







## Ground Beef, Asparagus & Mashed Sweet Potatoes

4 servings

30 minutes

### Ingredients

- 3 Sweet Potato (medium, peeled and chopped)
- 4 cups Asparagus (woody ends trimmed, chopped in half)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Beef

### Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

### Notes

**No Sweet Potatoes:** Use regular potatoes, eddo, jicama or kohlrabi instead.

**No Avocado Oil:** Use coconut oil, olive oil, ghee or butter instead.

**Storage:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

**Vegan & Vegetarian:** Omit the ground beef and use cooked lentils instead.

**Extra Creamy Potatoes:** Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



## Kale & White Bean Caesar Salad

3 servings

25 minutes

### Ingredients

4 slices Organic Bacon  
1/4 cup Hemp Seeds  
2 tbsps Water  
1 tbsp Nutritional Yeast  
1/2 Lemon (juiced)  
1 Garlic (clove, peeled)  
6 cups Kale Leaves (chopped)  
2 cups White Navy Beans (cooked)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

### Notes

**Vegan and Vegetarian:** Omit the bacon, or use coconut bacon.

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





## White Bean, Spinach & Tomato Salad

2 servings

10 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
 1/4 cup Shallot (diced)  
 2 Garlic (cloves, minced)  
 2 cups White Navy Beans (cooked, drained and rinsed)  
 4 cups Baby Spinach (chopped)  
 1 Tomato (medium, diced)  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
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- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

### Notes

**No White Beans:** Use chickpeas or lentils instead.

**Extra Flavour:** Add avocado, lemon juice and/or feta cheese.

**Leftovers:** Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



## Hummus & Veggie Wrap

2 servings

5 minutes

### Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

### Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

### Notes

**Gluten-Free:** Use a brown rice tortilla instead.

**Oil-Free:** Use an oil-free hummus.

**More Flavor:** Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

**Easy Eating:** Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.



## Spiralized Veggie Noodles with Peanut Sauce

3 servings

15 minutes

### Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

### Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

### Notes

**Leftovers:** For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

**Serving Size:** One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

**Soy-Free:** Use coconut aminos instead of tamari.

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

**Additional Toppings:** For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

**More Protein:** Add cooked chicken, shrimp or tofu.





## Lemon Cilantro Cod with Peppers

2 servings

35 minutes

### Ingredients

3 tbsps Lemon Juice  
3 tbsps Avocado Oil (divided)  
3/4 cup Cilantro (finely chopped, divided)  
1/2 tsp Sea Salt (divided)  
2 Cod Fillet  
1/2 Red Bell Pepper (sliced)  
1/2 Yellow Bell Pepper (sliced)  
1 Tomato (diced)

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

### Notes

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

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

**More Flavor:** Add more herbs like parsley or oregano. Serve with additional lemon wedges.

**No Lemon:** Use lime instead.

**No Cod:** Use another white fish, like haddock, instead.



## Simple Tuna Salad

2 servings

10 minutes

### Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

### Notes

**How to Serve:** Enjoy alone, on crackers, on a sandwich, or over greens.

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





## Coconut Cod Chowder

4 servings

30 minutes

### Ingredients

- 1 tsp Coconut Oil
- 1/3 cup Shallot (chopped in large chunks)
- 1 tsp Ginger (minced)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (cut into large cubes)
- 1 3/4 cups Organic Coconut Milk (from the can)
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Turmeric
- 2 Cod Fillet
- 2 stalks Celery (sliced)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (optional, for topping, chopped)

### Directions

- 1 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 2 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**Serving Size:** One serving is approximately 1 1/2 cups of chowder.  
**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.  
**More Flavor:** Add chili flakes on top.  
**No Cod:** Use halibut instead.



## Massaged Kale Salad with Salmon

1 serving  
20 minutes

### Ingredients

3 cups Kale Leaves (chopped)  
1/2 Lemon (juiced)  
1 tbsp Hemp Seeds  
Sea Salt & Black Pepper (to taste)  
2 tbsps Extra Virgin Olive Oil (divided)  
4 ozs Salmon Fillet

### Directions

- 1 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 2 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 3 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!





## Avocado Beef Stir Fry

2 servings

20 minutes

### Ingredients

- 2 tbsps Sesame Oil
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 Yellow Onion (small, sliced)
- 8 ozs Top Sirloin Steak (thinly sliced)
- 1 tbsp Tamari
- 1 1/2 tbsps Red Wine Vinegar
- 1 tsp Sea Salt
- 2 Avocado (peeled and cubed)

### Directions

- 1 Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
- 2 Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

### Notes

**Serve it With:** Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps.

**No Beef:** Use diced chicken breast, cooked chickpeas or tofu instead.

**More Greens:** Stir in kale or baby spinach until wilted.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.



## Black Beans, Sweet Potato & Egg

2 servings

35 minutes

### Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 1/2 cups Black Beans (cooked)
- 1 Avocado (sliced)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 2 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 3 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

**Make it Vegan:** Omit the eggs, or use a tofu scramble.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil.