



Fertility Friendly Summer Recipe Collection

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Hi Lovely,

Over the next few pages, you will find a collection of delicious recipes that will support your fertility. These recipes will keep you inspired and help you eat foods that are nutrient-dense, healthy and balanced.

How to Use

All of these recipes have been selected to support you, but you don't need to make them all at once. Start by adding a couple of these recipes into your normal meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, the ingredients and directions. Start by checking the ingredient list and prep anything in advance such as dicing vegetables. It is also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Cook once, eat multiple times!

Most leftovers can last about three days in the fridge, so maximise your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.





Creamy Mango Green Smoothie

1 serving

5 minutes

Ingredients

1 Mango (peeled, chopped)
1/16 head Green Lettuce (separated into leaves and washed)
1 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yoghurt
1/4 tsp Cardamom (ground)

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yoghurt instead of Greek yoghurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavour: Add protein powder, chia seeds, hemp seeds, or ginger.



Pineapple Kiwi Smoothie

1 serving

5 minutes

Ingredients

1 cup Pineapple (chopped, fresh or frozen)

1 Kiwi (peeled)

1/16 head Green Lettuce (separated into leaves and washed)

1 cup Unsweetened Almond Milk

1/2 cup Plain Greek Yoghurt

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yoghurt instead of Greek yoghurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavour: Add protein powder, chia seeds, hemp seeds, honey, or mango.



Strawberry & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yoghurt
1 cup Frozen Strawberries
1/2 Banana (frozen)
2 tbsps All Natural Peanut Butter

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Dairy-Free: Use dairy-free yoghurt like coconut yoghurt.

Nut-Free: Use sunflower seed butter.

More Protein: Add collagen or protein powder.

More Fibre: Add frozen cauliflower, ground flax, and/or chia seeds.



Strawberry Overnight Oats

2 servings

8 hours

Ingredients

1/2 cup Oats
1/2 cup Unsweetened Almond Milk
1/2 cup Strawberries (chopped, plus extra to garnish)
1/4 cup Unsweetened Coconut Yoghurt
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with additional strawberries, if using. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Coconut Yoghurt: Use Greek yoghurt or plain cow's milk yoghurt instead.



Cashew Butter & Jelly Overnight Oats

2 servings

8 hours

Ingredients

1 cup Plain Greek Yoghurt
1/2 cup Oats
3 tbsps Unsweetened Almond Milk
2 tsps Chia Seeds
2 tsps Maple Syrup
2 tbsps Cashew Butter
2 tbsps Raspberry Jam
1/3 cup Raspberries

Directions

- 1 In a bowl, add the yoghurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 2 Lightly fold in the cashew butter and jam to the yoghurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

Notes

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

Serving Size: One serving is roughly 1 1/2 cups.

Dairy-Free: Use coconut yoghurt or other non-dairy yoghurt.

Additional Toppings: Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

No Almond Milk: Use cow's milk or any other milk alternative.



Yoghurt Stuffed Papaya

1 serving
10 minutes

Ingredients

1 cup Papaya (medium)
3/4 cup Plain Greek Yoghurt
2 tbsps Granola
2 tbsps Cashew Butter
1/4 cup Raspberries
1/4 cup Blueberries

Directions

- 1 Cut the papaya in half lengthwise and remove the seeds.
- 2 Plate the papaya and fill it with yoghurt, granola, cashew butter, and berries. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Store the papaya in the fridge for up to a week and add the toppings just before enjoying.

Papaya: Half of a medium papaya is approximately equal to one cup of papaya.

Serving Size: One serving is equal to half of a papaya with toppings.

Dairy-Free: Use coconut yoghurt or other non-dairy yoghurt.

Nut-Free: Use sunflower seed butter instead of cashew butter.

Additional Toppings: Top with maple syrup, chia seeds, hemp seeds, and/or pumpkin seeds.



Chia Seed Breakfast Popsicles

6 servings

5 hours

Ingredients

- 1 cup Plain Greek Yoghurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

Directions

- 1 In a medium sized mixing bowl, combine the yoghurt, almond milk, honey, and chia seeds. Mix well.
- 2 Fill popsicle moulds about 1/4 of the way with the yoghurt mixture then drop in the fruit. Spoon more of the yoghurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 3 Sprinkle the granola into the moulds to cover the yoghurt and fruit, and press down with a spoon so that it gets incorporated with the yoghurt mixture.
- 4 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

Notes

Vegan: Use unsweetened coconut yoghurt and replace honey with maple syrup.

Mix it Up: Use any fruit that is in season, or any fruit that you have on hand.



Chocolate & Strawberry Yoghurt Bark

10 servings

8 hours

Ingredients

2 cups Plain Greek Yoghurt
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/2 cup Strawberries (sliced)
21 grams Dark Chocolate (chopped)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Stir the yoghurt, maple syrup, and vanilla extract together in a bowl. Pour the mixture onto the baking sheet and evenly spread it out.
- 3 Top with the sliced strawberries and dark chocolate. Set in the freezer overnight. Break apart and enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month. Best served immediately from the freezer.

Serving Size: One serving is equal to approximately 1/4 cup.

Dairy-Free: Use coconut yoghurt instead of Greek yoghurt.

More Flavour: Add peanut butter to the yoghurt.



Peanut Butter & Blueberry Frozen Yoghurt Bark

4 servings

4 hours 5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 tbsp Honey
- 3 tbsps All Natural Peanut Butter
- 1/2 cup Blueberries

Directions

- 1 Line a baking sheet with parchment paper and mix the yoghurt and honey together. Spread the yoghurt mixture evenly onto the lined baking sheet.
- 2 Using a spoon, add dollops of peanut butter to the yoghurt mixture. Using a toothpick, gently swirl the peanut butter into the yoghurt mixture. Top with blueberries.
- 3 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to one month.

Serving Size: One serving is equal to approximately 1/2 cup.

Dairy-Free: Use coconut yoghurt instead of Greek yoghurt.

More Flavour: Add chocolate chips or melted chocolate.

No Honey: Use maple syrup instead.

No Blueberries: Use other berries or banana instead.



Strawberry Basil Agua Fresca

2 servings

5 minutes

Ingredients

2 cups Strawberries (stems removed,
plus more for garnish)
2 cups Water
1 Lime (juiced)
1 tbsp Maple Syrup
2 tbsps Basil Leaves
12 Ice Cubes

Directions

- 1 Add the strawberries, water, lime juice, maple syrup, and basil to a blender and blend until smooth.
- 2 Divide the ice cubes into cups. Pour the blended beverage into cups and enjoy!

Notes

Leftovers: Refrigerate in a glass bottle or pitcher for up to three days.

No Maple Syrup: Use raw honey or coconut sugar.

Make it Sparkling: Use some sparkling water to top off your agua fresca.

Make it Smoother: Strain before serving.



Watermelon Gazpacho

4 servings

15 minutes

Ingredients

- 1/4 Seedless Watermelon (medium, diced into cubes)
- 1 Red Bell Pepper (chopped)
- 1 Tomato (medium, chopped)
- 1/2 Cucumber (medium, chopped)
- 1/4 cup Red Onion (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Fresh Dill
- 1 tsp Apple Cider Vinegar
- 1 tsp Sea Salt

Directions

1

In a food processor or blender, add all the ingredients and process until mostly smooth. Serve into bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

More Flavour: Top with feta cheese and serve with toasted bread.



Prawn Ceviche

3 servings

5 minutes

Ingredients

340 grams Prawns, Cooked (chopped)
1 Tomato (large, diced)
1 Avocado (diced)
1/3 Jalapeno Pepper (seeds removed, finely chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Fresh Coriander (finely chopped)
2 tbsps Lemon Juice
1/2 tsp Sea Salt

Directions

1

Mix all the ingredients together in a medium bowl. Adjust the seasoning to your taste and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2/3 cup ceviche.

More Flavour: Add cucumber.

No Lemon Juice: Use lime juice instead.

No Jalapeno: Omit or use chilli flakes.

Serve it With: Serve over tostadas or with tortilla chips.



Lentil Chickpea Salad

4 servings

30 minutes

Ingredients

- 1 cup Green Lentils (cooked, drained)
- 2 cups Chickpeas (cooked, drained)
- 1/2 cup Red Onion (small, diced)
- 1 Red Bell Pepper (medium, diced)
- 1 Tomato (large, diced)
- 1/4 cup Parsley (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps White Wine Vinegar
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

Directions

- 1 Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
- 2 Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

Additional Toppings: Feta cheese, olives, fresh dill.

No White Wine Vinegar: Use red white vinegar, apple cider vinegar, or lemon juice.



Radicchio & White Bean Salad

3 servings
15 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 2 Garlic (cloves, minced)
- 3 cups Radicchio (thinly sliced)
- 3 stalks Celery (sliced)
- 1/2 cup Red Onion (sliced)
- 1 cup Cannellini Beans (drained, rinsed)
- 1/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)

Directions

- 1 Whisk the oil, vinegar, and garlic in a small bowl to combine. Set aside.
- 2 In a large bowl, add the radicchio, celery, onion, beans, parsley, salt, and pepper. Pour the dressing on top and toss to combine. Pour the lemon juice all over and toss again.
- 3 To serve, divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Additional Toppings: Feta cheese, goat cheese, fresh herbs.

Meal Prep: To meal prep, combine all the salad ingredients and store the dressing separately. Add the dressing when ready to enjoy.



Honey Mustard Lentil Salad

2 servings

5 minutes

Ingredients

1 tbsp Whole Grain Mustard
1 tbsp Lemon Juice
1 tbsp Honey
1/4 tsp Sea Salt
2 tbsps Shallot (thinly sliced)
1 1/4 cups Lentils (cooked)
1 1/2 cups Baby Spinach

Directions

- 1 In a mixing bowl, whisk together the mustard, lemon juice, honey, and salt.
- 2 Gently toss in the shallots, lentils, and spinach until well incorporated. Divide onto plates and enjoy!

Notes

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

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

More Flavour: Add a splash of olive oil and mixed herbs.

Additional Toppings: Enjoy with croutons, seeds, nuts and/or goat cheese.



Za'atar Roasted Haddock

2 servings

14 minutes

Ingredients

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 tbsp Za'atar Spice
1 tbsp Ground Sumac (divided)
1/3 Cucumber (large, diced)
1 Tomato (large, diced)
1 cup Radishes (diced)
1 1/2 tsps Lemon Juice

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Season the haddock with salt and pepper. Mix together the za'atar spice and half of the sumac and add it to the fish fillet.
- 3 Bake for eight to 10 minutes or until the haddock fillets are cooked through and flake easily with a fork.
- 4 As your fish cooks, mix together the cucumber, tomato, and radishes. Add lemon juice and remaining of the sumac. Season with salt and pepper.
- 5 Divide the salad evenly between plates, top with the haddock and enjoy!

Notes

Leftovers: Refrigerate the haddock and salad separately in airtight containers for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup salad and one fish fillet.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

Make it Spicy: Sprinkle chili flakes on the fish.

Additional Toppings: Add chopped parsley to the salad.



Nicoise Salad

4 servings
30 minutes

Ingredients

- 2 1/2 cups Mini Potatoes (halved)
- 3 cups Asparagus (trimmed)
- 2 tbsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Fresh Dill (chopped, plus extra for optional garnish)
- Sea Salt & Black Pepper (to taste)
- 1 can Tuna (drained)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1 cup Radishes (quartered)
- 1 Avocado (sliced)
- 1/3 Cucumber (medium, sliced)
- 1/3 cup Red Onion (sliced)

Directions

- 1 In a medium pot, add the potatoes and cover them with cold water. Bring to a boil and cook for ten minutes or until fork-tender. Drain the potatoes and transfer them immediately to an ice bath to cool down.
- 2 Set the asparagus in a steaming basket over boiling water and cover. Steam for about three to five minutes or until fork tender. Transfer them immediately to an ice bath to cool down.
- 3 In a small bowl, combine the lemon juice, oil, and dill. Season with salt and pepper.
- 4 Arrange the tuna, cherry tomatoes, radishes, avocado, cucumber, cooked potatoes, and asparagus on a serving platter. Top with red onion and garnish with extra dill if using. Spoon the dressing on top and enjoy!

Notes

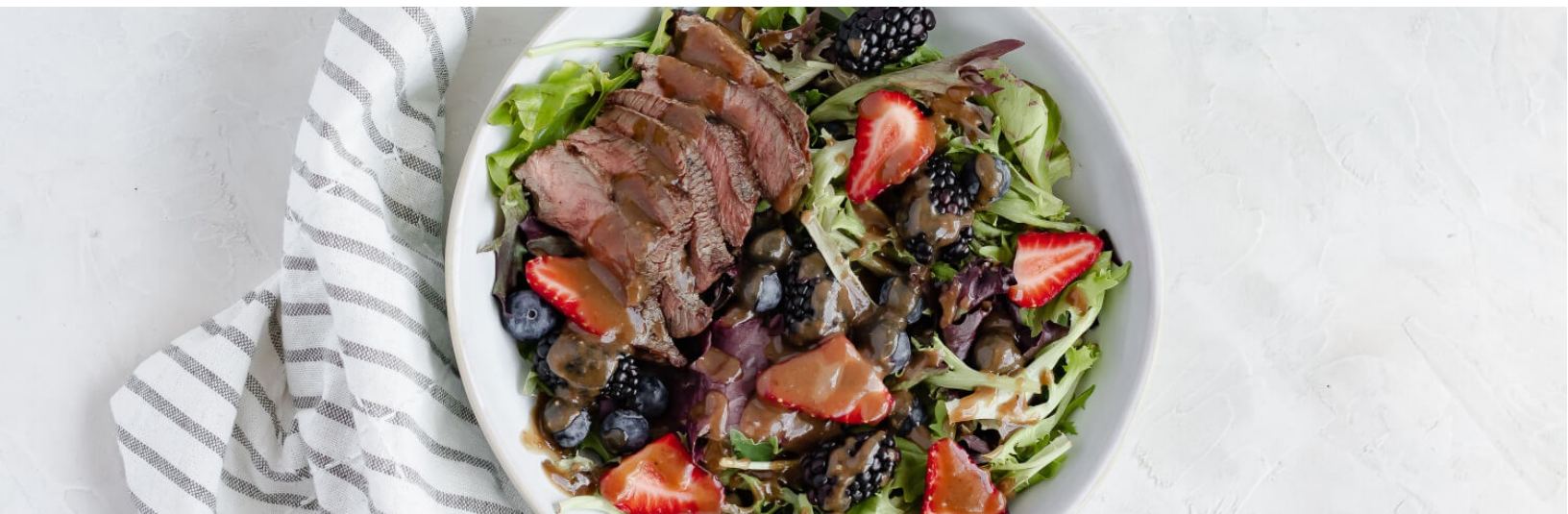
Leftovers: Refrigerate the dressing and salad separately in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 2 1/2 cups salad.

More Flavour: Add mustard to the dressing.

Different Varieties: Nicoise salad has many different varieties. You can add boiled egg, olives, green beans, and lettuce. You can also omit ingredients like avocado or radishes.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Steak & Berry Salad

1 serving
20 minutes

Ingredients

113 grams Top Sirloin Steak
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
2 cups Mixed Greens
1/4 cup Strawberries (halved)
1/4 cup Blueberries
1/4 cup Blackberries
2 tbsps Balsamic Vinaigrette

Directions

- 1 Preheat the grill to medium-high heat. Season the steak with salt and pepper. When ready to grill, brush the oil onto the grates.
- 2 Grill the steak for five to six minutes per side or until cooked to your liking. This timing will depend on how thick your steak is and the doneness you desire.
- 3 Let the steak rest for five minutes before slicing. Meanwhile, add the mixed greens, strawberries, blueberries, and blackberries to a bowl.
- 4 Top with the sliced steak and balsamic vinaigrette. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the mixed greens, berries, and steak together. Add the dressing just before serving.

Additional Toppings: Goat cheese, pecans, walnuts, and/or sliced almonds.



Pineapple Salmon Skewers

2 servings
15 minutes

Ingredients

298 grams Salmon Fillet (cut into 1-inch cubes)
2 cups Pineapple (cut into 1-inch cubes)
4 Barbecue Skewers
2 tbsps Extra Virgin Olive Oil
1 tbsp Honey
1 tbsp Lemon Juice
2 Garlic (cloves, minced)
1 tsp Ginger (fresh, grated)
1/2 tsp Red Pepper Flakes
Sea Salt & Black Pepper (to taste)
1 stalk Spring Onion (optional, garnish)

Directions

- 1 Thread the salmon and pineapple onto the skewers.
- 2 In a small bowl, whisk together the oil, honey, lemon juice, garlic, ginger, red pepper flakes, sea salt, and pepper. Brush the marinade onto the skewers.
- 3 Grill the skewers for eight to ten minutes, or until the salmon is cooked through. Garnish with sliced spring onion and enjoy!

Notes

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

Serving Size: One serving is equal to two 10-inch skewers.

More Flavour: Add paprika and garlic powder to the marinade.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Grill: Bake the skewers in the oven at 400°F (205°C) for ten minutes or until the salmon is cooked through.



Broccoli & Radish Side Salad

2 servings
20 minutes

Ingredients

2 cups Broccoli (cut into small florets)
1 cup Radishes (thinly sliced)
1/4 cup Red Onion (finely chopped)
1/4 cup Italian Dressing
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add broccoli, radishes, red onion, and the dressing into a medium bowl and mix well. Add salt and pepper and adjust the seasoning to your taste.
- 2 Cover the bowl and let it sit in the fridge for at least 15 minutes so the flavors blend together.
- 3 Divide the salad between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 2/3 cups salad.

Additional Toppings: Fresh herbs, dried cranberries, nuts, and/or seeds.



Lemon & Mint Edamame Salad

1 serving
5 minutes

Ingredients

1 cup Frozen Edamame (thawed)
1/4 Cucumber (quartered, sliced)
2 tbsps Parmigiano Reggiano
1 tbsp Hemp Seeds
1 tbsp Mint Leaves
1 tbsp Lemon Juice
1 1/2 tps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients to a bowl and toss to combine. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cup of salad.

Dairy-Free: Substitute parmesan for nutritional yeast or plant-based cheese.



Sea Salt & Lemon Cabbage Slaw

4 servings

10 minutes

Ingredients

- 4 cups Purple Cabbage (thinly sliced)
- 1 Lemon (large, juiced)
- 1/2 tsp Sea Salt (flakey)

Directions

1

Add all of the ingredients to a bowl and massage the lemon juice and salt into the cabbage to soften it. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Sliced spring onions, fresh herbs, and/or garlic.



Veggie Snack Plate

2 servings

5 minutes

Ingredients

- 2 stalks Celery (cut into sticks)
- 1 Carrot (medium, peeled and cut into sticks)
- 1/2 Red Bell Pepper (medium, cut into sticks)
- 1/4 Cucumber (sliced)

Directions

- 1 Place the vegetables on a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serve it With: Hummus, guacamole, or your favorite dip.



Carrot & Mixed Bean Salad with Tahini Dressing

4 servings

15 minutes

Ingredients

- 1/2 cup Tahini
- 1 1/3 tbsps Maple Syrup
- 3 tbsps Apple Cider Vinegar (to taste)
- 1/4 cup Water
- 2 cups Mixed Beans (cooked)
- 2 stalks Celery (sliced)
- 4 Tomato (small, chopped)
- 1 Carrot (large, shredded)
- 1 Avocado (chopped)
- 1/3 cup Chives (chopped, flowers optional)

Directions

- 1 In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
- 2 Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavour: Add salt and pepper to taste.



Edamame Hummus & Veggies

3 servings

5 minutes

Ingredients

2 cups Frozen Edamame (thawed, plus extra for garnish)
1/2 cup Hummus
3 tbsps Water
1 tbsp Extra Virgin Olive Oil (optional, for garnish)
1 tsp Sesame Seeds (optional, for garnish)
1 1/2 cups Broccoli (cut into small florets)
1 1/2 cups Radishes (quartered)

Directions

- 1 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 2 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

Notes

Leftovers: Refrigerate the edamame hummus in an airtight container for up to four days.
Serving Size: One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.
More Flavour: Add fresh herbs like mint or dill.
Make it Spicy: Add chilli flakes or cayenne powder.



Mango & Black Bean Quinoa Salad

4 servings
23 minutes

Ingredients

1/2 cup Quinoa (uncooked)
2 cups Black Beans (cooked)
1/2 cup Red Onion (diced)
1 Mango (peeled, diced)
2 cups Baby Spinach (chopped)
1/4 cup Fresh Coriander (chopped)
2 tbsps Lime Juice
1 tbsp Extra Virgin Olive Oil
1/4 tsp Cumin
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.



Apple & Beet Quinoa Salad

4 servings
25 minutes

Ingredients

1/2 cup Quinoa (uncooked)
1 Apple (julienned)
2 Beet (small, peeled, grated)
2 Carrot (small, peeled, grated)
1 cup Kale Leaves (chopped)
1/3 cup Dried Unsweetened Cranberries
1/4 cup Orange Juice
2 tbsps Apple Cider Vinegar
1 tbsp Dijon Mustard
2 tbsps Hemp Seeds
1/2 tsp Sea Salt

Directions

- 1 Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

Make it a Meal: Serve with your favorite protein on top.



Chilean-Style Salad

3 servings

10 minutes

Ingredients

3 Tomato (cut into wedges)
1/2 cup Red Onion (thinly sliced)
2 tbsps Fresh Coriander (finely chopped)
2 tbsps Extra Virgin Olive Oil
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

Directions

1 Add all of the ingredients to a bowl and toss to combine. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of salad.

Make it a Meal: Top with your favorite protein.

Additional Toppings: Chili flakes, crumbled cheese, fresh parsley.



One Pan Prawn & Asparagus with Feta

4 servings
15 minutes

Ingredients

227 grams Prawns (peeled, deveined)
4 cups Asparagus (trimmed, chopped)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, sliced)
1/2 cup Red Onion (sliced)
2 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)
1/2 cup Pitted Kalamata Olives
1/4 cup Feta Cheese (crumbled)
1/3 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Toss together the prawns, asparagus, oil, garlic, red onion, and lemon juice on the baking sheet. Season with salt and pepper and bake for ten minutes, or until the prawns are cooked through and the asparagus is tender. Remove from heat.
- 3 Top the prawns and asparagus with olives, feta cheese, and parsley. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

Dairy-Free: Omit the feta cheese or use plant-based feta instead.

More Flavour: Season the prawns and asparagus with oregano and paprika before baking.

Additional Toppings: Serve over rice with hummus and tzatziki.



Strawberry Salsa

3 servings
10 minutes

Ingredients

2 1/4 cups Strawberries (stems removed, finely diced)
1/3 cup Red Onion (finely diced)
1/2 Jalapeno Pepper (seeds removed, finely diced)
2 tbsps Fresh Coriander (finely chopped)
1 Lime (juiced)
1/8 tsp Sea Salt (to taste)

Directions

- 1 Add all of the ingredients to a bowl and mix to combine. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2/3 cup.

Serve it With: Tortilla chips, crackers, on sandwiches, wraps, burgers, on top of chicken, fish or beef.



Strawberry Lime Popsicles

6 servings

6 hours

Ingredients

3 cups Strawberries (stems removed)
1 Lime (large, juiced)
2 tbsps Maple Syrup
1 tbsp Chia Seeds

Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

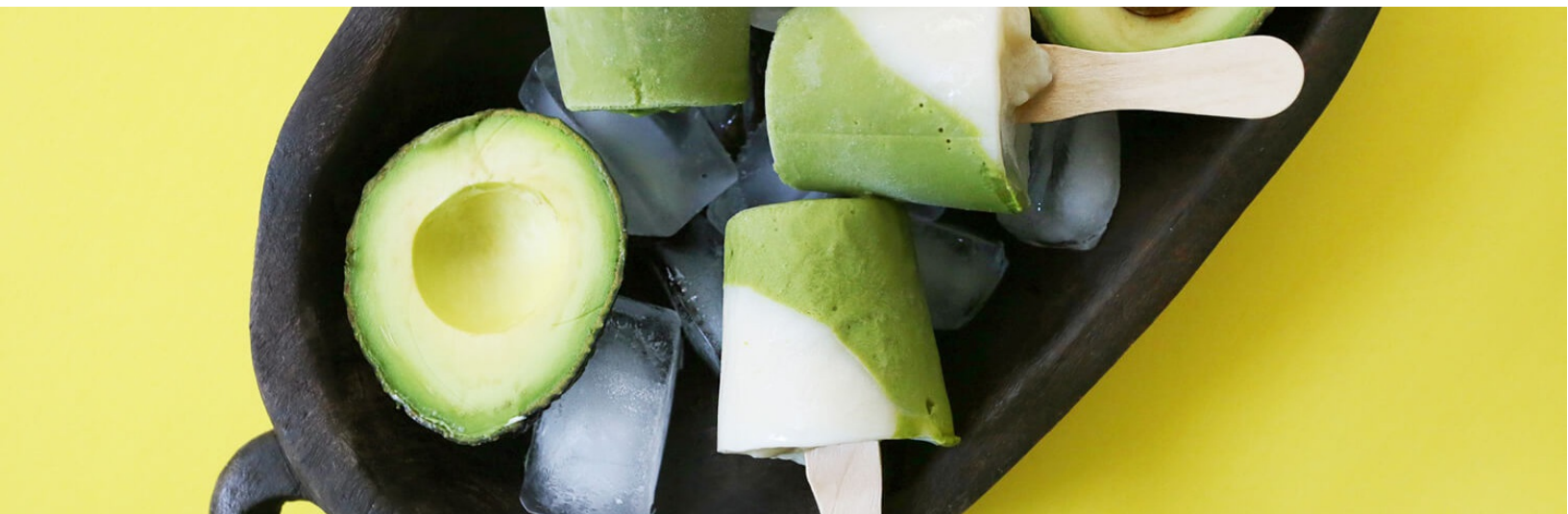
Leftovers: Keep frozen popsicles in an airtight container in the freezer for up to one month.

Serving Size: One serving is one popsicle.

No Lime: Use lemon juice.

No Maple Syrup: Use raw honey.

No Popsicle Molds: Use paper cups with popsicle sticks instead.



Creamy Avocado Popsicles

8 servings

4 hours

Ingredients

2 Avocado (peeled and pitted)
1/4 cup Raw Honey
1 cup Unsweetened Almond Milk

Directions

- 1 Blend all ingredients in a food processor or blender until smooth.
- 2 Pour into 3 ounce cups and insert popsicle sticks in the middle.
- 3 Place in freezer for 4 hours or until completely frozen. Enjoy!

Notes

Get the Layered Look: Fill bottom half of cup with avocado mixture and top half with almond milk. Insert popsicle sticks and freeze. For diagonal layering, angle cups in an ice tray and freeze avocado layer first. Before avocado freezes completely, insert sticks. Add almond milk layer after avocado completely frozen.

No Almond Milk: Use coconut or cashew milk instead.

Matcha Lover: Add matcha powder to the avocado mix.



Blueberry Coconut Yoghurt Popsicles

7 servings

5 hours

Ingredients

1 1/2 cups Frozen Blueberries
1 cup Unsweetened Coconut Yoghurt
1/4 cup Plain Coconut Milk
(unsweetened from the carton)
1 tbsp Maple Syrup

Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into three ounce paper cups and insert popsicle sticks in the middle.
- 3 Place in the freezer for four to five hours or until completely frozen. Remove from the paper cup and enjoy!

Notes

Serving Size: One serving is equal to one popsicle.

Additional Toppings: Add chia seeds or hemp seeds before blending.

No Maple Syrup: Use raw honey.

No Paper Cups: Use popsicle molds.



Blackberry Protein Popsicles

6 servings

6 hours

Ingredients

2 cups Blackberries
1 cup Plain Greek Yoghurt
1/3 cup Unsweetened Almond Milk
1 tbsp Maple Syrup
1/4 cup Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container in the freezer for up to one month.

Serving Size: One serving is one popsicle.

Dairy-Free: Use coconut yoghurt instead.

No Popsicle Molds: Use paper cups with popsicle sticks instead.

No Blackberries: Use blueberries, strawberries, cherries or raspberries or a mix of these!