



## Mediterranean Diet for Fertility Meal Plan

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Jen Walpole  
<https://jenwalpole.com>

Hello Lovely,

Thank you for downloading my fertility meal planner. Over the next few pages, you will find a collection of delicious Mediterranean diet recipes. These recipes will keep you inspired and help you eat foods that are nutrient-dense, healthy and balanced to support your fertility.

## How to Use

All of these recipes have been selected to support your fertility, 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

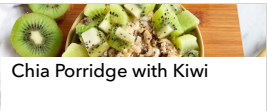










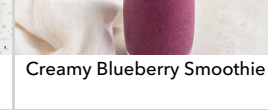
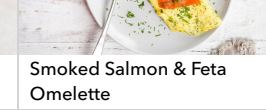
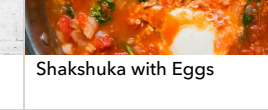











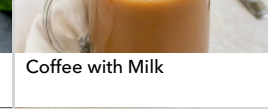

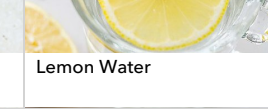
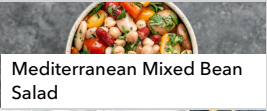





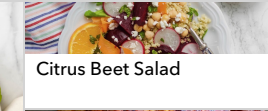




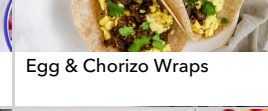
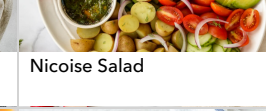
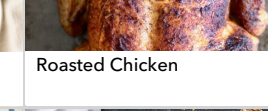







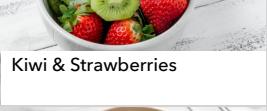



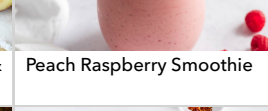

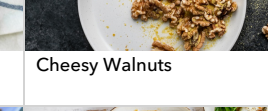

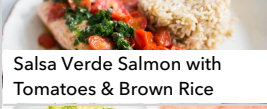





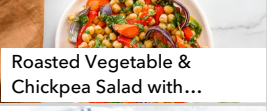

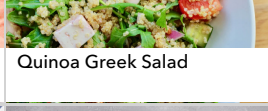
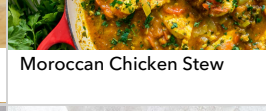


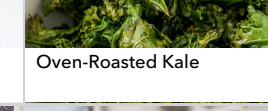




























On each recipe, you'll see the total time, the number of servings, the ingredients and directions. Start by checking the ingredient list and prep anything in advance such as dicing vegetables. It is also helpful to read through the directions before you start cooking so you have an idea of what's coming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





	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chia Porridge with Kiwi	 Mediterranean Scramble	 Coconut Yoghurt Chia Pudding	 Toast with Nut Butter, Banana & Hemp Seeds	 Creamy Blueberry Smoothie	 Smoked Salmon & Feta Omelette	 Shakshuka with Eggs
	 Tahini Green Smoothie	 Mediterranean Scramble	 Coconut Yoghurt Chia Pudding	 Toast with Nut Butter, Banana & Hemp Seeds	 Creamy Blueberry Smoothie	 Smoked Salmon & Feta Omelette	 Shakshuka with Eggs
Snack 1	 Green Tea Collagen Latte	 Lemon Ginger Tea	 Tummy Soother Tea	 Fresh Mint Tea	 Coffee with Milk	 Bulletproof Hot Chocolate	 Lemon Water
	 Green Tea Collagen Latte	 Lemon Ginger Tea	 Tummy Soother Tea	 Fresh Mint Tea	 Coffee with Milk	 Bulletproof Hot Chocolate	 Lemon Water
Lunch	 Mediterranean Mixed Bean Salad	 Mediterranean Chicken Salad	 Hummus Kimchi GF Wrap	 Mediterranean Goddess Bowl	 Egg & Chorizo Wraps	 Nicoise Salad	 Citrus Beet Salad
	 Mediterranean Mixed Bean Salad	 Mediterranean Chicken Salad	 Hummus Kimchi GF Wrap	 Mediterranean Goddess Bowl	 Egg & Chorizo Wraps	 Nicoise Salad	 Citrus Beet Salad
Snack 2	 Salmon Cakes	 Mediterranean Chicken Salad	 Hummus Kimchi GF Wrap	 Mediterranean Goddess Bowl	 Egg & Chorizo Wraps	 Nicoise Salad	 Roasted Chicken
	 Salmon Cakes	 Mediterranean Chicken Salad	 Hummus Kimchi GF Wrap	 Mediterranean Goddess Bowl	 Egg & Chorizo Wraps	 Nicoise Salad	 Roasted Chicken
Snack 2	 Kiwi & Strawberries	 Kefir with Blackberries & Almonds	 Chewy Almond & Prune Bites	 Crackers with Goat Cheese & Figs	 Peach Raspberry Smoothie	 Tamari Almonds	 Cheesy Walnuts
	 Kiwi & Strawberries	 Kefir with Blackberries & Almonds	 Chewy Almond & Prune Bites	 Crackers with Goat Cheese & Figs	 Peach Raspberry Smoothie	 Tamari Almonds	 Cheesy Walnuts
Dinner	 Beef Stuffed Aubergine	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Lamb Kofta	 Moroccan Chicken Stew	 Mediterranean Mackerel Pasta	 Grilled Mediterranean Chicken Kebabs	 Mediterranean Cod with Roasted Tomatoes
	 Beef Stuffed Aubergine	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Lamb Kofta	 Moroccan Chicken Stew	 Mediterranean Mackerel Pasta	 Grilled Mediterranean Chicken Kebabs	 Mediterranean Cod with Roasted Tomatoes
Snack 3	 Roasted Vegetable & Chickpea Salad with...	 Broccoli with Nutritional Yeast	 Quinoa Greek Salad	 Moroccan Chicken Stew	 Mediterranean Mackerel Pasta	 Mediterranean Wild Rice	 Oven-Roasted Kale
	 Roasted Vegetable & Chickpea Salad with...	 Broccoli with Nutritional Yeast	 Quinoa Greek Salad	 Moroccan Chicken Stew	 Mediterranean Mackerel Pasta	 Mediterranean Wild Rice	 Oven-Roasted Kale
Snack 3	 Strawberry Kiwi Salad	 Apple Crumble Bites	 Yoghurt & Figs	 Watermelon Fruit Salad	 Apple Cinnamon Yoghurt Bowl	 Avocado Brownies	 Hazelnut Cocoa Bites
	 Strawberry Kiwi Salad	 Apple Crumble Bites	 Yoghurt & Figs	 Watermelon Fruit Salad	 Apple Cinnamon Yoghurt Bowl	 Avocado Brownies	 Hazelnut Cocoa Bites





## Fruits

- ☐ 3 Apple
- ☐ 2 1/4 Avocado
- ☐ 1 1/2 Banana
- ☐ 1/2 cup Blackberries
- ☐ 74 grams Blueberries
- ☐ 2 Fig
- ☐ 6 Kiwi
- ☐ 4 1/2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 15 milliliters Lemon Juice
- ☐ 1 Mango
- ☐ 1/2 Orange
- ☐ 1/4 Seedless Watermelon
- ☐ 1 cup Strawberries
- ☐ 144 grams Strawberries

## Breakfast

- ☐ 1/3 cup Almond Butter
- ☐ 63 grams Almond Butter
- ☐ 237 milliliters Coffee
- ☐ 1 tsp Green Tea Powder
- ☐ 3 3/4 tbsps Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/2 tsp Black Pepper
- ☐ 1 gram Black Pepper
- ☐ 1/2 tsp Cardamom
- ☐ 1 gram Cardamom
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 600 milligrams Chili Flakes
- ☐ 1 tbsp Chilli Powder
- ☐ 2 1/2 tsps Cinnamon
- ☐ 2 grams Cinnamon
- ☐ 1/2 tsp Coriander Seed
- ☐ 1/2 tsp Cumin
- ☐ 1/2 tsp Dried Dill
- ☐ 1 tsp Dried Peppermint Leaves

## Vegetables

- ☐ 3 cups Asparagus
- ☐ 2 Aubergine
- ☐ 8 1/2 cups Baby Spinach
- ☐ 30 grams Baby Spinach
- ☐ 1 cup Basil Leaves
- ☐ 4 Beet
- ☐ 7 Carrot
- ☐ 10 cups Cherry Tomatoes
- ☐ 149 grams Cherry Tomatoes
- ☐ 1 1/4 Courgette
- ☐ 2 3/4 Cucumber
- ☐ 3 tbsps Fresh Dill
- ☐ 9 Garlic
- ☐ 3 1/3 tbsps Ginger
- ☐ 168 grams Kale Leaves
- ☐ 2 1/2 cups Mini Potatoes
- ☐ 3/4 cup Mint Leaves
- ☐ 4 cups Mixed Greens
- ☐ 3 cups Parsley
- ☐ 126 grams Parsley
- ☐ 1 1/4 cups Radishes
- ☐ 2 1/3 cups Red Onion
- ☐ 160 grams Red Onion
- ☐ 142 grams Roasted Red Peppers
- ☐ 4 cups Rocket
- ☐ 80 grams Rocket
- ☐ 2 tbsps Shallot
- ☐ 7 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 3 1/2 Yellow Onion

## Boxed & Canned

- ☐ 1/2 cup Brown Rice
- ☐ 1/2 cup Canned Coconut Milk
- ☐ 606 milliliters Canned Coconut Milk
- ☐ 3 cups Canned Whole Tomatoes
- ☐ 142 grams Canned Wild Salmon
- ☐ 1 cup Chickpeas
- ☐ 218 grams Chickpeas
- ☐ 2 cups Mixed Beans

## Bread, Fish, Meat & Cheese

- ☐ 1 slice Bread
- ☐ 113 grams Canned Mackerel
- ☐ 55 grams Cheddar Cheese
- ☐ 737 grams Chicken Breast
- ☐ 142 grams Chicken Breast, Cooked
- ☐ 170 grams Chorizo
- ☐ 2 Cod Fillet
- ☐ 454 grams Extra Lean Ground Beef
- ☐ 1 1/8 cups Feta Cheese
- ☐ 50 grams Feta Cheese
- ☐ 1 Gf Tortilla
- ☐ 1/3 cup Goat Cheese
- ☐ 227 grams Ground Lamb
- ☐ 1 cup Hummus
- ☐ 62 grams Hummus
- ☐ 113 grams Lean Ground Beef
- ☐ 283 grams Salmon Fillet
- ☐ 56 grams Smoked Salmon
- ☐ 4 slices Whole Grain Bread
- ☐ 1.8 kilograms Whole Roasting Chicken

## Condiments & Oils

- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 1 1/2 tsps Avocado Oil
- ☐ 2 grams Avocado Oil Spray
- ☐ 1/4 cup Capers
- ☐ 1/4 cup Coconut Oil
- ☐ 5 milliliters Coconut Oil
- ☐ 1 tsp Dijon Mustard
- ☐ 5 grams Dijon Mustard
- ☐ 1 1/3 cups Extra Virgin Olive Oil
- ☐ 129 milliliters Extra Virgin Olive Oil
- ☐ 1/2 cup Green Olives
- ☐ 38 grams Kimchi
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 34 grams Pitted Kalamata Olives
- ☐ 1/3 cup Red Wine Vinegar
- ☐ 1/3 cup Sun Dried Tomatoes
- ☐ 2 tbsps Tahini
- ☐ 2 tbsps Tamari





- ☐ 1/2 tsp Fennel Seed
- ☐ 1/4 cup Fresh Coriander
- ☐ 2 tbsps Fresh Coriander
- ☐ 3 grams Ground Allspice
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1 gram Ground Sumac
- ☐ 1 cup Hazelnuts
- ☐ 3 tbsps Hemp Seeds
- ☐ 20 grams Hemp Seeds
- ☐ 1 gram Nutmeg
- ☐ 1 1/8 tbsps Oregano
- ☐ 1/2 tsp Paprika
- ☐ 6 grams Paprika
- ☐ 33 grams Pecans
- ☐ 8 grams Pine Nuts
- ☐ 4 grams Poultry Seasoning
- ☐ 1 1/2 tbsps Sea Salt
- ☐ 8 grams Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sliced Almonds
- ☐ 2 grams Smoked Paprika
- ☐ 2 tbsps Sunflower Seeds
- ☐ 1 tsp Turmeric
- ☐ 1/4 cup Walnuts

### Frozen

- ☐ 2 Brown Rice Tortilla
- ☐ 1 cup Frozen Blueberries
- ☐ 182 grams Frozen Broccoli
- ☐ 1 cup Frozen Cauliflower
- ☐ 154 grams Frozen Peaches
- ☐ 140 grams Frozen Raspberries
- ☐ 1/2 cup Frozen Strawberries

- ☐ 2 1/2 cups Quinoa
- ☐ 1 can Tuna
- ☐ 50 grams Whole Grain Crackers
- ☐ 255 grams Whole Wheat Linguine
- ☐ 1 cup Wild Rice

### Baking

- ☐ 1/2 cup Almond Flour
- ☐ 1 tsp Baking Soda
- ☐ 2 1/2 cups Cacao Powder
- ☐ 5 grams Cacao Powder
- ☐ 1/4 cup Cocoa Powder
- ☐ 2 tbsps Coconut Flour
- ☐ 1/2 cup Coconut Sugar
- ☐ 1/3 cup Dark Chocolate Chips
- ☐ 2 grams Monk Fruit Sweetener
- ☐ 1/2 tsp Nutritional Yeast
- ☐ 9 grams Nutritional Yeast
- ☐ 2 cups Oats
- ☐ 1 cup Pitted Prunes
- ☐ 1/3 cup Raisins
- ☐ 2 tbsps Raw Honey
- ☐ 1/2 tsp Vanilla Extract

### Cold

- ☐ 1 tsp Butter
- ☐ 14 grams Butter
- ☐ 16 Egg
- ☐ 3 tbsps Ghee
- ☐ 30 milliliters Plain Coconut Milk
- ☐ 1/2 cup Plain Greek Yoghurt
- ☐ 226 grams Plain Greek Yoghurt
- ☐ 1/2 cup Plain Kefir
- ☐ 1 1/2 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yoghurt

### Other

- ☐ 8 Barbecue Skewers
- ☐ 24 grams Collagen Powder
- ☐ 1/4 cup Dried Fig
- ☐ 1 tbsps Maca Powder
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 18 cups Water
- ☐ 592 milliliters Water



## Chia Porridge with Kiwi

4 servings  
10 minutes

### Ingredients

2 cups Water  
2 cups Oats (rolled)  
1/4 cup Chia Seeds  
2 Kiwi (chopped)

### Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the porridge between bowls and top with kiwi. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

**Serving Size:** One serving is equal to half a cup of oatmeal and half of a kiwi.

**More Flavour:** Add cinnamon or maple syrup.

**Additional Toppings and Protein:** Add nuts, seeds and berries.





## 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)
- 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, Live Innermost or Form Nutrition.

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

**No Frozen Courgette:** Use fresh courgette.

**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.



## Mediterranean Scramble

1 serving  
10 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 cup Baby Spinach
- 2 Egg
- 1 tbsp Sun Dried Tomatoes (chopped)
- 1 slice Bread (toasted)

### Directions

- 1 Heat a pan over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
- 2 Divide mixture between plates. Serve with a piece of toast. Enjoy!

### Notes

**No Spinach:** Use kale, arugula or collard greens.

**Gluten-Free:** Use gluten-free bread.

**More Flavour:** Add additional spices such as chilli flakes, paprika, garlic, cumin, chilli powder sea salt and/or black pepper.

**Leftovers:** Best enjoyed immediately.





## 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.



## Toast with Nut Butter, Banana & Hemp Seeds

2 servings

5 minutes

### Ingredients

4 slices Whole Grain Bread (toasted)  
63 grams Almond Butter  
1 Banana (sliced)  
20 grams Hemp Seeds  
650 milligrams Cinnamon

### Directions

1

Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

### Notes

**No Hemp Seeds:** Omit or use sunflower seeds or pumpkin seeds instead.

**Gluten-Free:** Use a certified gluten-free bread.

**Nut-Free:** Use sunflower seed butter instead.





## Creamy Blueberry Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yoghurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water
- 1 tbsp Maca Powder

### Directions

1

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

### Notes

**Additional Toppings:** Add spinach, avocado, kale, or other berries to your smoothie.

**Lemon:** One lemon yields approximately 1/4 cup of lemon juice.

**Protein Powder:** I recommend Nuzest protein powders (on The Natural Dispensary). Otherwise fine to omit.



## Smoked Salmon & Feta Omelette

1 serving

5 minutes

### Ingredients

2 Egg  
2 tbsps Fresh Dill (finely chopped,  
divided)  
1 tsp Butter  
2 tbsps Feta Cheese (crumbled)  
56 grams Smoked Salmon

### Directions

- 1 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 2 In a non-stick pan over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

### Notes

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

**Dairy-Free:** Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

**Additional Toppings:** Top with capers and/or thinly sliced red onion.

**No Dill:** Omit or use another herb such as parsley or fresh chives.



## Shakshuka with Eggs

2 servings  
15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 3 cups Canned Whole Tomatoes
- 1 cup Basil Leaves (chopped)
- 2 Egg

### Directions

- 1 Heat olive oil in a large pan over medium-high heat. Add chopped onion and cook until soft, about 2 minutes.
- 2 Add garlic, cumin, paprika and sea salt. Stir until combined and fragrant, about 30 seconds.
- 3 Add tomatoes with the juice and roughly crush with your spatula. Bring to a simmer, stirring occasionally. Stir in chopped basil. (Note: the tomato juice will reduce a bit. If you prefer a thicker sauce, leave out the tomato juice.)
- 4 Using a spatula or the back of a spoon, create pockets in the tomato sauce. Crack an egg into each pocket, cover the pan and cook until the eggs are set, about 5-7 minutes.
- 5 Scoop into separate bowls and enjoy!

### Notes

**More Protein:** Add more eggs.

**Serve it With:** Toast, brown rice, or quinoa.

**Make it Spicy:** Garnish with red pepper or chilli flakes.

**No Basil:** Use spinach instead.

**Extra Toppings:** Top with chopped coriander, spring onions or avocado slices.





## Green Tea Collagen Latte

1 serving  
10 minutes

### Ingredients

1 1/4 cups Unsweetened Almond Milk  
10 grams Collagen Powder  
1 tsp Green Tea Powder (Matcha)  
1 tsp Maple Syrup  
1 tsp Coconut Oil

### Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

### Notes

**Nut-Free:** Use a nut-free milk instead, like coconut or oat.

**More Flavour:** Adjust the maple syrup according to preference.

**Additional Toppings:** Sprinkle with additional green tea powder to serve.

**Make it Vegan:** Omit the collagen powder.



## Lemon Ginger Tea

2 servings

10 minutes

### Ingredients

2 1/2 cups Water  
3 tbsps Ginger (peeled, sliced)  
1/2 Lemon

### Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size:** One serving equals approximately 2 cups.

**More Flavour:** Add mint leaves, honey or your natural sweetener of choice.

**Enjoy it Cold:** Add ice cubes.



## Tummy Soother Tea

1 serving  
10 minutes

### Ingredients

1 tsp Dried Peppermint Leaves  
1/2 tsp Coriander Seed  
1/2 tsp Fennel Seed  
1 cup Water (hot)

### Directions

- 1 Combine the dried peppermint leaves, coriander and fennel in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size:** One serving equals approximately one cup.

**More Flavour:** Sweeten with honey or your choice of sweetener.

**Enjoy It Cold:** Add ice cubes.

**Large Batch:** Increase the serving size of the dried mint leaves, coriander and fennel.

Combine and store in a jar. Scoop 2 teaspoons for every cup of hot water.

**Time Saver:** Try Pukka Herbs 'Cleanse' Tea.





## Fresh Mint Tea

2 servings

10 minutes

### Ingredients

2 1/2 cups Water  
1/4 cup Mint Leaves (stems removed)

### Directions

1

Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size:** One serving equals approximately 1 3/4 cup.

**More Flavour:** Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

**No Mint Leaves:** Use peppermint or spearmint leaves instead.

**Enjoy it Cold:** Add ice cubes.



## Coffee with Milk

1 serving

5 minutes

### Ingredients

237 milliliters Coffee (brewed)  
30 milliliters Plain Coconut Milk (from the carton)

### Directions

- 1 Pour coffee into a mug. Add milk, stir and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy over ice as cold brew.

**No Coconut Milk:** Use any other type of milk instead.

**Like it Sweet:** Add sweetener of choice to taste.



## Bulletproof Hot Chocolate

1 serving

5 minutes

### Ingredients

119 milliliters Water  
121 milliliters Canned Coconut Milk  
(full fat)  
14 grams Butter  
5 grams Cacao Powder  
14 grams Collagen Powder  
2 grams Monk Fruit Sweetener

### Directions

- 1 In a pot, bring the water and coconut milk to a slow boil.  
;
- 2 Pour into a blender along with the rest of the ingredients and blend until frothy.  
;
- 3 Taste and add more sweetener if desired. Pour into a mug and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add sea salt, cinnamon, and/or vanilla extract.

**Make it Vegan:** Omit collagen powder and use coconut oil instead of butter.





## Lemon Water

1 serving

5 minutes

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### Ingredients

474 milliliters Water (hot or cold)

1/4 Lemon (juiced)

### Directions

- 1 Combine water and lemon juice in a glass. Enjoy!

### Notes

**Likes it Fizzy:** Make it with sparkling water.

**More Flavour:** Garnish with extra lemon slices.



## Mediterranean Mixed Bean Salad

3 servings

10 minutes

### Ingredients

2 cups Mixed Beans (cooked)  
2 cups Cherry Tomatoes (halved)  
1 cup Parsley (finely chopped)  
1 tbsp Maple Syrup  
1 tbsp Apple Cider Vinegar

### Directions

- 1 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

### Notes

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

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

**More Flavour:** Add minced garlic, olive oil, cumin or dried herbs.

**Additional Toppings:** Top with feta, olives, mixed greens, spinach or avocado.

**No Mixed Beans:** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.



## Salmon Cakes

3 servings  
40 minutes

### Ingredients

2 Carrot (medium, peeled, and roughly chopped)  
1/4 cup Red Onion (roughly chopped)  
2 Garlic (clove, minced)  
1 tbsp Lemon Juice  
1/2 tsp Dried Dill  
1/4 tsp Sea Salt  
142 grams Canned Wild Salmon (drained)  
2 Egg (whisked)  
2 tbsps Coconut Flour

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
- 3 Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
- 4 Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
- 5 Divide between plates and season with additional salt or lemon juice if desired. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to two salmon cakes.

**More Flavour:** Add other dried herbs and spices to taste.

**Additional Toppings:** Serve with favorite dipping sauce.

**No Canned Salmon:** Use canned tuna instead.

**No Fresh Garlic:** Use garlic powder instead.





## Mediterranean Chicken Salad

2 servings

15 minutes

### Ingredients

2 Egg  
59 milliliters Extra Virgin Olive Oil  
1 Lemon (juiced)  
5 grams Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
80 grams Rocket  
149 grams Cherry Tomatoes  
34 grams Pitted Kalamata Olives  
142 grams Chicken Breast, Cooked  
(sliced or cubed)  
50 grams Feta Cheese (crumbled)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and set aside.
- 3 In a small jar, combine the oil, lemon juice, mustard, salt, and pepper. Shake to combine and set aside.
- 4 Place the rocket, tomatoes, olives, and chicken in a bowl. Top with the egg and feta. When ready to eat, drizzle the dressing on top. Enjoy!

### Notes

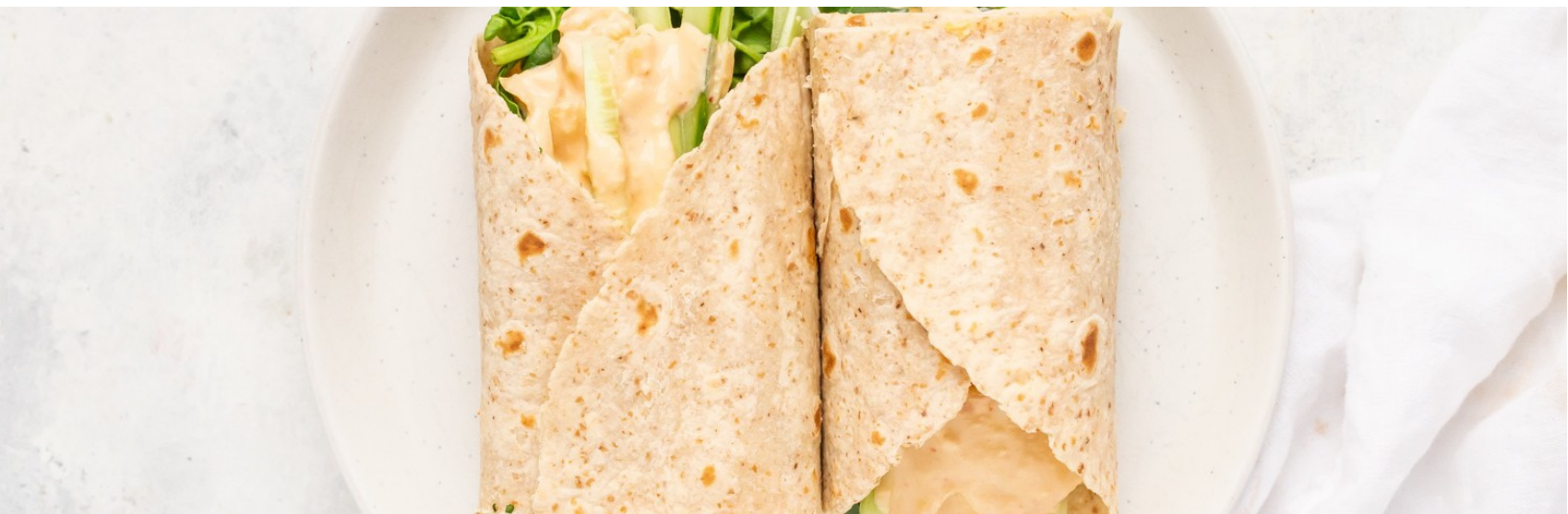
**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about three cups.

**Meal Prep:** Use pre-cooked or meal prepped hard-boiled eggs for a quick meal.

**Additional Toppings:** Pickled or sliced red onion.

**Dairy-Free:** Use a dairy-free feta cheese or omit.



## Hummus Kimchi GF Wrap

1 serving

5 minutes

### Ingredients

62 grams Hummus  
38 grams Kimchi (drained)  
1 Gf Tortilla (large)  
30 grams Baby Spinach  
1/2 Cucumber (julienned)

### Directions

- 1 In a bowl, mix together the hummus and kimchi until well combined.
- 2 Lay the tortilla flat and layer with spinach, cucumber and the hummus kimchi. Roll the wrap tightly and enjoy!

### Notes

**Leftovers:** Refrigerate the leftover hummus kimchi in an airtight container for up to three days. For best results, assemble the wrap just before eating.

**Additional Toppings:** Add avocado, sprouts, sesame seeds or any leftover veggies.

**No Kimchi:** Use sauerkraut instead.



## 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.





## Egg & Chorizo Wraps

2 servings

15 minutes

### Ingredients

170 grams Chorizo (casing removed)  
4 Egg  
55 grams Cheddar Cheese (shredded)  
2 Brown Rice Tortilla  
2 tbsps Fresh Coriander (roughly  
chopped, optional)

### Directions

- 1 In a large cast-iron pan over medium heat, add the chorizo and break it apart until crumbled. Cook for about seven to nine minutes, until cooked through. Remove with a slotted spoon, set aside, and lightly wipe out the pan with a paper towel.
- 2 In a small bowl, whisk the eggs and add the cheese.
- 3 In the same pan over medium heat, add the egg mixture and cook, stirring often with a spatula until fluffy and cooked to your liking.
- 4 Divide the egg mixture into the tortillas and top with chorizo and coriander. Enjoy!

### Notes

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

**Serving Size:** One serving is one tortilla.

**Dairy-Free:** Omit the cheese or use nutritional yeast or dairy-free cheese instead.

**Additional Toppings:** Salsa, avocado, black beans, onions, tomatoes, and/or bell peppers.



## 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.





## Citrus Beet Salad

4 servings

1 hour

### Ingredients

4 Beet (medium, cut into quarters)  
1/2 cup Quinoa (uncooked, dry)  
2 tbsps Extra Virgin Olive Oil  
1/2 Orange (juiced)  
1 tbsp Apple Cider Vinegar  
1 tsp Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach  
1/4 cup Radishes (finely sliced)  
2 Carrot (medium, peeled into ribbons)  
1 cup Chickpeas (cooked, from the can)  
1/4 cup Goat Cheese (crumbled)  
1/2 cup Mint Leaves (chopped)

### Directions

- 1 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

### Notes

**Prep Ahead and Save Time:** The beets and quinoa can be prepped in advance to make assembling this salad much faster.

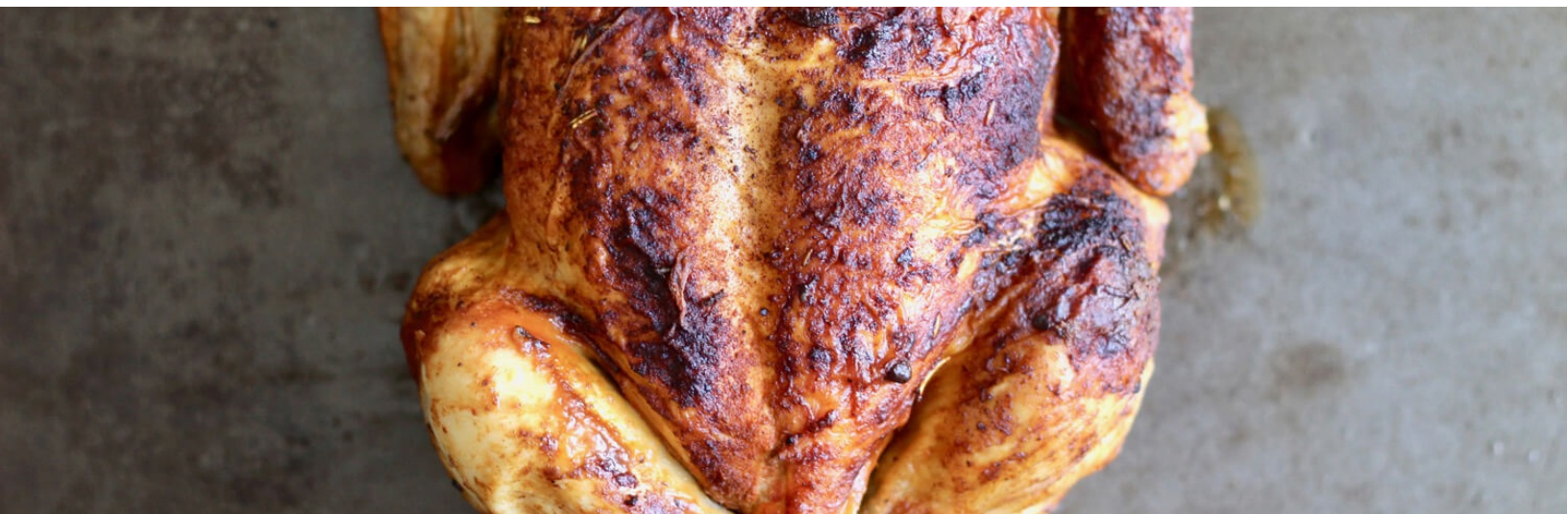
**Dairy-Free:** Omit the goat cheese

**No Chickpeas:** Use another protein instead such as tofu or cooked, diced chicken breast.

**No Quinoa:** Use rice instead.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.





## Roasted Chicken

4 servings

2 hours

### Ingredients

1.8 kilograms Whole Roasting Chicken  
15 milliliters Extra Virgin Olive Oil  
6 grams Sea Salt  
1 gram Black Pepper  
4 grams Poultry Seasoning  
5 grams Paprika

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

### Notes

**Roasting Times:** If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

**Leftovers:** Meat can be kept for up to 3 days in a covered container in the fridge.

**Zero Waste:** Save the chicken carcass to make Immunity Boosting Bone Broth.

**Save Time:** Buy a pre-roasted chicken.



## Kiwi & Strawberries

1 serving  
5 minutes

### Ingredients

2 Kiwi (sliced)  
144 grams Strawberries

### Directions

- 1 Serve the kiwi with the strawberries. Enjoy!

### Notes

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



## Kefir with Blackberries & Almonds

1 serving

5 minutes

### Ingredients

1/2 cup Plain Kefir  
1/2 cup Blackberries  
1/4 cup Sliced Almonds

### Directions

- 1 Pour the kefir into a small bowl and top with blackberries and almonds. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yoghurt instead of kefir.

**Nut-Free:** Use hemp seeds, pumpkin seeds, or sunflower seeds instead of sliced almonds.

**Additional Toppings:** Cinnamon, vanilla extract and/or your sweetener of choice.





## Chewy Almond & Prune Bites

6 servings

15 minutes

### Ingredients

1 cup Pitted Prunes  
1/4 cup Cocoa Powder  
1/4 cup Almond Butter  
1 tsp Cinnamon  
3 tbsps Hemp Seeds

### Directions

- 1 Add the prunes, cocoa powder, almond butter, and cinnamon to a food processor and blend until well mixed and sticky.
- 2 Form into even balls with your hands, roughly one-inch in diameter. Roll each ball in the hemp seeds until evenly coated. Store in the fridge or freezer until ready to enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week, or freeze if longer.

**Serving Size:** One serving equals approximately two balls.

**Nut-Free:** Use sunflower seed butter, pumpkin seed butter, or tahini instead of almond butter.

**More Flavour:** Vanilla extract and/or your sweetener of choice.



## Crackers with Goat Cheese & Figs

1 serving  
5 minutes

### Ingredients

50 grams Whole Grain Crackers  
2 tbsps Goat Cheese  
2 Fig (sliced)

### Directions

- 1 Spread the goat cheese onto crackers. Top with sliced figs and enjoy!

### Notes

**Dairy-Free:** Use cashew cheese instead of goat cheese.

**Grain-Free:** Use flax or almond flour crackers instead of whole grain crackers. We love Rude Health crackers and Nairn's oatcakes.



## Peach Raspberry Smoothie

2 servings

5 minutes

### Ingredients

154 grams Frozen Peaches  
140 grams Frozen Raspberries  
485 milliliters Canned Coconut Milk

### Directions

1

In a blender, add all ingredients and blend until smooth. Pour into glasses and enjoy!

### Notes

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

**More Flavour:** Add a scoop of vanilla protein powder to bump up the flavor and satiety factor.

**Additional Toppings:** Top with fresh raspberries or frozen peaches for a fun garnish.

**Blending Tip:** Thaw the peaches in the fridge overnight for an easier blend.





## Tamari Almonds

4 servings  
20 minutes

### Ingredients

1 cup Almonds  
2 tbsps Tamari

### Directions

- 1 Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
- 4 Remove from the oven and let the almonds cool completely. Enjoy!

### Notes

**Leftovers:** Keep in an airtight container for up to a week.

**Serving Size:** One serving is about 1/4 cup almonds.

**More Flavour:** Add a pinch of cayenne pepper.

**No Almonds:** Use another nut.



## Cheesy Walnuts

1 serving

5 minutes

### Ingredients

1/4 cup Walnuts  
1 1/2 tps Avocado Oil  
1/2 tsp Nutritional Yeast  
1/8 tsp Sea Salt

### Directions

1

In a bowl, toss the walnuts with the oil until well coated. Sprinkle the nutritional yeast and sea salt overtop and enjoy!

### Notes

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

**More Flavour:** Add your choice of dried herbs or spices.



## Beef Stuffed Aubergine

2 servings  
45 minutes

### Ingredients

2 Aubergine (small, cut in half lengthwise)  
10 milliliters Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper  
113 grams Lean Ground Beef  
2 grams Smoked Paprika  
1 Tomato (medium, diced)  
8 grams Pine Nuts  
4 grams Parsley (chopped)

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, score the flesh of the aubergine in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 3 Meanwhile, heat the remaining oil in a pan over medium-high heat. Add the beef, breaking it up as it cooks. Add the paprika. Cook for five to six minutes or until halfway cooked.
- 4 Add tomato to the meat and continue cooking for another 10 minutes.
- 5 Divide the aubergine between plates. Top with the beef mixture, pine nuts, and parsley. Season with additional salt and pepper if needed. Enjoy!

### Notes

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

**Serving Size:** One serving is two small eggplant halves.

**More Flavour:** Add chilli flakes and cumin.

**Additional Toppings:** Squeeze fresh lemon juice on top.

**No Pine Nuts:** Omit or use walnuts instead.





## Roasted Vegetable & Chickpea Salad with Coriander Chimichurri

2 servings  
25 minutes

### Ingredients

3 Carrot (medium, chopped)  
160 grams Red Onion (chopped)  
2 grams Avocado Oil Spray  
Sea Salt & Black Pepper (to taste)  
1/4 cup Fresh Coriander (chopped)  
15 milliliters Lemon Juice  
1 Garlic (cloves, minced)  
600 milligrams Chili Flakes  
30 milliliters Extra Virgin Olive Oil  
218 grams Chickpeas (drained, rinsed)  
142 grams Roasted Red Peppers (sliced)

### Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Place the carrot and red onion on the baking sheet. Spray with avocado oil and season with salt and pepper. Bake in the oven for 15 to 20 minutes or until the vegetables are cooked.
- 3 Meanwhile, in a small bowl, mix together the coriander, lemon juice, garlic, chilli flakes, and olive oil. Season with salt and set aside.
- 4 Place the chickpeas, roasted red pepper, carrot, and red onion on a plate. Top with the coriander chimichurri and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavour:** Add broccoli and courgette.

**No Coriander:** Use parsley instead.



## 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.



## Broccoli with Nutritional Yeast

2 servings

5 minutes

### Ingredients

182 grams Frozen Broccoli

9 grams Nutritional Yeast

### Directions

1

Bring a 1/2-inch of salted water to boil in a large pan. Add the broccoli, cover, and cook for about three to five minutes or until the broccoli is bright green.

2

Drain, top with nutritional yeast, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.

**Serving Size:** One serving is one cup of broccoli.

**More Flavor:** Toss the broccoli in melted butter or olive oil and garlic.





## Lamb Kofta

8 servings  
20 minutes

### Ingredients

1 Yellow Onion (medium, chopped)  
122 grams Parsley (chopped)  
454 grams Extra Lean Ground Beef  
227 grams Ground Lamb  
Sea Salt & Black Pepper (to taste)  
3 grams Ground Allspice  
1 gram Cardamom  
1 gram Ground Sumac  
1 gram Nutmeg  
1 gram Paprika

### Directions

- 1 In a large bowl, mix together all of the ingredients until well combined. Form the mixture into balls roughly two inches in diameter.
- 2 Grill the kofta over medium-high heat until cooked through, about four to six minutes on each side. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately three kofta meatballs.

**Easier Grilling:** Add the meatballs to a skewer for easier flipping.

**More Flavour:** Add garlic, coriander and/or ground nuts to the meat mixture.

**Additional Toppings:** Serve with hummus, tzatziki, pitta, tomato, or cucumbers.

**No Barbecue:** Cook in the oven at 375°F (190°C) for 25 to 30 minutes or until cooked through.



## Quinoa Greek Salad

4 servings  
45 minutes

### Ingredients

- 1 cup Quinoa (dry)
- 2 Tomato (large, diced)
- 1 Cucumber (diced)
- 1/2 cup Red Onion (diced)
- 1 cup Feta Cheese (cubed or crumbled)
- 1/4 cup Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Rocket

### Directions

- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the rocket and toss well. Enjoy!

### Notes

**Dairy-Free:** Replace feta cheese with kalamata olives.

**Low-Carb:** Use cauliflower rice instead of quinoa.

**Leftovers:** Keeps well in the fridge for 3 days.





## Moroccan Chicken Stew

4 servings

30 minutes

### Ingredients

1/4 cup Coconut Oil  
283 grams Chicken Breast (skinless, boneless, diced into chunks)  
2 Yellow Onion (medium, diced)  
1 tsp Turmeric  
1/2 tsp Cinnamon  
1/2 tsp Cardamom  
1/4 tsp Cayenne Pepper  
1 1/2 tsps Sea Salt  
3 Tomato (large, diced)  
1/2 cup Parsley (finely chopped and divided)  
2 tbsps Raw Honey  
1/3 cup Raisins

### Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

### Notes

**Serve it With:** Crusty sourdough bread, brown rice, quinoa, brown rice tortillas, roasted squash or sweet potato.

**Storage:** Refrigerate in an airtight container up to 3 days, or freeze if longer.

**Make it Vegan or Vegetarian:** Use chickpeas instead of chicken and maple syrup instead of honey.





## 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.



## Grilled Mediterranean Chicken Kebabs

4 servings  
30 minutes

### Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 454 grams Chicken Breast (boneless, skinless, diced into cubes)
- 1 Courgette (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

### Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the courgette, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, courgette, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kebabs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kebabs from the grill and divide onto plates. Enjoy!

### Notes

**Serve Them With:** Rice, quinoa, grilled potatoes and/or tzatziki sauce.

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

**Serving Size:** One serving is equal to approximately two kabobs.

**Vegan & Vegetarian:** Omit the chicken and use marinated tofu or whole mushrooms instead.

**Wooden Skewers:** If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

**Turn Them Into a Salad:** Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.





## Mediterranean Wild Rice

4 servings  
50 minutes

### Ingredients

1 cup Wild Rice  
3 cups Water  
1/2 tsp Sea Salt  
1/4 cup Sun Dried Tomatoes (drained)  
1/4 cup Pitted Kalamata Olives  
1 cup Cherry Tomatoes (halved)  
1/4 cup Parsley (chopped)  
1 1/2 tbsps Lemon Juice

### Directions

1

Combine the wild rice, water and salt together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork.

2

Add the sun dried tomatoes, olives, cherry tomatoes and parsley to the rice. Stir to combine. Drizzle with lemon juice and divide evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is about 3/4 cup.

**More Flavour:** Add toasted nuts and/or seeds. Cook the wild rice with chicken or vegetable broth. Add extra virgin olive oil to the finished rice dish.

**Additional Toppings:** Add grated parmesan or feta cheese.





## Mediterranean Cod with Roasted Tomatoes

2 servings  
25 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil  
3 tbsps Capers  
2 tbsps Shallot (peeled, finely sliced)  
2 Garlic (cloves, smashed and sliced thin)  
1 1/2 cups Cherry Tomatoes (halved)  
3/4 cup Water  
1/2 tsp Sea Salt (divided)  
2 Cod Fillet  
1/4 cup Parsley (roughly chopped)  
1/4 Lemon (cut into wedges)

### Directions

- 1 Heat a large pan over medium heat. Once hot, add the olive oil and capers. Let them sizzle and crisp for about three minutes. Lower the heat to medium-low and then add the shallot and garlic. Cook for one to two minutes, until fragrant and the shallot is crispy. Transfer the capers, shallot, and garlic to a bowl, leaving a bit of oil behind in the pan.
- 2 Add the halved cherry tomatoes to the pan and cook for about seven to eight minutes or until jammy. Add the water and half the salt. Cook until thickened slightly, about four to five minutes.
- 3 Season the cod with the remaining salt. Add to the pan, cover and cook for five to seven minutes, or until cooked through.
- 4 Divide the cod onto plates along with the tomatoes. Drizzle the remaining oil, capers, and shallot mixture on top. Garnish with parsley and serve with a lemon wedge. Enjoy!

### Notes

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.

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

**More Flavour:** Add 1/2 tsp red pepper flakes to the shallot and garlic when cooking for more spice.

**Additional Toppings:** Serve with a grain such as brown rice, quinoa or buckwheat.

**No Cod:** Use another fish such as halibut.



## Oven-Roasted Kale

2 servings

25 minutes

### Ingredients

168 grams Kale Leaves (roughly chopped)  
15 milliliters Extra Virgin Olive Oil  
2 grams Sea Salt (or more to taste)

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
- 2 In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
- 3 Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
- 4 Remove from oven, plate and enjoy!

### Notes

**No Kale:** Use collard greens instead.

**Likes it Spicy:** Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.



## Strawberry Kiwi Salad

2 servings

5 minutes

### Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds

### Directions

- 1 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**More Protein:** Top with cooked chicken, prawns, fish, or tofu.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.





## Apple Crumble Bites

4 servings  
35 minutes

### Ingredients

1/2 cup Canned Coconut Milk  
1/2 cup Ground Flax Seed  
1 tsp Cinnamon  
2 Apple (medium; cored and sliced into 1/2-inch wedges)

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 4 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

**Serving Size:** One serving is approximately 6 to 8 wedges, or half of an apple.

**More Flavour:** Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

**Serve it With:** Drizzle of maple syrup or yoghurt for dipping.

**Apple:** Gala apples were used to create this recipe.



## Yoghurt & Figs

1 serving

5 minutes

### Ingredients

1/2 cup Plain Greek Yoghurt  
1/4 cup Dried Fig (sliced)

### Directions

- 1 Serve the yoghurt with chopped dried figs. Enjoy!

### Notes

**Leftovers:** Best stored separately. Refrigerate in an airtight container for up to one week.

**Dairy-Free:** Use a dairy-free yoghurt like coconut, almond or cashew.

**No Figs:** Use another dried fruit such as mango or apricot.

**Additional Toppings:** Top with granola, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



## Watermelon Fruit Salad

2 servings

5 minutes

### Ingredients

1/4 Seedless Watermelon (small, cut into cubes)

1 Mango (cut into cubes)

74 grams Blueberries

### Directions

1

Add the watermelon, mango, and blueberries to a bowl and stir to combine. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add honey, lime juice, or fresh mint.

**Fruit:** Use strawberries, peaches, kiwi, or cantaloupe instead.





## Apple Cinnamon Yoghurt Bowl

2 servings  
10 minutes

### Ingredients

5 milliliters Coconut Oil  
1 Apple (large, peeled and cut into small cubes)  
1 gram Cinnamon  
226 grams Plain Greek Yoghurt  
33 grams Pecans (chopped)

### Directions

- 1 In a small saucepan over medium-low heat, add the coconut oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
- 2 Divide the yoghurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

### Notes

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

**Dairy-Free:** Use dairy-free yoghurt instead.

**Nut-Free:** Omit the pecans and use pumpkin seeds or granola instead.

**Additional Toppings:** Top with a drizzle of honey or maple syrup.



## Avocado Brownies

12 servings

30 minutes

### Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

### Notes

**Avocado:** One medium avocado is equal to approximately one cup of mashed avocado.

**No Ghee:** Use coconut oil or coconut butter instead.

**Pan Size:** For 12 servings, we used a 9 x 9-inch pan.



## Hazelnut Cocoa Bites

8 servings  
20 minutes

### Ingredients

1 cup Hazelnuts  
2 cups Cacao Powder  
2 tbsps Maple Syrup  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 2 Add the cacao powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
- 3 Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or freeze for up to three months.

**Serving Size:** One serving is equal to one ball.

**More Flavour:** Add vanilla extract.