



NUTRITION

Instagram: @shenutrition.ca Facebook: @shenutrition

Quick and Easy Meal Plan for a Family of 4

Martha Trahan, CNP, PT
<http://www.shenutrition.ca>

Welcome to your meal plan! On the next pages, you will find a full 7-day meal plan for a family of 4, including snack ideas. Also included is an itemized grocery list and delicious recipes.

Creating a generic meal plan that can work for the average family is difficult. There are many factors that should be considered when creating a meal plan. Some of those could not be incorporated into this plan. As you look through it, remember that it is a guide - you can substitute food where it makes sense, and you can swap meals on different days.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have.

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion. If you have small kids you can reduce the amount or save leftovers for next day.

Leftovers








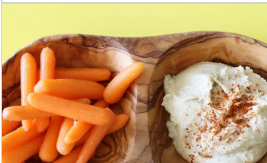


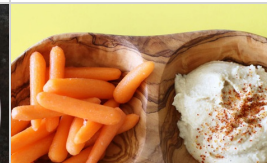

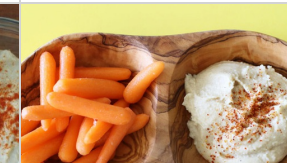

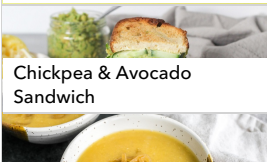
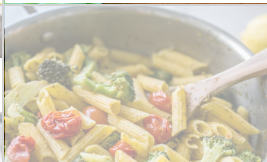
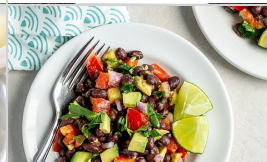
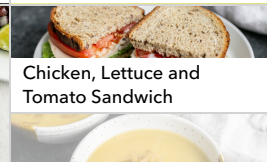


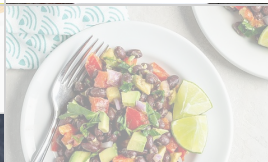
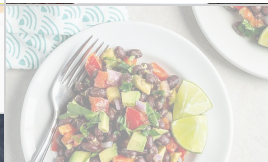


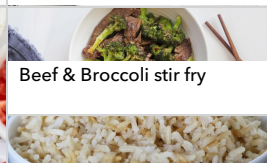


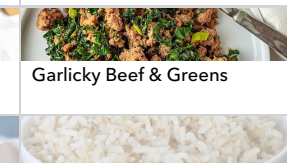


You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Customization services

Typically meal plans are custom created for each family. We take into consideration specific dietary requirements such as food allergies, sensitivities and even food aversions. We also look at your cooking skill level, available time for meal prep and budget constraints. Additionally, we need to consider the purpose of the meal plan - health, fitness or simply convenience.

If you are interested in a customized meal plan let me know. During the COVID-19 lock down I am offering this service for \$39.00 for the first 7 Day Custom Meal Plan and \$29.95 each additional week.

Contact me by visiting this [link](#) or visit www.shenutrition.ca for more information.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Blueberry Protein Smoothie	 Oatmeal with Blueberries and milk	 Avocado Toast with Poached Egg	 Apple Crisp Yogurt Bowls	 Peanut Butter & Banana Steel Cut Oatmeal	 Oatmeal and banana pancakes	 Spinach & Feta Omelette	
Snack 1	 Baby Carrots & Hummus	 Celery & Hummus	 Apple with Peanut Butter	 Baby Carrots & Hummus	 Celery & Hummus	 Baby Carrots & Hummus	 Apple with Peanut Butter	
Lunch	 Chickpea & Avocado Sandwich	 Lemon Pesto Pasta	 Mexican Black Bean Salad	 Chicken, Lettuce and Tomato Sandwich	 Lentil Soup with Caramelized Onions	 Tuna Salad lettuce wraps	 Easy House Salad	 Mexican Black Bean Salad
Dinner	 Lemon Pesto Pasta	 Classic Taco Tuesday	 Beef & Broccoli stir fry	 Lemony Shrimp Pasta	 Oats and Turmeric Chicken Nuggets	 Garlicky Beef & Greens	 Brown Rice	 One Pan Chicken Thighs, Green Beans and Sweet...

Fruits

- 10 Apple
- 6 1/3 Avocado
- 3 Banana
- 2 cups Blueberries
- 2 Green Apple
- 3 1/2 Lemon
- 1/4 cup Lemon Juice
- 1/2 cup Lime Juice

Breakfast

- 1 1/2 cups All Natural Peanut Butter
- 1/3 cup Maple Syrup
- 1 cup Steel Cut Oats

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 1 tsp Chili Flakes
- 1/2 tsp Chili Powder
- 2 1/2 tsps Cinnamon
- 2 1/2 tsps Cumin
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tsp Onion Powder
- 1 tbsp Paprika
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 1/4 tbsps Turmeric

Frozen

- 4 cups Frozen Blueberries

Vegetables

- 5 1/3 cups Arugula
- 9 cups Baby Carrots
- 10 cups Baby Spinach
- 10 cups Broccoli
- 16 stalks Celery
- 4 cups Cherry Tomatoes
- 1/2 cup Chives
- 1 2/3 Cucumber
- 12 1/2 Garlic
- 1 2/3 tbsps Ginger
- 4 cups Green Beans
- 5 stalks Green Onion
- 1 1/2 heads Iceberg Lettuce
- 4 cups Kale Leaves
- 1/3 cup Parsley
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 head Romaine Hearts
- 6 Sweet Potato
- 1 tsp Thyme
- 6 Tomato
- 2 1/2 Yellow Onion

Boxed & Canned

- 4 cups Black Beans
- 5 1/3 fl ozs Bone Broth
- 2 cups Brown Rice
- 8 cups Brown Rice Penne
- 1 cup Brown Rice Spaghetti
- 2 1/3 cups Chickpeas
- 2 1/16 cups Lentils
- 4 cans Tuna

Baking

- 3 tbsps Baking Powder
- 7 2/3 cups Oats
- 1 tbsp Raw Honey
- 1 1/2 tbsps Tapioca Flour
- 1 tbsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 2/3 lbs Chicken Breast
- 1 lb Chicken Breast, Cooked
- 1 lb Chicken Thighs With Skin
- 8 Corn Tortilla
- 2 lbs Extra Lean Ground Beef
- 1/2 cup Feta Cheese
- 1 1/4 lbs Flank Steak
- 5 cups Hummus
- 1 lb Shrimp
- 20 slices Whole Grain Bread

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1/2 cup Coconut Aminos
- 1/4 cup Coconut Oil
- 1/4 cup Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2/3 cup Pesto
- 1/2 cup Pitted Kalamata Olives
- 2 tbsps Red Wine Vinegar

Cold

- 1/4 cup Butter
- 1 1/3 tbsps Coconut Butter
- 13 Egg
- 2 cups Plain Coconut Milk
- 3 3/4 cups Unsweetened Almond Milk
- 4 1/2 cups Unsweetened Coconut Yogurt

Other

- 0 Sea Salt And Pepper
- 1 cup Vanilla Protein Powder
- 20 1/2 cups Water



Blueberry Protein Smoothie

4 servings

5 minutes

Ingredients

- 1 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 4 cups Frozen Blueberries
- 4 cups Baby Spinach
- 4 cups Water (cold)

Directions

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

Notes

No Blueberries, Use any type of frozen berry instead.

No Protein Powder, Use hemp seeds instead



Oatmeal with Blueberries and milk

4 servings

10 minutes

Ingredients

- 4 cups Water
- 2 cups Oats (quick or rolled)
- 2 cups Blueberries (fresh or frozen)
- 2 cups Unsweetened Almond Milk ((or milk of your choice))
- 2 tbsps Hemp Seeds

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries, milk and hemp seeds. Enjoy!

Notes

Extra Toppings, Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries, Top with raspberries, strawberries, peaches or bananas.

No Stove Top, Cook oats in the microwave instead.



Avocado Toast with Poached Egg

4 servings

15 minutes

Ingredients

4 slices Whole Grain Bread
2 Avocado
Sea Salt & Black Pepper (to taste)
4 Egg
1/4 cup Apple Cider Vinegar
1/2 tsp Sea Salt

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Apple Crisp Yogurt Bowls

4 servings
20 minutes

Ingredients

- 2 Apple (cored, chopped)
- 2 cups Oats (rolled)
- 1/4 cup Maple Syrup
- 2 tsps Cinnamon
- 4 cups Unsweetened Coconut Yogurt

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

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

Serving Size, One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings, Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Peanut Butter & Banana Steel Cut Oatmeal

4 servings
29 minutes

Ingredients

- 2 tsps Coconut Oil
- 1 cup Steel Cut Oats (dry, uncooked)
- 2 cups Water
- 2 cups Plain Coconut Milk (from the can or carton)
- 2 Banana (medium, ripe and mashed)
- 2 tsps Vanilla Extract
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Maple Syrup

Directions

- 1 Melt the coconut oil in a medium pot with a lid over medium heat. Add the oats and toast in the coconut oil for about a minute until oats are fragrant.
- 2 Carefully add the water and the coconut milk to the pot and then stir in the mashed banana and vanilla. Cover with a lid and reduce the heat to medium-low. Let simmer about 25 minutes or until the oats are tender, stirring frequently to prevent burning.
- 3 Stir in the peanut butter and maple syrup. Divide into bowls and enjoy!

Notes

No Coconut Milk, Use almond milk instead.

Leftovers, Keep well in the fridge for up to four days. Reheat the oats with a splash of water or milk.



Oatmeal and banana pancakes

4 servings
20 minutes

Ingredients

2 cups Oats (Gluten-free old-fashioned rolled oats but I've used quick oats as well)
1 3/4 cups Unsweetened Almond Milk ((use a milk or milk substitute of your choice))
1 Banana
1 tbsp Baking Powder (or arrowroot powder for a healthier option)
1 tbsp Raw Honey
1 tsp Vanilla Extract
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1 Egg
2 tsps Coconut Oil (or unsalted butter, for cooking)

Directions

- 1 Heat oven to 200 F to keep the pancakes warm as you make the rest of the batch.
- 2 Place the oats, milk, banana, cinnamon, honey, vanilla, salt, and baking powder in the blender and blend until smooth. Add the egg and blend a little bit more.
- 3 Heat a skillet or griddle over medium heat and melt 1-2 tsp of coconut oil. Pour about 1/4 cup of the batter into the skillet and cook until is no longer shiny or wet looking, about 5 minutes. Flip it over and cook for another 5 minutes. Repeat until batter is gone, adding a bit more milk if the batter gets too thick. Place the cooked pancakes in the oven to keep warm.
- 4 Serve them with nut butter, maple syrup and fruit
- 5 Store the pancakes in an airtight container in the fridge for up to 3 days. Reheat in the oven set at 275F for 10 minutes.



Spinach & Feta Omelette

4 servings

10 minutes

Ingredients

- 1 1/3 tbsps Coconut Butter (divided)
- 6 cups Baby Spinach
- 8 Egg
- Sea Salt And Pepper (to taste)
- 1/2 cup Pitted Kalamata Olives
- 1/2 cup Feta Cheese (crumbled)

Directions

- 1 In a non-stick skillet over medium heat, add half the oil. Once melted, add the spinach and cook until just wilted. Remove and set aside.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
- 3 Add the remaining oil to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and 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. Garnish with parsley, if you'd like, and enjoy!

Notes

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

Dairy-Free, Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

No Olives, Use sun dried tomatoes instead.

Additional Toppings, Top with additional feta cheese, pine nuts, or your favorite fresh herbs.



Baby Carrots & Hummus

4 servings

5 minutes

Ingredients

3 cups Baby Carrots
1 cup Hummus

Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots, Use celery sticks, cucumber slices or sliced bell peppers instead..
Like it Spicy, Top with a pinch of cayenne pepper or chili powder.



Celery & Hummus

4 servings

5 minutes

Ingredients

- 8 stalks Celery (cut into sticks)
- 1 cup Hummus
- 1 tsp Paprika (optional)

Directions

- 1 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself, Check out our [Green Pea Hummus](#) or [Sweet Potato Hummus](#) recipes.



Apple with Peanut Butter

4 servings

3 minutes

Ingredients

4 Apple
1/2 cup All Natural Peanut Butter

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh, To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Chickpea & Avocado Sandwich

4 servings

10 minutes

Ingredients

- 2 1/3 cups Chickpeas (cooked, rinsed)
- 1 1/3 Avocado
- 1 1/3 tsps Lemon Juice
- 1/3 cup Parsley (finely chopped)
- 1 1/3 Garlic (small clove, minced)
- Sea Salt And Pepper (to taste)
- 8 slices Whole Grain Bread (toasted)
- 1 1/3 cups Arugula
- 2/3 Cucumber (large, sliced)

Directions

- 1 In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
- 2 On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!

Notes

Leftovers, Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

More Flavor, Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.



Lentil Soup with Caramelized Onions

8 servings
30 minutes

Ingredients

- 6 1/2 cups Water
- 2 cups Lentils (rinsed)
- 2 1/2 Yellow Onion (medium, peeled and sliced, divided)
- 3 1/8 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 1/2 tsps Sea Salt
- 1 1/2 Lemon (juiced)

Directions

- 1 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 2 Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
- 3 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 4 Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 5 Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings, Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

No Lemon Juice, Use apple cider vinegar instead.

Serving Size, One serving is equal to approximately one cup of soup.

Storage, Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.



Mexican Black Bean Salad

8 servings

15 minutes

Ingredients

4 cups Black Beans (cooked)
2 Red Bell Pepper (chopped)
1/2 cup Red Onion (chopped)
2 Avocado (diced)
1/2 cup Lime Juice
1/2 tsp Chili Powder
1/2 tsp Cumin
1/4 tsp Sea Salt

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

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

Serving Size, One serving is approximately 1 cup.

More Flavor, Add cilantro, tomato, corn or hot sauce.

No Black Beans, Use cooked lentils or chickpeas instead.



Chicken, Lettuce and Tomato Sandwich

4 servings

5 minutes

Ingredients

8 slices Whole Grain Bread (toasted)
1/2 cup Unsweetened Coconut Yogurt
1/4 cup Dijon Mustard
1 lb Chicken Breast, Cooked
2 Tomato (sliced)
1/2 head Iceberg Lettuce (torn into pieces)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Spread one slice of the toast with coconut yogurt and the other slice with dijon mustard. Layer on the chicken breast, tomato slices and lettuce. Season with salt and pepper to taste and top with the second slice of toast. Slice in half and enjoy!

Notes

Leftovers, Best enjoyed the same day made. Refrigerate in an airtight container for up to two days.

No Bread, Use lettuce wraps or brown rice tortillas.

Additional Toppings, Add in cucumber, bell pepper slices, avocado, mushrooms or onions.



Tuna Salad lettuce wraps

4 servings

10 minutes

Ingredients

- 4 cans Tuna (drained)
- 2 Green Apple (chopped)
- 4 stalks Green Onion (finely sliced)
- 1/4 cup Mayonnaise (use 1/2 avocado for a healthier version)
- Sea Salt & Black Pepper (to taste)
- 1 head Romaine Hearts

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Serve over romaine leaves and 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.



Easy House Salad

4 servings
10 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1/2 head Iceberg Lettuce (roughly chopped)
- 2 Tomato (medium, sliced)
- 1 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar, Use apple cider vinegar or white vinegar instead.

No Lettuce, Use spinach, kale or mixed greens instead.

More Toppings, Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go, Keep dressing in a separate container on the side. Add just before serving.



Lemon Pesto Pasta

8 servings

20 minutes

Ingredients

- 4 cups Cherry Tomatoes
- 1/4 cup Extra Virgin Olive Oil
- 8 cups Brown Rice Penne (dry, uncooked)
- 4 cups Broccoli (chopped into florets)
- 2/3 cup Pesto
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a foil-lined baking sheet and toss in oil. Broil for about 10 minutes. Keep an eye on them!
- 2 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 3 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

Notes

Leftovers, Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

More Protein, Add cooked chicken breast or any ground meat.

No Quinoa Penne, Use any other type of pasta instead.

No Broccoli, Use broccolini or any other veggies on hand.

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



Classic Taco Tuesday

4 servings
25 minutes

Ingredients

- 8 Corn Tortilla
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin
- 1/2 head Iceberg Lettuce (small, finely chopped)
- 2 Tomato (medium, diced)
- 1 Avocado

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce, avocado and tomatoes to the center of each tortilla. Or let everyone assemble their own tacos and enjoy!

Notes

Serving Size, One serving is equal to two tacos.

Storage, Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings, Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef, Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian, Use lentils instead of ground meat.



Beef & Broccoli stir fry

4 servings
15 minutes

Ingredients

- 5 1/3 fl ozs Bone Broth
- 1/4 cup Coconut Aminos
- 4 Garlic (cloves, minced)
- 2 tsps Ginger (fresh, minced)
- 2 tsps Baking Powder
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 lbs Flank Steak (sliced against the grain)
- 6 cups Broccoli (florets, chopped)

Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and baking powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

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

More Flavor, Add toasted sesame oil once finished cooking.

Additional Toppings, Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

No Coconut Aminos, Use tamari instead.

No Arrowroot Powder, Use cornstarch or tapioca flour instead.

No Bone Broth, Use chicken, beef or vegetable broth instead.



Brown Rice

8 servings
45 minutes

Ingredients

2 cups Brown Rice (uncooked)
4 cups Water

Directions

1

Combine the brown rice and water 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. Enjoy!



Lemony Shrimp Pasta

4 servings
20 minutes

Ingredients

1 cup Brown Rice Spaghetti
1/4 cup Butter (divided)
1/4 cup Extra Virgin Olive Oil (divided)
1 lb Shrimp (peeled, deveined)
4 cups Arugula
1/4 cup Lemon Juice
1/2 cup Chives (chopped)
1 tsp Chili Flakes (for topping)
Sea Salt And Pepper (to taste)

Directions

- 1 Cook the spaghetti according to the directions on the package. Remove from heat, strain and run cold water over the pasta to prevent over-cooking.
- 2 In a skillet over medium heat, add half the butter and extra virgin olive oil. Add the shrimp and cook for 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove the shrimp and set aside. Add the arugula to the pan and sauté until just wilted.
- 3 Add the pasta to the pan along with the shrimp, lemon juice and the remaining butter and olive oil. Toss to coat. Divide onto plates and top with chives, chili flakes and salt and pepper. Enjoy!

Notes

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

Oil-Free, Omit the oil. Save some of the pasta water and use it to help make the sauce.

Dairy-Free, Use additional olive oil instead of butter.

No Arugula, Use another leafy green such as spinach instead.



Oats and Turmeric Chicken Nuggets

8 servings

30 minutes

Ingredients

- 1 2/3 cups Oats (rolled)
- 3 1/4 tbsps Turmeric
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper
- 1 2/3 lbs Chicken Breast (boneless, cubed)
- 3 1/4 tbsps Extra Virgin Olive Oil (divided)

Directions

- 1 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
- 4 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

Notes

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

Serving Size, One serving is equal to approximately five nuggets.

Make it Vegan, Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.



Sweet Potato Fries

4 servings

35 minutes

Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

Directions

- 1 Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
- 2 Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
- 3 Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
- 4 Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour, Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up, Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries, For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With, Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers, Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.



Garlicky Beef & Greens

4 servings
20 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1 stalk Green Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 4 cups Kale Leaves (finely chopped)
- 1/4 tsp Sea Salt

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

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

Serving Size, One serving is approximately 1 cup.

More Flavor, Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings, Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef, Use ground chicken, turkey or pork instead.

No Coconut Aminos, Use tamari or other soy-based sauce instead.



One Pan Chicken Thighs, Green Beans and Sweet Potato

4 servings
45 minutes

Ingredients

- 1 lb Chicken Thighs With Skin
- 4 Sweet Potato (medium, cut into wedges)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1 tsp Thyme (dried)
- 4 cups Green Beans (trimmed)

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and sweet potato on the baking sheet and drizzle with oil. Season with salt, pepper, paprika and thyme. Bake for 30 minutes.
- 3 Remove from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through. Serve and enjoy!

Notes

- Leftovers, Refrigerate in an airtight container up to 3 days.
- No Thyme, Use rosemary, parsley or basil instead.