



Quick n' Easy Meal Plan













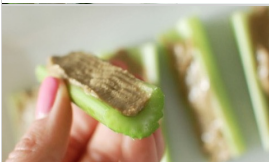

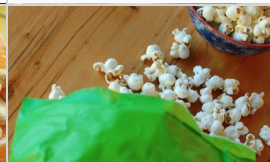



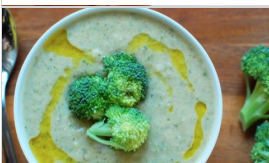

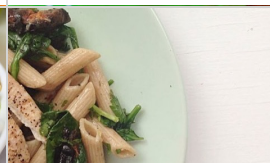

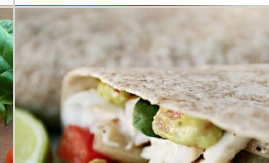


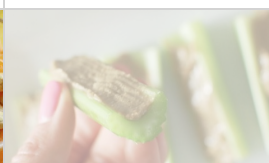



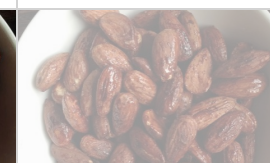
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Whether you are running short on time, trying to save some money or have a busy week ahead - this is the meal plan for you.

All recipes take 30 minutes or less. No stress - no excuses! ;)

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Blueberry Overnight Oats	 Blueberry Overnight Oats	 Lucky Green Smoothie	 Lucky Green Smoothie	 Spinach & Goat Cheese Omelette	 Spinach & Goat Cheese Omelette
Lunch	 Avocado Egg Salad Collard Wraps	 Cream of Broccoli Soup	 Chickpea, Avocado & Feta Salad	 Chicken, Spinach & Mushroom Pasta	 Spinach, Tomato & Goat Cheese Pizza	 Fish Tacos with Pineapple Salsa
Snack 1	 Celery with Sunflower Seed Butter	 Cashews & Clementines	 Organic Popcorn	 Organic Popcorn	 Almond Butter Apple Sandwiches	 Almond Butter Apple Sandwiches
Dinner	 Cream of Broccoli Soup	 Chickpea, Avocado & Feta Salad	 Chicken, Spinach & Mushroom Pasta	 Spinach, Tomato & Goat Cheese Pizza	 Fish Tacos with Pineapple Salsa	 Grilled Portobello Mushroom Pizzas
Snack 2	 Cashews & Clementines	 Celery with Sunflower Seed Butter	 Strawberry Ice Cream	 Strawberry Ice Cream	 Maple Roasted Almonds	 Maple Roasted Almonds

Mon		Tue		Wed		Thu		Fri		Sat	
Fat	51%	Fat	47%	Fat	37%	Fat	49%	Fat	59%	Fat	53%
Carbs	35%	Carbs	40%	Carbs	48%	Carbs	39%	Carbs	27%	Carbs	30%
Protein	14%	Protein	13%	Protein	15%	Protein	12%	Protein	14%	Protein	17%
Calories	1528	Calories	1502	Calories	1153	Calories	1456	Calories	1846	Calories	1411
Fat	92g	Fat	83g	Fat	50g	Fat	82g	Fat	125g	Fat	87g
Saturated	14g	Saturated	12g	Saturated	7g	Saturated	11g	Saturated	24g	Saturated	19g
Polyunsaturated	13g	Polyunsaturated	12g	Polyunsaturated	16g	Polyunsaturated	26g	Polyunsaturated	25g	Polyunsaturated	13g
Monounsaturated	45g	Monounsaturated	39g	Monounsaturated	22g	Monounsaturated	36g	Monounsaturated	59g	Monounsaturated	40g
Carbs	141g	Carbs	159g	Carbs	145g	Carbs	149g	Carbs	130g	Carbs	111g
Fiber	38g	Fiber	40g	Fiber	26g	Fiber	22g	Fiber	33g	Fiber	30g
Sugar	43g	Sugar	47g	Sugar	45g	Sugar	44g	Sugar	42g	Sugar	45g
Protein	57g	Protein	54g	Protein	47g	Protein	46g	Protein	67g	Protein	65g



## Fruits

- 8 Apple
- 8 Avocado
- 8 Banana
- 2 cups Blueberries
- 16 Clementines
- 6 1/2 Lemon
- 12 Lime
- 1 cup Pineapple

## Breakfast

- 1 cup Almond Butter
- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

- 2 cups Almonds
- 1 2/3 tbsps Black Pepper
- 4 cups Cashews
- 1/4 cup Chia Seeds
- 1 1/3 tbsps Cinnamon
- 2 tsps Dried Basil
- 1/2 cup Ground Flax Seed
- 1 cup Hemp Seeds
- 1 tsp Red Pepper Flakes
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 cups Slivered Almonds
- 1 1/3 cups Walnuts

## Frozen

- 16 Brown Rice Tortillas
- 6 cups Frozen Mango
- 4 cups Frozen Strawberries

## Vegetables

- 36 cups Baby Spinach
- 2 cups Basil Leaves
- 10 cups Broccoli
- 2 Carrot
- 22 stalks Celery
- 4 cups Cherry Tomatoes
- 4 cups Collard Greens
- 1 Cucumber
- 12 Garlic
- 13 stalks Green Onion
- 2 Jalapeno Pepper
- 1/2 cup Parsley
- 4 cups Portobello Mushroom
- 4 Portobello Mushroom Caps
- 2 Red Bell Pepper
- 1 cup Red Onion
- 3 Sweet Onion
- 2 Tomato

## Boxed & Canned

- 3 cups Brown Rice Penne
- 4 cups Chickpeas
- 4 cups Green Lentils
- 16 cups Organic Popcorn
- 2 cups Organic Salsa

## Baking

- 3 cups Oats

## Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast, Cooked
- 1/2 cup Feta Cheese
- 3 1/2 cups Goat Cheese
- 4 Tilapia Fillet

## Condiments & Oils

- 1 1/2 tbsps Balsamic Vinegar
- 2 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 1 2/3 cups Extra Virgin Olive Oil
- 1 cup Sunflower Seed Butter
- 1 tbsp Tamari

## Cold

- 30 Egg
- 3 cups Unsweetened Almond Milk

## Other

- 27 cups Water



## Blueberry Overnight Oats

8 servings

8 hours

### Ingredients

- 3 cups Oats
- 3 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1/4 cup Maple Syrup
- 2 tps Cinnamon
- 1 cup Water
- 2 cups Blueberries
- 2 cups Slivered Almonds

### Nutrition

Amount per serving	
Calories	365
Fat	19g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	42g
Fiber	9g
Sugar	11g
Protein	12g

### Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!



## Lucky Green Smoothie

4 servings

10 minutes

### Ingredients

3 cups Frozen Mango  
4 Lime (juiced)  
4 cups Baby Spinach (packed)  
1/4 cup Ground Flax Seed  
1/2 cup Hemp Seeds  
7 cups Water

### Directions

1

Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

### Notes

**No Mango,** Add frozen pineapple or banana instead.

**More Protein,** Add a scoop of your favourite clean protein powder.

### Nutrition

Amount per serving	
Calories	238
Fat	13g
Saturated	1g
Polyunsaturated	9g
Monounsaturated	2g
Carbs	27g
Fiber	5g
Sugar	18g
Protein	10g



## Spinach & Goat Cheese Omelette

4 servings  
20 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 12 Egg
- 1 tsp Sea Salt
- 2 tsp Black Pepper
- 4 cups Baby Spinach
- 1 cup Goat Cheese (crumbled)
- 1 cup Organic Salsa

### Nutrition

Amount per serving	
Calories	345
Fat	24g
Saturated	12g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	25g

### Directions

- 1 Heat coconut oil in medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 4 Repeat with remaining ingredients. Enjoy!

### Notes

No Goat Cheese, Use feta cheese instead





## Avocado Egg Salad Collard Wraps

4 servings  
20 minutes

### Ingredients

4 cups Collard Greens (washed and stems cut off)  
6 Egg (hard boiled and chopped)  
2 Avocado (peeled and pits removed)  
1/2 Lemon (juiced)  
5 stalks Green Onion (chopped)  
2 tbsps Dijon Mustard  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	294
Fat	22g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	12g
Fiber	8g
Sugar	2g
Protein	13g

### Directions

- 1 In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
- 2 Wrap up in collard greens and enjoy!

### Notes

**More Carbs,** Wrap in a brown rice tortilla.  
**Make it Spicy,** Add clean hot sauce.



## Celery with Sunflower Seed Butter

8 servings

5 minutes

### Ingredients

16 stalks Celery (sliced into sticks)  
1 cup Sunflower Seed Butter

### Nutrition

Amount per serving	
Calories	210
Fat	18g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	6g

### Directions

- 1 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

### Notes

No Celery, Use cucumber instead



## Cashews & Clementines

4 servings

5 minutes

### Ingredients

1 cup Cashews  
8 Clementines

### Directions

- 1 Divide into bowls and enjoy!

### Nutrition

Amount per serving	
Calories	267
Fat	16g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	7g



## Organic Popcorn

8 servings

2 minutes

### Ingredients

16 cups Organic Popcorn

### Nutrition

Amount per serving	
Calories	110
Fat	6g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	13g
Fiber	2g
Sugar	0g
Protein	2g

### Directions

- 1 Pour into bowls and enjoy!





## Almond Butter Apple Sandwiches

4 servings

10 minutes

### Ingredients

4 Apple  
1/2 cup Almond Butter

### Nutrition

Amount per serving	
Calories	287
Fat	18g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g

### Directions

- 1 Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 2 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

### Notes

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



## Cream of Broccoli Soup

8 servings

30 minutes

### Ingredients

- 2 Sweet Onion (chopped)
- 2 Carrot (chopped)
- 6 stalks Celery (chopped)
- 10 cups Broccoli (chopped, incl. stalks)
- 12 cups Water
- 2 tsps Dried Basil
- 2 tsps Sea Salt
- 2 cups Cashews
- 4 cups Green Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (packed)

### Nutrition

Amount per serving	
Calories	392
Fat	17g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	48g
Fiber	14g
Sugar	11g
Protein	19g

### Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

### Notes

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

**Serving Size,** One serving is approximately 2 cups.



## Chickpea, Avocado & Feta Salad

8 servings

15 minutes

### Ingredients

4 cups Chickpeas (cooked, drained and rinsed)  
1 Cucumber (diced)  
8 stalks Green Onion (chopped)  
1/2 cup Parsley (chopped)  
2 Lime (juiced)  
1/2 cup Feta Cheese (crumbled)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 Avocado (diced)

### Directions

1

Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

### Nutrition

Amount per serving	
Calories	268
Fat	13g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	30g
Fiber	10g
Sugar	6g
Protein	10g





## Chicken, Spinach & Mushroom Pasta

8 servings  
25 minutes

### Ingredients

1/2 cup Extra Virgin Olive Oil (divided)  
 1 tbsp Tamari  
 4 cups Portobello Mushroom (diced)  
 4 cups Baby Spinach  
 8 Garlic (cloves, minced)  
 1 tsp Red Pepper Flakes  
 3 cups Brown Rice Penne (uncooked)  
 Sea Salt & Black Pepper (to taste)  
 1 lb Chicken Breast, Cooked (sliced)  
 2 Lemon (cut into wedges)

### Nutrition

Amount per serving	
Calories	393
Fat	17g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	38g
Fiber	4g
Sugar	2g
Protein	23g

### Directions

- 1 In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
- 2 Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
- 3 Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
- 4 Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
- 5 Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!





## Spinach, Tomato & Goat Cheese Pizza

8 servings  
20 minutes

### Ingredients

- 1 1/3 cups Walnuts
- 1 cup Extra Virgin Olive Oil
- 2 Lemon (juiced)
- 8 cups Baby Spinach (divided)
- 2 cups Basil Leaves
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 8 Brown Rice Tortillas
- 2 cups Cherry Tomatoes (halved)
- 1 cup Goat Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	571
Fat	45g
Saturated	7g
Polyunsaturated	12g
Monounsaturated	21g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	9g

### Directions

- 1 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 2 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 3 Take the remaining baby spinach and finely chop.
- 4 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

### Notes

More protein, Add diced chicken, lentils or chickpeas.



## Fish Tacos with Pineapple Salsa

8 servings  
30 minutes

### Ingredients

- 8 Brown Rice Tortillas (thawed)
- 4 Tilapia Fillet
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 Lemon (juiced)
- 2 cups Baby Spinach
- 1 cup Pineapple (diced)
- 1 cup Red Onion (finely diced)
- 2 Jalapeno Pepper (deseeded and chopped)
- 2 Garlic (clove, minced)
- 2 Red Bell Pepper (diced)
- 2 Lime (juiced)
- 4 Avocado (peeled and mashed)
- 2 Tomato (diced)

### Nutrition

Amount per serving	
Calories	421
Fat	20g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	18g

### Directions

- 1 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 4 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 5 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!



## Grilled Portobello Mushroom Pizzas

4 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Cherry Tomatoes
- 1 1/2 tsps Balsamic Vinegar
- 2 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 4 Portobello Mushroom Caps
- 1/2 cup Goat Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	136
Fat	7g
Saturated	2g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	15g
Fiber	3g
Sugar	8g
Protein	7g

### Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
- 3 Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
- 4 Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
- 5 Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!





## Strawberry Ice Cream

4 servings

5 minutes

### Ingredients

4 Banana (sliced and frozen)  
2 cups Frozen Strawberries

### Nutrition

Amount per serving	
Calories	144
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	5g
Sugar	19g
Protein	2g

### Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**More Creamy,** Add 2 tbsp coconut milk.

**More Scoopable,** Add 1 tbsp vodka to prevent hard freeze.

**Make it Chunky,** Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.





## Maple Roasted Almonds

8 servings

10 minutes

### Ingredients

2 cups Almonds  
2 tbsps Maple Syrup  
2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	222
Fat	18g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	8g

### Directions

- 1 Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
- 2 Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.