



BUFFnation
40+ AND FABULOUS

Meat Kit



Say goodbye to long shopping lists, confusing recipes, and lots of waste at the end of the week. In The Buff Mom Meal Kit, we'll show you how to make simple, nutritious, and delicious dinners by combining a shortlist of key ingredients – just 7 in fact! We'll teach you what to prep at the start of the week and how to store it for a quick and easy dinner assembly. We even go through simple swap-outs for vegan or vegetarian eaters. This is our go-to method to cut through the nutrition overwhelm and focus on good clean eating quickly.

Staple Items

- | | | | |
|---------------------|-------------------|--------------------------------|--------------------|
| 1. Grilled Chicken | 3. Salmon | 5. Greens (spinach or lettuce) | 6. Rice or quinoa |
| 2. Hard-Boiled Eggs | 4. Sweet Potatoes | | 7. Grilled veggies |

Pantry Items

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Coconut aminos (if not gluten-free, you can use soy sauce) | <input type="checkbox"/> Liquid stevia (or honey or maple syrup) | <input type="checkbox"/> Salt |
| <input type="checkbox"/> Avocado (4) | <input type="checkbox"/> Lemon (1) | <input type="checkbox"/> Fresh basil | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Hummus (homemade or store-bought) | <input type="checkbox"/> Lime (1) | <input type="checkbox"/> Fresh cilantro or parsley | <input type="checkbox"/> Plain greek yogurt (or coconut yogurt if dairy-free) |
| <input type="checkbox"/> Peaches (4) | <input type="checkbox"/> Olive oil | <input type="checkbox"/> Fresh dill | <input type="checkbox"/> Salsa (½ cup) |
| <input type="checkbox"/> Zucchini (1 large) | <input type="checkbox"/> Garlic | <input type="checkbox"/> Chilli powder | Vegetarian Swaps: |
| <input type="checkbox"/> Green beans (2 cups) | <input type="checkbox"/> Onion - yellow (1) | <input type="checkbox"/> Cumin | <input type="checkbox"/> Tempeh |
| <input type="checkbox"/> Feta cheese (½ cup) | <input type="checkbox"/> Onion - red (1) | <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Firm tofu |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Paprika | <input type="checkbox"/> Dried oregano | <input type="checkbox"/> Black beans |
| | <input type="checkbox"/> Balsamic vinegar | <input type="checkbox"/> Garlic powder | |





Sunday Prep

CHICKEN

Prep. for grilling. You may brush with olive oil and season with salt and pepper or marinate in olive oil, lemon, garlic and fresh herbs or use your favourite low sugar marinade. Grill the chicken on the BBQ or in the oven. 4 oz of chicken is one serving per person. For each chicken meal, you will need approx. 4 servings or 16oz of chicken.

ROASTED VEGGIES AND SWEET POTATOS

Prep seasonal veggies by washing and cuttings into bite-size pieces. Brush with olive oil, place on a parchment-lined pan and roast at 400 ° F for approx. 20 to 30 min or until cooked. Slice sweet potatoes (4) into toast-like pieces about ½ inch wide. Place on a parchment-lined pan and bake at 400 ° F for 15-20 min until fork tender. Do not overcook or they will fall apart when used as toasts.

GRAINS

Bring 4 cups of water to a boil and add 2 cups of rice or quinoa. Simmer at low heat for about 10 minutes or until cooked.

HARD-BOILED EGGS

Fill a pot and bring to a boil. Gently add eggs. Let boil for 4 minutes for soft and 5 to 6 minutes for hard. Run under cold water to stop cooking.

SALMON

Brush salmon with olive oil, salt and pepper. Grill salmon on BBQ for a few minutes a side or bake in oven 450 ° F for approx. 15 minutes or until cooked.

STORAGE

Once your prepped ingredients have cooled, place food in air-tight containers. For the chicken and salmon, freeze what you're not using within the next three days, and pull out before use.

Recipes

Peach Almond Balsamic Chicken with Roasted Veggies

SERVES 4 · COOK TIME 15 MINS

Sweet peaches and tangy balsamic vinegar add a yummy twist to grilled chicken. You can swap the peaches for mangoes if peaches are out of season.

THE ESSENTIALS:

- 4 boneless, skinless chicken breasts, previously grilled
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- 1 small onion, chopped
- 4 peaches, sliced
- 2 Tbsp. balsamic vinegar
- ¼ cup fresh basil, thinly sliced
- ½ cup slivered or sliced almonds
- 4 cups roasted vegetables

THE HOW-TO'S:

1. Heat a large skillet over medium heat. Add 1 Tbsp. of olive oil.
2. Add garlic and onion to the skillet and saute for about 2 minutes.
3. Add the sliced peaches and cook until just softened about 5 minutes.
4. Pour in balsamic vinegar and simmer until slightly reduced 1-2 minutes.
5. Add chicken breasts to the skillet and stir to coat.
6. Sprinkle with basil and slivered almonds before serving.
7. Serve with roasted vegetables on the side.

Vegetarian option: Use slices of grilled firm tofu in place of the grilled chicken.





Chicken Burrito Bowl

SERVES 4 · COOK TIME 10 MINS

All the flavour of a burrito in a quick and satisfying bowl.

THE ESSENTIALS:

- 4 boneless, skinless chicken breasts, previously grilled
- 1 Tbsp. olive oil, divided
- 1 tsp. chilli powder (or more depending on desired spice level)
- 1 tsp. dried oregano
- ½ tsp. cumin
- ¼ tsp. garlic powder
- 2 cups cooked brown rice or quinoa
- 4 cups spinach, shredded
- 1 avocado, diced
- 2 cups summer roasted vegetables
- 4 Tbsp. cilantro or parsley, chopped
- ½ cup salsa

THE HOW-TO'S:

1. Dice grilled chicken breast into bite-size pieces
2. Heat a large skillet over medium heat. Add 1 Tbsp. of olive oil.
3. Add diced chicken, chilli powder, oregano, cumin and garlic powder and saute
4. for about 5 minutes until chicken is heated through.
5. Warm-up cooked brown rice or quinoa and roasted vegetables.
6. Into 4 bowls, divide chicken, spinach, rice or quinoa, avocado, roasted vegetables, cilantro or parsley. Top with a dollop of salsa.
7. Stir and enjoy!

Vegetarian option: Use diced grilled tofu, crumbled tempeh or black beans in place of the diced grilled chicken.

Lemon Dill Salmon and Quinoa Dinner

SERVES 4 · COOK TIME 10 MINS

Lemon and dill pair perfectly with salmon for this quick and easy light meal.

THE ESSENTIALS:

- Four 2-3 ounce pieces of salmon, baked or grilled and cut into large chunks.
- 2 cups quinoa, cooked
- ¼ cup olive oil
- ¼ cup lemon juice (approx. juice from 1 lemon)
- Zest of 1 lemon
- ½ tsp. salt
- ¼ tsp. pepper
- 3 Tbsp. fresh dill, chopped finely
- 2 cups of spinach, roughly chopped
- Green beans - ends trimmed

THE HOW-TO'S:

1. Whisk together olive oil, lemon juice, lemon zest, salt, pepper and fresh dill. Set aside.
2. Steam green beans in a pan over medium heat.
3. Heat a large skillet over medium heat.
4. Place cooked quinoa in the skillet. Sauté 1-2 minutes.
5. Add shredded spinach and ½ of lemon dressing. Sauté 1-2 minutes.
6. Add chunks of salmon and remaining lemon dressing. Heat through.
7. Do not overmix or salmon will crumble too much.

Vegetarian option: Use diced grilled tofu in place of the salmon chunks.





Salmon Kebabs with Herbed Coconut Yogurt

SERVES 2 · COOK TIME 20 MINS + marinating time

Rich in omega-3 fatty acids and high in B vitamins, this satisfying dish is an excellent source of protein.

THE ESSENTIALS:

- 2 small fresh wild salmon fillets
- 1 tsp. paprika
- 1 Tbsp. extra virgin olive oil
- Juice of ½ lime
- 1 tsp. coconut aminos (if not gluten-free, you can use soy sauce)
- pinch of cracked black pepper
- pinch of sea salt
- 1 medium zucchini

Herbed Coconut Yogurt

- 2 Tbsp. coconut yogurt (if not dairy-free, use plain Greek)
- A squeeze of lemon to taste
- 1 - 2 Tbsp. chopped fresh cilantro
- pinch of sea salt
- pinch of cracked black pepper

THE HOW-TO'S:

1. Cut the salmon into cubes. (If salmon is already prepped, begin at step 4.)
2. Mix the oil, lime, paprika, coconut aminos, salt and pepper in a small bowl.
3. Coat the salmon with the marinade and refrigerate for a minimum of one hour (overnight would be great).
4. Cut the zucchini into coins, or use a vegetable peeler to create "ribbons."
5. Prepare the yogurt dressing by mixing all the ingredients together in a bowl.
6. Thread the salmon onto metal skewers and intersperse with 2 to 3 pieces of zucchini or ribbons (folding them)
7. Alternate salmon with zucchini until the skewer is filled.
8. Baste each kebab with oil and cook on the grill for 2 to 3 minutes per side until the salmon is cooked through.
9. Serve with herbed coconut yogurt dressing a side salad.

Grilled Chicken and Strawberry Salad

SERVES 4 · COOK TIME 10 MINS

Fast and delicious, this will become one of your favourite go-to lunch or dinner salads. You can also swap out the strawberries for dried cranberries or fresh apples.

THE ESSENTIALS:

- 1 cup greens of your choice (spinach, romaine, spring mix)
- ⅛ cup chopped red onion
- ¾ cup raw almonds
- 2 cups strawberries, sliced (you can use apples or dried cranberries)
- ½ cup crumbled feta cheese
- 16 ounces of grilled chicken, cubed

Balsamic Dressing

- ¼ cup balsamic vinegar
- 3 Tbsp. extra-virgin olive oil
- 1 Tbsp. honey, maple syrup or 2 to 3 drops of liquid stevia
- ½ tsp. kosher salt
- ⅛ tsp. black pepper

THE HOW-TO'S:

1. Preheat the oven to 350 ° F.
2. Place the almonds on a parchment-lined baking sheet and bake for 8 to 10 minutes. Transfer to a cutting board and roughly chop.
3. Prepare the dressing according to the directions above.
4. Assemble the salad by placing the greens in a big serving bowl.
5. Add the strawberries and red onion, feta cheese and almonds. Coat with dressing and toss lightly to combine. Leftover dressing can be refrigerated for up to 5 days.

Balsamic Dressing

1. Whisk together all the ingredients until well combined.
2. You can also shake together in a mason jar with a tight-fitting lid.

Vegetarian option: Substitute hard-boiled eggs for the chicken.



Sweet Potato Toast with Avocado and Hard-Boiled Eggs

SERVES 4 · COOK TIME 2-5 MIN assembly

Fast and delicious, this will become one of your favourite go-to lunch or dinner salads. You can also swap out the strawberries for dried cranberries or fresh apples.

THE ESSENTIALS:

- 1 to 2 sweet potatoes (one potato is 4 servings)
- 2 to 4 ounces of hummus
- dash cayenne pepper
- 1 small avocado
- black pepper
- hard or soft boiled eggs (1 per serving)
- handful of greens

THE HOW-TO'S:

1. Preheat oven to 400 ° F. (Begin at step 5 if already prepped.)
2. Prep sweet potato by cutting off the ends and then slicing it lengthways, making slices that are 1/3 to 1/2 inch thick. (If you cut them too thin, they will be too soft for "toast".)
3. Place onto a parchment-lined baking sheet, and bake until tender – about 20 minutes or so. (You don't want them too soft).
4. Remove and allow to cool slightly.
5. You can then store in the fridge for later use, and warm in the toaster.
6. When ready to eat, top with hummus (optional), sliced avocado, greens, and a diced hard or soft boiled egg.

Buff Bowl

SERVES 2 · COOK TIME 2-5 MIN assembly

A yummy medley of all things nutritious in one big delicious bowl. Serve warm or cold.

THE ESSENTIALS:

- 1/2 cup grains (rice or quinoa)
- 2 cups of spinach
- 1 large avocado, sliced thinly
- 1 cup diced Sweet Potato
- 8 ounces grilled chicken
- 2 to 3 tablespoons of hummus
- 1/2 fresh lime

THE HOW-TO'S:

1. To assemble to bowls, divide grains between two bowls. Add spinach, sweet potatoes, grilled chicken and avocado.
2. Top with a few tablespoons of hummus and mix together.
3. Add a squeeze of lime for extra flavour

Vegetarian Option: Substitute crumbled tempeh or diced tofu for the chicken.

Chicken Burrito Bowl

SERVES 4 · COOK TIME 10 MINS

All the flavour of a burrito in a quick and satisfying bowl.

THE ESSENTIALS:

- 4 boneless, skinless chicken breasts, previously grilled
- 1 Tbsp. olive oil, divided
- 1 tsp. chilli powder (or more depending on desired spice level)
- 1 tsp. dried oregano
- ½ tsp. cumin
- ¼ tsp. garlic powder
- 2 cups cooked brown rice or quinoa
- 4 cups spinach, shredded
- 1 avocado, diced
- 2 cups summer roasted vegetables
- 4 Tbsp. cilantro or parsley, chopped
- ½ cup salsa

THE HOW-TO'S:

1. Dice grilled chicken breast into bite-size pieces
2. Heat a large skillet over medium heat. Add 1 Tbsp. of olive oil.
3. Add diced chicken, chilli powder, oregano, cumin and garlic powder and saute
4. for about 5 minutes until chicken is heated through.
5. Warm-up cooked brown rice or quinoa and roasted vegetables.
6. Into 4 bowls, divide chicken, spinach, rice or quinoa, avocado, roasted vegetables, cilantro or parsley. Top with a dollop of salsa.
7. Stir and enjoy!

Vegetarian option: Use diced grilled tofu, crumbled tempeh or black beans in place of the diced grilled chicken.

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THE ESSENTIALS:

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- 2 cups quinoa, cooked
- ¼ cup olive oil
- ¼ cup lemon juice (approx. juice from 1 lemon)
- Zest of 1 lemon
- ½ tsp. salt
- ¼ tsp. pepper
- 3 Tbsp. fresh dill, chopped finely
- 2 cups of spinach, roughly chopped
- Green beans - ends trimmed

THE HOW-TO'S:

1. Whisk together olive oil, lemon juice, lemon zest, salt, pepper and fresh dill. Set aside.
2. Steam green beans in a pan over medium heat.
3. Heat a large skillet over medium heat.
4. Place cooked quinoa in the skillet. Sautee 1-2 minutes.
5. Add shredded spinach and ½ of lemon dressing. Sautee 1-2 minutes.
6. Add chunks of salmon and remaining lemon dressing. Heat through.
7. Do not overmix or salmon will crumble too much.

Vegetarian option: Use diced grilled tofu in place of the salmon chunks.