



January Meals - Week 1

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Bacon and Egger Jar	 Carrot Cake Chia Pudding	 Bacon and Egger Jar	 Carrot Cake Chia Pudding	 Carrot Cake Chia Pudding	 Taco Breakfast Bowl	 Brownie Protein Pancakes	
Snack 1	 Blueberries	 Hummus Dippers	 Blueberries	 Hummus Dippers	 Olive Tapenade with Crackers	 Blueberries	 Hummus Dippers	
Lunch	 Egg Roll in a Bowl	 Sun Dried Tomato & Olive Chicken with Spinach	 Pressure Cooker Wild Rice & Mushroom Soup	 Ginger Beef Stir Fry	 Parchment Baked Haddock with Veggies	 Roasted Chicken	 Slow Cooker Apple Cinnamon Pork Tenderloin	
Snack 2	 Blackberries	 Blackberries	 Hummus Dippers	 Olive Tapenade with Crackers	 Blackberries	 Olive Tapenade with Crackers	 Blueberries	
Dinner	 Sun Dried Tomato & Olive Chicken with Spinach	 Pressure Cooker Wild Rice & Mushroom Soup	 Ginger Beef Stir Fry	 Parchment Baked Haddock with Veggies	 Roasted Chicken	 Roasted Vegetable Quinoa Salad	 Slow Cooker Apple Cinnamon Pork Tenderloin	 Slow Cooker Chicken Soup
Snack 3	 Nutty Dark Chocolate Sea Salt Squares	 Almond Butter Stuffed Dates	 Nutty Dark Chocolate Sea Salt Squares	 Nutty Dark Chocolate Sea Salt Squares	 Almond Butter Stuffed Dates	 Nutty Dark Chocolate Sea Salt Squares	 Dark Chocolate & Walnuts	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  56%	Fat  48%	Fat  41%	Fat  49%	Fat  42%	Fat  39%	Fat  41%
Carbs  22%	Carbs  35%	Carbs  36%	Carbs  28%	Carbs  33%	Carbs  34%	Carbs  34%
Protein  22%	Protein  17%	Protein  23%	Protein  23%	Protein  25%	Protein  27%	Protein  25%
Calories 1596	Calories 1745	Calories 1400	Calories 1705	Calories 1919	Calories 1833	Calories 1515
Fat 102g	Fat 99g	Fat 65g	Fat 97g	Fat 93g	Fat 81g	Fat 70g
Carbs 92g	Carbs 161g	Carbs 129g	Carbs 124g	Carbs 165g	Carbs 158g	Carbs 132g
Fiber 25g	Fiber 49g	Fiber 26g	Fiber 34g	Fiber 43g	Fiber 28g	Fiber 29g
Sugar 51g	Sugar 50g	Sugar 48g	Sugar 36g	Sugar 54g	Sugar 67g	Sugar 70g
Protein 92g	Protein 79g	Protein 84g	Protein 100g	Protein 122g	Protein 128g	Protein 96g
Cholesterol 584mg	Cholesterol 117mg	Cholesterol 495mg	Cholesterol 204mg	Cholesterol 283mg	Cholesterol 515mg	Cholesterol 205mg
Sodium 2100mg	Sodium 1699mg	Sodium 3057mg	Sodium 3098mg	Sodium 2467mg	Sodium 2711mg	Sodium 1406mg
Vitamin A 13126IU	Vitamin A 20506IU	Vitamin A 11094IU	Vitamin A 12725IU	Vitamin A 17433IU	Vitamin A 20875IU	Vitamin A 16125IU
Vitamin C 139mg	Vitamin C 150mg	Vitamin C 133mg	Vitamin C 205mg	Vitamin C 192mg	Vitamin C 126mg	Vitamin C 117mg
Calcium 402mg	Calcium 1174mg	Calcium 340mg	Calcium 1012mg	Calcium 1205mg	Calcium 435mg	Calcium 1011mg
Iron 15mg	Iron 19mg	Iron 14mg	Iron 19mg	Iron 19mg	Iron 19mg	Iron 11mg

Fruits

- 2 Apple
- 1/2 Avocado
- 3 cups Blackberries
- 4 cups Blueberries
- 3 1/16 Lemon

Breakfast

- 1/4 cup Almond Butter
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1 1/2 tsps Black Pepper
- 1 1/2 cups Chia Seeds
- 1 tbsp Chili Powder
- 1 1/2 tsps Cinnamon
- 1/2 tsp Cumin
- 2 tsps Ground Flax Seed
- 3/4 tsp Ground Ginger
- 1/2 tsp Oregano
- 2 tsps Paprika
- 1 2/3 tsps Poultry Seasoning
- 1/2 cup Pumpkin Seeds
- 1 tsp Red Pepper Flakes
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 cups Walnuts

Vegetables

- 6 cups Arugula
- 10 cups Baby Spinach
- 1 cup Bean Sprouts
- 12 Carrot
- 17 stalks Celery
- 3 cups Coleslaw Mix
- 2 tsps Fresh Dill
- 8 Garlic
- 1 1/2 tsps Ginger
- 4 cups Green Beans
- 1/2 Green Bell Pepper
- 8 1/2 stalks Green Onion
- 3 Leeks
- 1/4 cup Mint Leaves
- 6 1/3 cups Mushrooms
- 3 tsps Parsley
- 3 Red Bell Pepper
- 1 cup Red Onion
- 2 tsps Rosemary
- 3 cups Snap Peas
- 1 Sweet Potato
- 1/2 Tomato
- 2 Yellow Bell Pepper
- 3 1/3 Yellow Onion

Boxed & Canned

- 1 1/3 cups Chickpeas
- 1 cup Organic Salsa
- 4 cups Organic Vegetable Broth
- 1/2 cup Quinoa
- 300 grams Whole Grain Crackers
- 2/3 cup Wild Rice

Baking

- 1/3 cup All Purpose Gluten Free Flour
- 1 tbsp Baking Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 125 grams Dark Organic Chocolate
- 1/3 tsp Ground Cloves

Bread, Fish, Meat & Cheese

- 16 ozs Beef Tenderloin
- 21 1/3 ozs Chicken Breast
- 2/3 lb Chicken Thighs
- 1/2 lb Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 4 Haddock Fillet
- 2 cups Hummus
- 1/2 lb Lean Ground Pork
- 8 slices Organic Bacon
- 1 lb Pork Tenderloin
- 10 ozs Salmon Fillet
- 4 lbs Whole Roasting Chicken

Condiments & Oils

- 1 tbsp Avocado Oil
- 3/4 cup Black Olives
- 1 1/2 tsps Capers
- 2 tsps Coconut Aminos
- 3 1/2 tsps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1 1/2 cups Pitted Kalamata Olives
- 1 cup Sun Dried Tomatoes
- 1/4 cup Tamari

Cold

- 10 Egg
- 7 cups Unsweetened Almond Milk

Other

- 1/2 cup Chocolate Protein Powder
- 5 2/3 cups Water

- 1/4 cup Organic Dark Chocolate Chips
- 1/2 cup Pitted Dates
- 1/2 cup Raw Honey
- 1 tbsp Stevia Powder
- 1/3 cup Unsweetened Coconut Flakes



Bacon and Egger Jar

2 servings

20 minutes

Ingredients

- 4 slices Organic Bacon
- 1 1/2 tsps Coconut Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 4 Egg (whisked)
- 1/2 cup Organic Salsa
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	286
Fat	20g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	19g
Cholesterol	390mg
Sodium	784mg
Vitamin A	1688IU
Vitamin C	11mg
Calcium	90mg
Iron	2mg

Directions

- 1 Cook the bacon and wrap in paper towel while you prepare the rest.
- 2 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 3 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Notes

Vegetarian, Replace the bacon with roasted chickpeas.

Leftovers, Store covered in the fridge up to 4 days.

The Best Bacon, Read the label. Look for quality bacon with no sugar added. Check out your local butcher.



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	413
Fat	31g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	184mg
Vitamin A	5600IU
Vitamin C	2mg
Calcium	751mg
Iron	5mg

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage, Keeps well in the fridge for 3 to 4 days.

Extra Creamy, Replace half of the almond milk with full-fat canned coconut milk.



Taco Breakfast Bowl

2 servings

30 minutes

Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 1/2 lb Extra Lean Ground Turkey
- 1 tbsp Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 2 Egg (fried)
- 2 cups Baby Spinach (chopped)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1/2 Avocado (mashed)

Nutrition

Amount per serving	
Calories	371
Fat	24g
Carbs	11g
Fiber	7g
Sugar	2g
Protein	31g
Cholesterol	270mg
Sodium	896mg
Vitamin A	4965IU
Vitamin C	42mg
Calcium	120mg
Iron	5mg

Directions

- 1 Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 2 Fry your eggs and set aside.
- 3 Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Notes

Vegans and Vegetarians, Use lentils or quinoa instead of ground meat and omit the fried egg(s).

On-the-Go, Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Organic Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	464
Fat	20g
Carbs	41g
Fiber	9g
Sugar	17g
Protein	29g
Cholesterol	4mg
Sodium	857mg
Vitamin A	250IU
Vitamin C	1mg
Calcium	802mg
Iron	4mg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder, This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time, Make the pancake batter in a blender.

Toppings, Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers, Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour, Try oat flour instead. Results may vary.



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg

Directions

- 1 Wash the berries and enjoy!



Hummus Dippers

8 servings
15 minutes

Ingredients

- 2 Yellow Bell Pepper
- 2 Carrot
- 8 stalks Celery
- 2 cups Hummus

Nutrition

Amount per serving	
Calories	171
Fat	11g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	306mg
Vitamin A	2835IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade, Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up, Substitute in different veggies like cucumber or zucchini.



Egg Roll in a Bowl

2 servings

30 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 stalks Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1/2 lb Lean Ground Pork
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 2 tbsps Coconut Aminos

Nutrition

Amount per serving	
Calories	407
Fat	26g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	667mg
Vitamin A	5100IU
Vitamin C	61mg
Calcium	100mg
Iron	3mg

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos, Use tamari or soy sauce instead.

Meat-Free, Replace the ground meat with scrambled eggs or tofu.



Blackberries

1 serving

5 minutes

Ingredients

1 cup Blackberries

Nutrition

Amount per serving	
Calories	62
Fat	1g
Carbs	14g
Fiber	8g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	308IU
Vitamin C	30mg
Calcium	42mg
Iron	1mg

Directions

1 Wash and enjoy!



Olive Tapenade with Crackers

6 servings

10 minutes

Ingredients

3/4 cup Black Olives (pitted)
 1 1/2 tbsps Capers
 3 tbsps Parsley
 1/16 Lemon (juiced)
 1 1/2 tbsps Extra Virgin Olive Oil
 1/16 tsp Sea Salt
 300 grams Whole Grain Crackers

Nutrition

Amount per serving	
Calories	292
Fat	15g
Carbs	35g
Fiber	2g
Sugar	6g
Protein	4g
Cholesterol	0mg
Sodium	654mg
Vitamin A	219IU
Vitamin C	3mg
Calcium	24mg
Iron	3mg

Directions

- 1 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 2 Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice, Use apple cider vinegar instead.

No Olive Oil, Use avocado oil instead.

Storage, Refrigerate in an airtight container up to 7 days.



Sun Dried Tomato & Olive Chicken with Spinach

4 servings

35 minutes

Ingredients

- 2 Garlic (clove, peeled)
- 1 1/2 cups Pitted Kalamata Olives
- 1 cup Sun Dried Tomatoes (oil packed or rehydrated)
- 1/2 cup Extra Virgin Olive Oil
- 16 ozs Chicken Breast
- 8 cups Baby Spinach

Nutrition

Amount per serving	
Calories	521
Fat	37g
Carbs	13g
Fiber	4g
Sugar	5g
Protein	39g
Cholesterol	117mg
Sodium	494mg
Vitamin A	5948IU
Vitamin C	23mg
Calcium	125mg
Iron	7mg

Directions

- 1 Preheat your oven to 350F and line a baking dish with parchment. Place the chicken in the center of the dish.
- 2 Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
- 3 Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
- 4 In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
- 5 To serve, divide the chicken and spinach between plates. Enjoy!

Notes

Add Carbs, Serve with pasta, potatoes, rice, or quinoa.

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



Pressure Cooker Wild Rice & Mushroom Soup

4 servings

1 hour 15 minutes

Ingredients

- 2 Carrot (medium, peeled and chopped)
- 3 1/3 stalks Celery (chopped)
- 2/3 Yellow Onion (medium, chopped)
- 2/3 cup Wild Rice (dry)
- 3 1/3 cups Mushrooms (sliced)
- 1 1/3 cups Chickpeas (cooked, from the can)
- 4 cups Organic Vegetable Broth
- 2 tsps Poultry Seasoning
- 1/3 cup All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	282
Fat	2g
Carbs	56g
Fiber	10g
Sugar	9g
Protein	13g
Cholesterol	0mg
Sodium	711mg
Vitamin A	5811IU
Vitamin C	8mg
Calcium	78mg
Iron	3mg

Directions

- 1 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 2 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 3 Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

Notes

Leftovers, Can be stored in the fridge for 4 days, or frozen for up to 2 months.

Serving Size, One serving is equal to approximately 2 cups.

Mushroom Lover, Up the mushroom flavour by adding dried mushrooms.



Ginger Beef Stir Fry

4 servings

30 minutes

Ingredients

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 16 ozs Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	341
Fat	14g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	40g
Cholesterol	105mg
Sodium	1102mg
Vitamin A	678IU
Vitamin C	13mg
Calcium	72mg
Iron	5mg

Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Vegetables, Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

More Carbs, Serve with brown rice or quinoa.

Vegan & Vegetarian, Use cooked chickpeas or tofu instead of beef.

No Beef, Use diced chicken breast instead.

More Greens, Stir in kale or baby spinach until wilted.



Parchment Baked Haddock with Veggies

4 servings

35 minutes

Ingredients

- 4 cups Green Beans (trimmed)
- 2 Red Bell Pepper (thinly sliced)
- 6 stalks Green Onion (green parts only, chopped)
- 4 Haddock Fillet (5 ounces each)
- 2 tbsps Extra Virgin Olive Oil
- 2 Lemon (zested and juiced)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 tbsps Fresh Dill

Nutrition

Amount per serving	
Calories	252
Fat	8g
Carbs	13g
Fiber	4g
Sugar	7g
Protein	33g
Cholesterol	99mg
Sodium	699mg
Vitamin A	3391IU
Vitamin C	100mg
Calcium	74mg
Iron	2mg

Directions

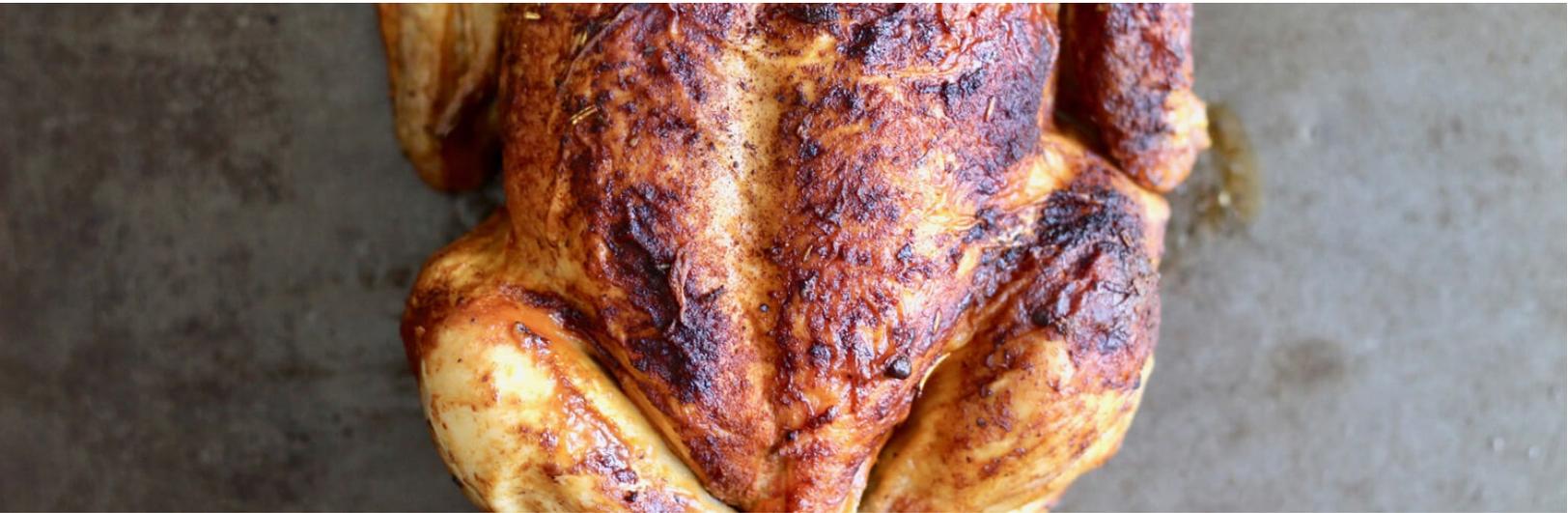
- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Notes

No Haddock, Use cod fillets instead.

Safety First, The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

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



Roasted Chicken

4 servings

2 hours

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Poultry Seasoning
- 2 tsps Paprika

Nutrition

Amount per serving	
Calories	269
Fat	9g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	43g
Cholesterol	136mg
Sodium	748mg
Vitamin A	691IU
Vitamin C	0mg
Calcium	36mg
Iron	3mg

Directions

- 1 Preheat oven to 350 degrees F.
- 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 internal temperature reaches 180 degrees F.
- 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.



Roasted Vegetable Quinoa Salad

4 servings

1 hour

Ingredients

10 ozs Salmon Fillet (oven baked)
 1 Sweet Potato (diced into 1 inch cubes)
 1 Red Bell Pepper (diced)
 1 cup Red Onion (diced)
 3 Leeks (chopped)
 2 Garlic (cloves, peeled and halved)
 1 tbsp Extra Virgin Olive Oil
 1 tsp Red Pepper Flakes
 1/2 cup Quinoa (uncooked)
 1 cup Water
 2 cups Arugula
 1/4 cup Mint Leaves
 1/4 cup Feta Cheese (crumbled)
 1 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 2 Preheat oven to 415. Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 3 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 4 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

Nutrition

Amount per serving	
Calories	335
Fat	12g
Carbs	38g
Fiber	6g
Sugar	7g
Protein	21g
Cholesterol	48mg
Sodium	178mg
Vitamin A	7220IU
Vitamin C	57mg
Calcium	155mg

Iron

4mg



Slow Cooker Apple Cinnamon Pork Tenderloin

4 servings

4 hours

Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

Nutrition

Amount per serving	
Calories	246
Fat	3g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	23g
Cholesterol	61mg
Sodium	81mg
Vitamin A	7698IU
Vitamin C	10mg
Calcium	55mg
Iron	2mg

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender, Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens, Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs, Serve with rice, quinoa or mini potatoes.



Slow Cooker Chicken Soup

4 servings

6 hours

Ingredients

- 2/3 Yellow Onion (diced)
- 2 2/3 stalks Celery (diced)
- 2 Carrot (medium, chopped)
- 2 tsps Rosemary (fresh)
- 5 1/3 ozs Chicken Breast (boneless, skinless)
- 2/3 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 cups Water (or broth)

Nutrition

Amount per serving	
Calories	216
Fat	7g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	31g
Cholesterol	140mg
Sodium	148mg
Vitamin A	5256IU
Vitamin C	5mg
Calcium	61mg
Iron	1mg

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs, Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers, Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months.

Omit pasta and potatoes if you plan to freeze.



Nutty Dark Chocolate Sea Salt Squares

8 servings

1 hour 30 minutes

Ingredients

- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil
- 1/2 cup Almonds (chopped or smashed)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Walnuts (chopped)
- 75 grams Dark Organic Chocolate (at least 70% cacao)
- 1/2 tsp Sea Salt (coarse ground)

Nutrition

Amount per serving	
Calories	236
Fat	18g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	153mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	36mg
Iron	2mg

Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!

Notes

Storage, Refrigerate or freeze in an air-tight container.

Make as Bars, Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

Mix it Up, Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!



Almond Butter Stuffed Dates

1 serving
5 minutes

Ingredients

1/4 cup Pitted Dates
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	33g
Fiber	6g
Sugar	25g
Protein	7g
Cholesterol	0mg
Sodium	3mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	123mg
Iron	1mg

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free, Use sunflower seed butter or tahini instead of almond butter.
Dress Them Up, Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Dark Chocolate & Walnuts

2 servings

5 minutes

Ingredients

1/2 cup Walnuts
50 grams Dark Organic Chocolate (at least 70% cacao)

Nutrition

Amount per serving	
Calories	334
Fat	29g
Carbs	15g
Fiber	4g
Sugar	7g
Protein	6g
Cholesterol	0mg
Sodium	13mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg

Directions

- 1 Divide dark chocolate and walnuts between bowls. Enjoy!