



Fertility Recipe Collection

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Hello 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.

Disclaimer

These recipes are not intended to treat, diagnose or replace medical advice. Please consult your GP should you need further professional medical guidance.





Tahini Green Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Water
- 1 1/2 cups Baby Spinach
- 1/4 Avocado
- 1/4 Courgette (diced, frozen or fresh)
- 1/2 Banana (frozen)
- 1 tbsp Tahini
- 1 tsp Ginger (fresh)
- 1 tbsp Chia Seeds

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Protein: Add a scoop of protein powder or collagen. We recommend Supernova Living protein powders.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Fresh Ginger: Use a pinch of dried ginger instead.

No Chia Seeds: Omit or use flax seeds instead.

Extra Creamy: Replace the fresh avocado with cubed, frozen avocado.



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Plain Coconut Milk (unsweetened)
- 1/2 Courgette (chopped, frozen or fresh)
- 1/4 cup Baby Spinach (frozen or fresh)
- 1/2 cup Frozen Berries
- 1/4 Avocado
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or peanut butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yoghurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Coconut Yoghurt Chia Pudding

1 serving
30 minutes

Ingredients

- 1/2 cup Unsweetened Coconut Yoghurt
- 3 tbsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 cup Frozen Strawberries
- 1 1/2 tbsps Almond Butter

Directions

- 1 In a medium-sized bowl, add the yoghurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes, until thickened.
- 3 Remove from the fridge and stir in the almond butter. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 cup of chia pudding.

Nut-Free: Use tahini and coconut milk instead of almond butter and almond milk.

More Flavour: Add a pinch of cinnamon or vanilla.

Likes it Sweeter: Add a drizzle of honey or maple syrup.

No Coconut Yoghurt: Use regular yoghurt or Greek yoghurt.



Strawberry Tahini Overnight Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats
- 3/4 cup Plain Coconut Milk (from the carton)
- 2 tbsps Chia Seeds
- 2 tbsps Tahini
- 1/8 tsp Cinnamon
- 1/2 cup Strawberries (halved)

Directions

- 1 Add the oats, milk, chia seeds, tahini, cinnamon, and strawberries to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and enjoy!

Notes

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

No Coconut Milk: Use another dairy-free milk.

No Tahini: Use any other nut or seed butter instead.

Likes it Sweeter: Add a drizzle of maple syrup or other sweetener.



Avocado & Smoked Salmon Omelette

1 serving
10 minutes

Ingredients

- 2 Egg
- 1/2 tsp Extra Virgin Olive Oil
- 28 grams Smoked Salmon
- 1/4 Avocado (sliced)
- 1 tbsp Chives (optional, chopped)

Directions

- 1 In a bowl, whisk the eggs.
- 2 Heat the oil in a pan over medium heat. Pour the eggs into the pan and cook until mostly set, about one to two minutes. Flip over and cook for another 30 seconds.
- 3 Transfer the omelette to a plate and top with the smoked salmon, avocado, and chives (optional). Enjoy!

Notes

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

Additional Toppings: Sea salt, black pepper, capers, red onions, basil, dill, spring onions, yoghurt or goat cheese.

Make it Fluffy: For a fluffier omelette, add a splash of milk to the eggs while whisking.



Turkish Eggs

2 servings
10 minutes

Ingredients

- 2 Egg
- 1 cup Plain Greek Yoghurt (room temperature)
- 1 Garlic (clove, minced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Chilli Flakes
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Mint Leaves (torn)

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for seven minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water. Once cooled, peel the shell.
- 2 In a small bowl, mix together the yoghurt and garlic. Divide onto plates evenly.
- 3 In a small pan, over low medium-low heat, pour in the oil and chilli flakes and heat until just warmed.
- 4 Slice the eggs open down the middle and divide onto plates on top of the yoghurt. Drizzle the oil mixture over top and season with salt and pepper. Garnish with mint. Enjoy!

Notes

Leftovers: This is best enjoyed at room temperature immediately after making. Store leftover eggs peeled but not sliced in the fridge for up to three days.

Dairy-Free: Use a plain dairy-free yoghurt -try Nush almond yoghurt or Coco natural coconut yoghurt.

Poached Eggs: Rather than a soft-boiled egg, make a poached egg.

No Mint: Use another fresh herb such as parsley, or omit.



Kimchi & Kale Scrambled Eggs

2 servings
10 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 6 Egg (whisked)
- 2 cups Kale Leaves (tough stems removed, finely chopped, packed)
- 1/4 cup Water
- 1 cup Kimchi (drained)

Directions

- 1 Heat the oil in a pan over medium-high heat.
- 2 Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
- 3 Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
- 4 Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavour: Season with fresh herbs, salt, and pepper to taste.

Additional Toppings: Spring onions, avocado, chives, chilli flakes, or mushrooms.



Roasted Red Pepper Lentil Dip

6 servings

20 minutes

Ingredients

1/2 cup Dry Red Lentils (rinsed well)
2 cups Water
120 grams Roasted Red Peppers (from the jar)
2 tbsps Lemon Juice
1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Tahini
1 Garlic (small, minced)
1/2 tsp Sea Salt

Directions

- 1 Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
- 2 Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
- 3 Serve chilled and enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup of dip.

More Flavour: Add chilli flakes for a spicier dip.

Serve it With: Veggies, crackers or flatbread.

No Store-Bought Peppers: Roast your own red peppers instead.



Classic Guacamole

5 servings
15 minutes

Ingredients

- 4 Avocado (pit removed)
- 3 tbsps Fresh Coriander (finely chopped)
- 2 Garlic (cloves, minced)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 1/4 cup Red Onion (chopped)
- 2 Tomato (diced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
- 2 Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

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

Serving Size: One serving is roughly 1/4 cup of guacamole.

Additional Toppings: Chilli flakes or cayenne pepper for some heat.

Serve it With: Tortilla chips, on top of tacos, crackers, with vegetables or on top of salad.



Olive & Tahini Plate

1 serving
5 minutes

Ingredients

- 2 tbsps Tahini
- 2 tbsps Water
- 1/8 tsp Sea Salt
- 1/2 Tomato (cut into wedges)
- 1/4 Cucumber (sliced)
- 1/3 cup Black Olives

Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Notes

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

More Flavour: Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings: Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.



Mediterranean Goddess Bowl

4 servings
25 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 4 cups Baby Spinach
- 1 tbsp Tahini
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Oregano
- 1/2 tsp Black Pepper
- 1/2 Lemon (juiced)
- 1 Tomato (diced)
- 1/4 cup Red Onion (finely diced)
- 1 Cucumber (diced)
- 1/2 cup Parsley (finely chopped)
- 1 cup Hummus
- 1 tbsp Chilli Powder

Directions

- 1 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 2 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 3 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 4 Divide quinoa between bowls, top with sautéed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chilli powder. Drizzle with desired amount of dressing. Enjoy!

Notes

On-the-Go: Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.



Mediterranean Tuna Pasta Salad

4 servings
15 minutes

Ingredients

2 cups Brown Rice Fusilli, Cooked
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 tbsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Green Olives (sliced)
1/2 cup Sun Dried Tomatoes (sliced)
1 can Tuna (drained and flaked)
8 cups Rocket
1/4 cup Hemp Seeds

Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, rocket, hemp seeds and dressing until will combined. Divide between plates and enjoy!

Notes

Vegan: Use chickpeas or lentils instead of tuna.

Leftovers: Keeps well in the fridge up to 3 days.



Peanut Butter Curry Chickpea Stew

4 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Cinnamon
- 1 tbsp Turmeric
- 1/4 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Courgette (sliced)
- 2 Carrot (medium, peeled and sliced)
- 4 cups Chickpeas (cooked)
- 1 Lime (juiced)
- 1/4 cup Fresh Coriander (chopped)

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, courgette, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and coriander. Divide into bowls, and top with more coriander if desired. Enjoy!

Notes

Leftovers: Store in the fridge up to 4 days or freeze.

Serving Size: One serving is approximately 2 cups.



Moroccan Chickpea Stew

4 servings
20 minutes

Ingredients

- 1/2 cup Vegetable Stock
- 2 Yellow Onion (medium, diced)
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 tsps Sea Salt
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 3 Tomato (large, diced)
- 1/2 cup Parsley
- 1/3 cup Pitted Dates (chopped)

Directions

- 1 Add the stock and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 2 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 3 Divide between 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 of stew.

More Flavour: Add fresh garlic, ginger, chili flakes, and/or raisins.

Serve it With: Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.



Sweet Potato Black Bean Quinoa Bake

6 servings
55 minutes

Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Spring Onion (chopped)
- 1 tbsp Chilli Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Vegetable Stock
- 1 Lime (juiced)
- 1 Avocado (diced)

Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chilli powder, cumin, garlic and sea salt. Stir well to combine and then add the stock.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the stock has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

Baking Dish: Use a 9x13-inch dish for six servings.

No Spring Onion: Use a white or red onion instead.

No Red Bell Pepper: Use a green or yellow bell pepper instead.

Leftovers: Keeps well in the fridge for up to four days.

More Flavour: Top with chopped coriander, shredded cheese, salsa and/or yoghurt.



Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Stock (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

Directions

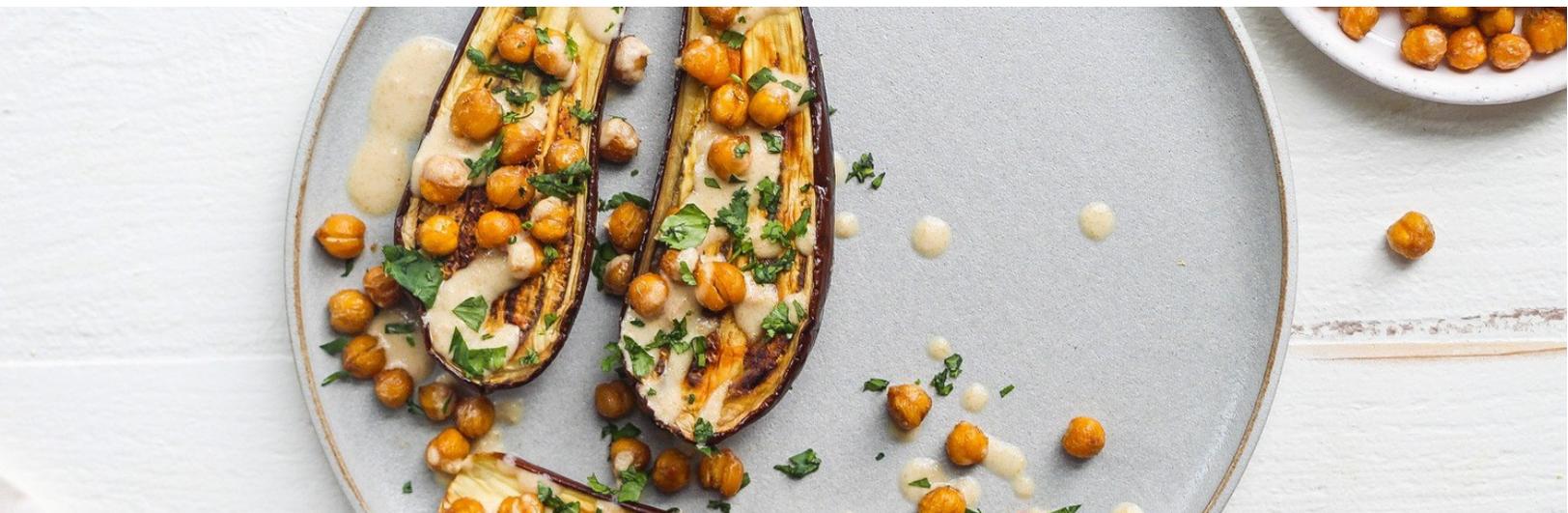
- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the stock to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining stock. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

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

No Sweet Potato: Use cubed butternut squash instead.



Aubergine & Crispy Chickpeas with Tahini

2 servings
40 minutes

Ingredients

2 Aubergine (cut in half lengthwise)
2 tbsps Avocado Oil (divided)
1 3/4 cups Chickpeas (cooked)
1/2 tsp Sea Salt (divided)
1/2 tsp Cumin
1 1/2 tbsps Tahini
1 tsp Lemon Juice
1/4 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the aubergine on the sheet, cut side facing up and brush with half the avocado oil.
- 2 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the aubergine. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the aubergine. Bake for 15 minutes more.
- 3 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 4 Once the aubergine and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the aubergine and chickpeas in the oven or microwave.

More Flavour: Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.



Black Bean Chilli Stuffed Sweet Potatoes

4 servings

1 hour

Ingredients

- 4 Sweet Potato (medium size)
- 1 Yellow Onion (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Chilli Powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cups Black Beans (cooked, drained, rinsed)
- 3/4 cup Tomato Sauce
- 1/3 cup Water
- 1/4 cup Fresh Coriander (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
- 2 While the potatoes cook, in a medium-sized pot over medium heat, add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chilli powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.
- 3 Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chilli. Top with coriander. Serve and enjoy!

Notes

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

Additional Toppings: Top with avocado, cheese, sour cream or yoghurt.



Sweet Potato Black Bean Veggie Burgers

8 servings

1 hour

Ingredients

- 1 Sweet Potato (medium, peeled and cut into cubes)
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Quick Oats
- 1 stalk Spring Onion (chopped)
- 1 Garlic (clove, minced)
- 2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Avocado (optional, diced or mashed)

Directions

- 1 Bring a pot of water to a boil. Place the cubed sweet potato in a steamer basket over the boiling water and cover for about 10 minutes or until tender. Transfer to a large mixing bowl and mash the potatoes. Leave to cool slightly.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 In a food processor, add the black beans, kale, oats, spring onion, garlic, cumin and sea salt. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 4 Add the bean and oat mixture into the mashed sweet potato and mix until combined. Scoop out roughly 1/4 cup of the mixture at a time and form into thin patties. Place on the prepared baking sheet.
- 5 Bake for 30 minutes, carefully flipping halfway through.
- 6 Divide between plates and top with avocado, if using. Enjoy!

Notes

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

Serving Size: One serving is one patty.

More Flavour: Add chilli powder, smoked paprika, red pepper flakes or hot sauce.

Serve it With: On top of a salad, in a pitta or wrap or as a burger with your favourite toppings.

Sweet Potato: One medium sweet potato is approximately 2 cups cubed. Freeze any leftovers when using larger sweet potatoes.



Tofu & Broccoli Salad with Peanut Sauce

4 servings
50 minutes

Ingredients

481 grams Tofu (extra-firm, pressed, cubed)
2 tbsps Tamari (divided)
2 tbsps Rice Vinegar (divided)
1 1/2 tbsps Sesame Oil (divided)
1 tsp Arrowroot Powder
1/4 cup Peanut Butter
2 tbsps Water
3 cups Broccoli (chopped into tiny florets)
1/3 cup Radishes (thinly sliced)
1/4 cup Raw Peanuts (roughly chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups of salad.

Nut-Free: Use tahini and omit the peanuts.

More Flavour: Add chilli flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with coriander.

No Arrowroot Powder: Use cornstarch instead.



Mediterranean Mackerel Pasta

4 servings
20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
3 Garlic (cloves, sliced thin)
113 grams Canned Mackerel (skinless, boneless)
1/2 tsp Chili Flakes
255 grams Whole Wheat Linguine
2 3/4 cups Water
1/2 cup Green Olives
Sea Salt & Black Pepper (to taste)
1/4 cup Parsley (finely chopped)

Directions

- 1 In a large pot over medium-low heat, add the oil. Once hot, add the garlic and cook for one to two minutes until fragrant, stirring often. Then add the mackerel and chili flakes. Stir until warmed through.
- 2 Add the linguine and water to the pot. Bring it to a boil. Continue cooking for eight to 10 minutes, stirring often to prevent the pasta from sticking.
- 3 Add the olives and season with salt and pepper to taste. Mix well. Divide onto plates and top with parsley. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to three days.

No Canned Mackerel: Use freshly cooked mackerel or another canned oily fish like sardines.

Cooking Tip: If the pasta is too dry, add more water as needed when cooking. If the pasta seems too watery, use a ladle to discard any extra water.

More Flavour: Add lemon juice and/or zest.

Additional Toppings: Add capers to the pot while cooking the garlic.



Tray Bake Salmon with Rainbow Veggies

2 servings
40 minutes

Ingredients

- 2 cups Cherry Tomatoes
- 283 grams Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Vegan: Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Salsa Verde Salmon with Tomatoes & Brown Rice

2 servings
45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
283 grams Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

No Brown Rice: Use basmati rice, jasmine rice, quinoa, buckwheat or cauliflower rice.

Leftovers: Keeps well in the fridge for 2-3 days.

No Capers: Use olives instead.



Hemp Seed Crusted Trout

2 servings
20 minutes

Ingredients

- 1/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 2 Rainbow Trout Fillet
- 2 tbsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 3 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 4 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 5 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

Notes

Trout Fillets: One trout fillet is equal to 5.6 ounces or 160 grams.

Likes it Crispy: Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

No Rainbow Trout: Use salmon instead.

Leftovers: Store in the fridge up to two days.

Serve it With: A side of quinoa, rice or steamed vegetables.



Tray Bake Chicken, Cabbage & Broccoli

2 servings

25 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 1/8 tsp Sea Salt
- 2 cups Broccoli (cut into small florets)
- 2 cups Purple Cabbage (cut into thin strips)
- 12 Mushrooms (medium, quartered)
- 283 grams Chicken Breast (boneless, skinless, cut into strips)
- 2 stalks Spring Onion (chopped, optional for garnish)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with spring onions. Enjoy!

Notes

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

More Flavour: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.



Tray Bake Lemon Chicken

2 servings

35 minutes

Ingredients

227 grams Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts: Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts: Use chicken legs or thighs instead and increase cooking time as needed.

More Flavour: Add additional spices such as oregano, thyme or chilli flakes.

No Mini Potatoes: Use diced regular potatoes.



Almonds & Raspberries

1 serving
5 minutes

Ingredients

1/4 cup Almonds
1 cup Raspberries

Directions

- 1 Add the almonds and raspberries to a plate or bowl and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three to four days.
Nut-Free: Use pumpkin seeds or sunflower seeds instead of almonds.



Brazil Nuts & Blueberries

1 serving

5 minutes

Ingredients

1/4 cup Brazil Nuts

1/2 cup Blueberries

Directions

- 1 Divide the Brazil nuts and blueberries onto a plate and enjoy!

Notes

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

Nut-Free: Use pumpkin seeds or sunflower seeds instead of Brazil nuts.



Chocolate Dipped Figs with Flaky Sea Salt

4 servings

25 minutes

Ingredients

99 grams Dark Chocolate

8 Fig (cut in half)

1/8 tsp Sea Salt (flaky)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
- 3 Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to four chocolate-dipped figs.