

1-1.5 ounce can of salmon
1 tablespoon cumin powder
1 teaspoon paprika
1/2 teaspoon cayenne (optional)
1 teaspoon sea salt
1 to 2 tablespoons of coconut oil
1 onion, minced
1/2 cup red pepper
3 cloves of garlic, minced

Instructions

Open the can of salmon and dump out the water. Place the salmon in a mixing bowl and remove the large bone in the center of the fish. Use a fork to break up the fish into small pieces (as you may do with tuna fish salad). Add the cumin powder, paprika, cayenne (optional), and sea salt. Mix well.

Take a large sauté pan and add the coconut oil. When the pan is hot, add the onion and red pepper. Sauté until soft. Next, add the minced garlic and sauté until fragrant, but not burned (about 2 minutes). Finally, add the salmon and sauté until warmed through (about 3 to 5 minutes).

SCRAMBLED EGGS WITH SPINACH AND PEPPERS

Makes 2 servings

Ingredients

1 tablespoon coconut oil
1/2 cup chopped red capsicum
1 cup baby spinach
pinch of oregano
sea salt to taste
black pepper to taste
2 eggs, beaten

Instructions

Add your coconut oil to a hot skillet and allow it to melt. Add chopped red bell pepper and allow it to soften. After about 2 to 3 minutes, add baby spinach. The spinach should quickly wilt. Season with oregano, sea salt, and black pepper. Next, add the beaten eggs to the vegetables. Tilt the pan so the eggs spread out evenly. Use a rubber scraper or spatula to turn the eggs over so that they don't harden and burn. Scramble the eggs for 2 to 3 minutes to your desired consistency.

SPINACH DREAMS WITH TARRAGON MUSTARD DRESSING

Makes 2 servings

Ingredients

4 cups spinach
1/2 cup red capsicum, chopped
1/2 cup yellow capsicum, chopped
1 avocado, diced
2 tablespoons pumpkin seeds

Tarragon Mustard Dressing

1/2 cup extra virgin olive oil
1 tablespoon Dijon mustard
1 lemon, juiced
1 large garlic clove, minced
1 tablespoon dried tarragon
1/4 tablespoon sea salt
1/4 tablespoon black pepper

Instructions

Add your dressing ingredients to a jar with a lid. Close and shake vigorously until well incorporated. Add your salad ingredients to a separate serving bowl. Coat the salad with your dressing and serve.

About Michelle Yandle

Michelle Yandle is a Health and Nutrition Coach on her way to becoming a Clinical Nutritionist with The Holistic Performance Institute., She is also an international speaker with IISB, successful entrepreneur and two-time author with a focus on traditional diets for health, and nutrition coaching for Empowered Eating™.

Michelle has a bachelor degree from Dalhousie University, Halifax, a graduate degree in education from the University of Maine at Fort Kent, a graduate certificate from the school of Holistic Performance Nutrition and certificates in health and nutrition coaching from the Institute for Integrative Nutrition and Cadence Health in New Zealand.

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