



Food Prep Basics

Created by Amanda Swan



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Amanda Swan

Hi!

Here is everything you need to get started with meal planning and prepping. In this guide you'll find:

- Blank meal planning template
- Fourteen simple protein options
- Twenty one quick veggie recipes
- Seven healthy starches

All recipes are gluten and dairy free and are designed to make four servings. Nutrition information is included for each recipe.

How to use this guide:

1. Review the recipes and choose one protein, two veggies, and one starch (optional) for each meal that you plan to prep for. Jot them down in the meal planning template. Don't forget to write down the days on which you'll have leftovers. These recipes are meant to be mixed and matched - have fun with different combos, and repurpose as much as possible. For example, the slow cooker salsa chicken could be paired with cauliflower rice and roasted tomatoes, and then used to make chicken lettuce wraps with sweet potato fries!
2. Make a grocery list for the items that you need to prepare each dish, and go shopping!
3. Set aside 1-2 hours to do your prepping. Some people do half of their meal prep on Sunday, and the other half mid-way through the week, while others do it all in one shot. Do what works for you and your family.
4. Once prepared, portion your meals into serving sizes and put in individual containers so they are ready to go later in the week.
5. Sit back and enjoy all of the free time you'll have now that you aren't cooking every night and stressing about what to make!

Happy Prepping!

Amanda

Quinoa-Crusted Chicken 'Parm' with Salsa

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. In a shallow bowl, combine flax, water, garlic powder, onion powder and salt. Set aside.
3. Cook the quinoa according to the directions on the package, then stir in the nutritional yeast.
4. Pat the chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for remaining chicken.
5. Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa ovetop and bake for 5 more minutes or until cooked through. Enjoy!

Notes

Serve it With

Brown rice spaghetti, garlic bread, roasted veggies or salad.

No Salsa

Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

Real Cheese Lover

Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

Leftovers

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

Ingredients

3 tbsps	Ground Flax Seed
1/3 cup	Water
1 tsp	Garlic Powder
1 tsp	Onion Powder
3/4 tsp	Sea Salt
1/3 cup	Quinoa (dry)
1 tbsps	Nutritional Yeast
10 ozs	Chicken Breast (boneless, skinless, sliced horizontally)
1/2 cup	Organic Salsa

Nutrition

Calories	408	Cholesterol	147mg
Fat	10g	Sodium	1430mg
Carbs	29g	Vitamin A	349IU
Fiber	6g	Vitamin C	2mg
Sugar	3g	Calcium	64mg
Protein	52g	Iron	3mg

Carrot & Beet Turkey Bites

7 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl, use your hands or a spatula to combine all the ingredients except avocado oil.
2. Divide the mixture and form patties about 4-inches wide. The patties will shrink after cooking.
3. Heat avocado oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
4. Transfer to a plate lined with paper towel and serve immediately. Enjoy!

Notes

Serve Them With

Salad, quinoa or sweet potato fries.

No Avocado Oil

Use olive oil, coconut oil or ghee instead.

Serving Size

One serving is equal to about 4 small patties.

Leftovers

Keeps well in the fridge up to 3 days. Freeze in an airtight container up to 6 months.

Ingredients

1 lb	Extra Lean Ground Turkey
1	Carrot (medium, peeled and grated)
1	Beet (medium, peeled and grated)
1/2 tsp	Sea Salt
1/2 tsp	Dried Thyme
1 tbsp	Dijon Mustard
2 tbsps	Avocado Oil

Nutrition

Calories	251	Cholesterol	84mg
Fat	17g	Sodium	441mg
Carbs	4g	Vitamin A	2642IU
Fiber	1g	Vitamin C	2mg
Sugar	2g	Calcium	34mg
Protein	22g	Iron	2mg

Ground Chicken

3 ingredients · 20 minutes · 4 servings



Directions

1. Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
2. Once cooked through, season to taste with sea salt and enjoy!

Notes

Storage

Keeps well in fridge for up to 3 days. Freeze for longer.

Serve it With

Tacos, salads, stir frys and any time you need to add protein.

Spice it Up

Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.

Ingredients

1 tbsp	Avocado Oil
1 lb	Extra Lean Ground Chicken
1/4 tsp	Sea Salt (or more to taste)

Nutrition

Calories	193	Cholesterol	98mg
Fat	13g	Sodium	216mg
Carbs	0g	Vitamin A	0IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	7mg
Protein	20g	Iron	1mg

Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel

Add salt to the water while boiling.

Ingredients

2 Egg

Nutrition

Calories	144	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg

Shredded Chicken

2 ingredients · 20 minutes · 2 servings



Directions

1. Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
2. Remove chicken and shred into pieces using two forks.

Notes

Serve it With

Any of our sides, salads or vegetarian pastas.

Leftovers

Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Ingredients

1 tsp	Sea Salt
8 ozs	Chicken Breast (skinless, boneless)

Nutrition

Calories	171	Cholesterol	117mg
Fat	4g	Sodium	1239mg
Carbs	0g	Vitamin A	36IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	5mg
Protein	35g	Iron	1mg

Red Thai Coconut Curry Chicken

5 ingredients · 20 minutes · 6 servings



Directions

1. Preheat your oven to 400 degrees F.
2. Rub the chicken thighs with half of the Thai red curry paste.
3. Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Sauté the red onions in the remaining Thai red curry paste for about 3 to 5 minutes.
4. Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
5. Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
6. Remove from the oven, divide the chicken onto plates and enjoy!

Notes

Optional Garnishes

Sea salt, pepper, lime juice and/or chopped cilantro.

Serve it With

Rice, quinoa or cauliflower rice.

Add Veggies

Serve it with wilted kale, roasted asparagus or green peas.

Ingredients

2 lbs	Chicken Thighs (skinless, boneless)
1/4 cup	Thai Red Curry Paste (divided)
1 tbsp	Coconut Oil
1/2 cup	Red Onion (finely diced)
1 1/4 cups	Organic Coconut Milk (canned, full fat)

Nutrition

Calories	398	Cholesterol	201mg
Fat	24g	Sodium	447mg
Carbs	5g	Vitamin A	6708IU
Fiber	0g	Vitamin C	4mg
Sugar	1g	Calcium	19mg
Protein	39g	Iron	2mg

Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

11 ingredients · 30 minutes · 4 servings



Directions

1. Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
2. Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
3. Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
4. When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

Notes

No Grill

Cook burgers in the oven at 350 for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

More Carbs

Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers

Can be frozen up to 6 months in an airtight container.

Ingredients

1 1/2 tps	Extra Virgin Olive Oil
4 cups	Baby Spinach
1/2 cup	Artichoke Hearts (chopped)
1 lb	Extra Lean Ground Turkey
1/2 tsp	Red Pepper Flakes
1/2 tsp	Black Pepper
1 tsp	Sea Salt (divided)
3/4 cup	Almond Flour
1	Tomato
1/2 cup	Cashews
1 head	Green Lettuce (separated into leaves and washed)

Nutrition

Calories	424	Cholesterol	84mg
Fat	30g	Sodium	806mg
Carbs	14g	Vitamin A	3938IU
Fiber	5g	Vitamin C	16mg
Sugar	3g	Calcium	122mg
Protein	30g	Iron	5mg

Pistachio Crusted Salmon

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375. Line a baking sheet with parchment paper.
2. Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
3. Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
4. Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
5. Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
6. Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg

Serve with a side of baby spinach drizzled with leftover pesto

Likes it Warm

Saute the cauliflower rice in a bit of olive oil before serving

Ingredients

1/2 cup	Pistachios (removed from shell)
1/4 tsp	Sea Salt
20 ozs	Salmon Fillet
1/4 cup	Pine Nuts
1	Garlic (clove, minced)
2 cups	Parsley (chopped)
1/4 cup	Extra Virgin Olive Oil
1	Lemon (juiced)
1 head	Cauliflower (chopped into florets)

Nutrition

Calories	653	Cholesterol	65mg
Fat	54g	Sodium	828mg
Carbs	17g	Vitamin A	2997IU
Fiber	6g	Vitamin C	124mg
Sugar	5g	Calcium	113mg
Protein	31g	Iron	4mg

Mushroom Lentil Burgers

13 ingredients · 30 minutes · 9 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

More Carbs

Serve it on a gluten-free bun or in a wrap.

Keep it Light

Serve on a bed of greens or collard green wraps.

Extra Flavour

Brush the patties with clean BBQ sauce while grilling.

No BBQ

Preheat oven to 375 and bake the patties 15 minute per side.

Toppings

Sprouts, avocado, tomato, goat cheese, feta cheese, mustard or greens.

Ingredients

1 tbsp	Extra Virgin Olive Oil
1	Yellow Onion (diced)
4 cups	Portobello Mushroom (diced)
3	Garlic (cloves, minced)
3/4 cup	Walnuts (chopped and toasted)
2 cups	Green Lentils (cooked, drained, rinsed and divided)
2 tsps	Tabasco Sauce
1 tsp	Paprika
1 1/2 tsps	Chili Powder
2/3 cup	Almond Flour
1/3 cup	Parsley (chopped)
1/4 tsp	Sea Salt
1/4 tsp	Black Pepper

Nutrition

Calories	201	Cholesterol	0mg
Fat	13g	Sodium	94mg
Carbs	16g	Vitamin A	468IU
Fiber	7g	Vitamin C	5mg
Sugar	4g	Calcium	49mg
Protein	9g	Iron	3mg

Amanda Swan

amandaswanaprn@gmail.com



Steak with Balsamic Jus

9 ingredients · 15 minutes · 4 servings



Directions

1. Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
2. Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
4. Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

Notes

Make it Even Quicker

Skip sauteing the spinach and make a raw salad instead.

Ingredients

1 tbsp	Coconut Oil
20 ozs	Beef Tenderloin (sliced into steaks)
	Sea Salt & Black Pepper (to taste)
1/2 cup	Balsamic Vinegar
1/4 cup	Dijon Mustard
10 cups	Baby Spinach
2 tbsps	Slivered Almonds (toasted)
1/2	Lemon (juiced)
1/4 cup	Feta Cheese (crumbled)

Nutrition

Calories	435	Cholesterol	140mg
Fat	20g	Sodium	421mg
Carbs	10g	Vitamin A	7104IU
Fiber	2g	Vitamin C	23mg
Sugar	5g	Calcium	155mg
Protein	48g	Iron	7mg

One Pan Hawaiian Salmon

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
3. Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
4. After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

No Salmon

Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.

Ingredients

4	Red Bell Pepper (sliced)
1 tbsp	Extra Virgin Olive Oil
16 ozs	Salmon Fillet
	Sea Salt & Black Pepper (to taste)
2 cups	Pineapple (cored and sliced into rounds)

Nutrition

Calories	373	Cholesterol	52mg
Fat	25g	Sodium	502mg
Carbs	19g	Vitamin A	4173IU
Fiber	4g	Vitamin C	199mg
Sugar	13g	Calcium	34mg
Protein	20g	Iron	1mg

Slow Cooker BBQ Pulled Pork

10 ingredients · 6 hours · 4 servings



Directions

1. Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
2. In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
3. Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

Notes

Serve it With

Sautéed kale, brown rice or sweet potato.

No Pork

Replace the pork with skinless, boneless chicken breasts.

Ingredients

1 1/2 lbs	Pork Tenderloin
2 tbsps	Extra Virgin Olive Oil
1 cup	Organic Chicken Broth
1/2 tsp	Sea Salt
1 tsp	Black Pepper
1 tbsps	Chili Powder
2 tbsps	Paprika
1 tsp	Garlic Powder
1 tsp	Onion Powder
1 tsp	Cumin

Nutrition

Calories	259	Cholesterol	92mg
Fat	12g	Sodium	658mg
Carbs	4g	Vitamin A	1171IU
Fiber	1g	Vitamin C	0mg
Sugar	1g	Calcium	29mg
Protein	34g	Iron	3mg

Roasted Garlic Chicken Thighs

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 375F.
2. Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil, sea salt and black pepper.
3. Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
4. Transfer to plates and enjoy!

Notes

Serve it With

Our Pesto Cauliflower Rice and Steamed Green Beans.

Leftovers

Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.

Ingredients

1/2 lb	Chicken Thighs with Skin
2	Garlic (cloves, sliced)
1 tbsp	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	327	Cholesterol	151mg
Fat	23g	Sodium	117mg
Carbs	1g	Vitamin A	62IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	15mg
Protein	27g	Iron	1mg

Slow Cooker Salsa Chicken

2 ingredients · 4 hours · 4 servings



Directions

1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

Leftovers

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

Ingredients

20 ozs	Chicken Breast (boneless, skinless)
1/2 cup	Organic Salsa

Nutrition

Calories	223	Cholesterol	147mg
Fat	5g	Sodium	304mg
Carbs	2g	Vitamin A	195IU
Fiber	1g	Vitamin C	1mg
Sugar	1g	Calcium	16mg
Protein	44g	Iron	1mg

Balsamic Grilled Mushrooms

4 ingredients · 25 minutes · 2 servings



Directions

1. Stir all the ingredients together and let marinate for at least 15 minutes.
2. Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender.
Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
3. Remove from the grill and enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days in an airtight container.

No Grill

Saute them on the stovetop instead.

Ingredients

5 cups	Mushrooms (halved)
2 tbsps	Balsamic Vinegar
1 tbsp	Tamari
2	Garlic (cloves, minced)

Nutrition

Calories	61	Cholesterol	0mg
Fat	1g	Sodium	518mg
Carbs	10g	Vitamin A	0IU
Fiber	2g	Vitamin C	5mg
Sugar	6g	Calcium	16mg
Protein	7g	Iron	1mg

Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size

One serving is equal to approximately one cup of cauliflower rice.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

1 head	Cauliflower (chopped into small pieces)
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Nutrition

Calories	37	Cholesterol	0mg
Fat	0g	Sodium	44mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	71mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg

Buffalo Cauliflower Wings

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 450 F. Line a baking sheet with foil and grease with half the coconut oil.
2. In a bowl, whisk together the flour, milk, salt and garlic powder to make the batter.
3. Place the breadcrumbs in a separate bowl.
4. Coat the cauliflower florets in the batter one at a time, letting any excess drip off. Transfer to the breadcrumbs and coat completely, then place onto baking sheet. Repeat until all florets are coated. Bake for 20-25 minutes until crispy and slightly golden.
5. Meanwhile, add the hot sauce, maple syrup and remaining coconut oil in a microwave-safe bowl and microwave for 20 seconds or until coconut oil has melted.
6. Gently toss the cauliflower in the sauce then return to baking sheet and continue baking for another 5 minutes. Remove from oven and serve immediately. Enjoy!

Notes

Serve Them With

Our Vegan Ranch Dressing, Creamy Rainbow Coleslaw, Vegan Cornbread or Mac n' 'Cheese' recipe, celery sticks, carrots, blue cheese and/or fries.

Leftovers

Refrigerate in an airtight container up to 3-5 days (with or without sauce) and reheat in the oven.

Ingredients

2 tbsps	Coconut Oil (divided)
1 cup	Oat Flour
1 cup	Unsweetened Almond Milk
1/2 tsp	Sea Salt
2 tsps	Garlic Powder
1 cup	Bread Crumbs
1 head	Cauliflower (chopped into florets)
1/2 cup	Hot Sauce (vinegar-based)
2 1/2 tbsps	Maple Syrup

Nutrition

Calories	370	Cholesterol	0mg
Fat	11g	Sodium	1239mg
Carbs	56g	Vitamin A	125IU
Fiber	8g	Vitamin C	71mg
Sugar	12g	Calcium	223mg
Protein	12g	Iron	4mg

Creamy Rainbow Coleslaw

4 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix thoroughly. The slaw can be enjoyed immediately but tastes best after sitting for a few hours.

Notes

No Coleslaw Mix

Use shredded green and red cabbage, carrot, leftover broccoli stems, and any other veggies you think would be good to add!

Leftovers

Refrigerate in an airtight container up to two days.

High Quality Mayonnaise

Read the ingredients. Look for an avocado oil, coconut oil or olive oil based mayonnaise.

Ingredients

4 cups	Broccoli Slaw (bagged)
2 tbsps	Mayonnaise
2 tbsps	Apple Cider Vinegar
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	80	Cholesterol	3mg
Fat	5g	Sodium	74mg
Carbs	7g	Vitamin A	7064IU
Fiber	2g	Vitamin C	78mg
Sugar	3g	Calcium	21mg
Protein	2g	Iron	0mg

House Salad

5 ingredients · 10 minutes · 2 servings



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.

Serve it With

Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

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

Nutrition

Calories	142	Cholesterol	0mg
Fat	14g	Sodium	26mg
Carbs	5g	Vitamin A	1132IU
Fiber	1g	Vitamin C	11mg
Sugar	1g	Calcium	17mg
Protein	1g	Iron	1mg

Steamed Broccoli

1 ingredient · 10 minutes · 2 servings



Directions

1. Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

Notes

More Flavour

Toss in olive oil and season with your favourite spices.

Serve It With

Shredded Chicken or Ginger Steamed Cod Fillets.

Ingredients

2 cups Broccoli (chopped into florets)

Nutrition

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	30mg
Carbs	6g	Vitamin A	567IU
Fiber	2g	Vitamin C	81mg
Sugar	2g	Calcium	43mg
Protein	3g	Iron	1mg

Sauteed Collard Greens

3 ingredients · 15 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
2. Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

Notes

No Butter

Use olive oil, coconut oil, avocado oil, sesame oil or ghee instead.

Serve Them With

Crispy Smashed Potatoes and Slow Cooker Rotisserie Chicken.

Ingredients

12 cups	Collard Greens (sliced into 1 inch pieces)
2 tbsps	Butter
1/8 tsp	Sea Salt (or to taste)

Nutrition

Calories	87	Cholesterol	16mg
Fat	6g	Sodium	93mg
Carbs	6g	Vitamin A	5599IU
Fiber	4g	Vitamin C	38mg
Sugar	1g	Calcium	254mg
Protein	3g	Iron	1mg

Crispy Cauliflower Bites

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat sesame oil in a large pan over medium-high heat. Cook green onions and garlic for 1-2 minutes. Stir in tamari and maple syrup, remove from heat and transfer to a bowl.
2. In a mixing bowl, combine oat flour, tapioca flour, baking powder, salt, pepper and water. Add 1-2 tbsp of water if it is too thick. Toss cauliflower florets in the mixture until well coated.
3. Heat coconut oil over medium-high heat in the same pan used for the sauce. Cook cauliflower until all sides are browned, about 5-7 minutes. Add more coconut oil to the pan if needed.
4. Transfer cauliflower to a paper towel-lined plate. Dip cauliflower bites into the sauce or drizzle overtop. Enjoy!

Notes

No Oat Flour

Use regular or gluten-free all-purpose flour instead.

No Tapioca Flour

Use arrowroot powder or cornstarch instead.

No Coconut Oil

Use sesame oil instead.

Serve it With

As an appetizer or with our Everything Bagel Seasoned Chicken or Marinated Baked Tofu.

Ingredients

1 tbsp	Sesame Oil
2 stalks	Green Onion (sliced)
2	Garlic (cloves, minced)
2 tbsps	Tamari
1 tbsp	Maple Syrup
1/4 cup	Oat Flour
1/4 cup	Tapioca Flour
1 tbsp	Baking Powder
	Sea Salt & Black Pepper (to taste)
1/3 cup	Water
1 head	Cauliflower (chopped into florets)
1/4 cup	Coconut Oil

Nutrition

Calories	267	Cholesterol	0mg
Fat	18g	Sodium	915mg
Carbs	24g	Vitamin A	240IU
Fiber	4g	Vitamin C	72mg
Sugar	6g	Calcium	253mg
Protein	5g	Iron	2mg

Pesto Cauliflower Rice

2 ingredients · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Notes

Make it Raw

Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

Ingredients

1 head	Cauliflower (chopped into florets)
1/2 cup	Pesto

Nutrition

Calories	168	Cholesterol	0mg
Fat	12g	Sodium	234mg
Carbs	10g	Vitamin A	487IU
Fiber	4g	Vitamin C	71mg
Sugar	5g	Calcium	129mg
Protein	6g	Iron	1mg

Mixed Greens with Lemon & Olive Oil

4 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Notes

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

No Mixed Greens

Use spinach, kale or romaine instead.

Ingredients

4 cups	Mixed Greens
2 tbsps	Extra Virgin Olive Oil
1/2	Lemon (juiced)
2 tbsps	Hemp Seeds

Nutrition

Calories	191	Cholesterol	0mg
Fat	18g	Sodium	34mg
Carbs	4g	Vitamin A	2IU
Fiber	1g	Vitamin C	12mg
Sugar	0g	Calcium	48mg
Protein	5g	Iron	2mg

Cauliflower Mash

5 ingredients · 30 minutes · 4 servings



Directions

1. Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10-15 minutes, or until very soft.
2. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
3. Divide between plates and top with extra butter if desired. Enjoy!

Notes

More Carbs

Make with half cauliflower and half mashed potatoes.

Dairy-Free

Replace butter with olive oil.

Make it Cheesy

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Ingredients

1 head	Cauliflower (large, sliced into florets)
2	Garlic (cloves, minced)
2 tbsps	Butter
1 tbsp	Thyme
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	91	Cholesterol	16mg
Fat	6g	Sodium	46mg
Carbs	8g	Vitamin A	206IU
Fiber	3g	Vitamin C	72mg
Sugar	3g	Calcium	39mg
Protein	3g	Iron	1mg

Hummus Roasted Broccoli & Cauliflower

4 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 425 degrees F and line a baking pan with parchment paper.
2. In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
3. Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

Notes

No Broccoli or Cauliflower

Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

Ingredients

3 cups	Broccoli (chopped into florets)
1 head	Cauliflower (chopped into florets)
1 cup	Hummus
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	206	Cholesterol	0mg
Fat	12g	Sodium	329mg
Carbs	21g	Vitamin A	440IU
Fiber	8g	Vitamin C	132mg
Sugar	4g	Calcium	94mg
Protein	10g	Iron	3mg

Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F. 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.

Ingredients

8 cups	Kale Leaves (roughly chopped)
1 tbsp	Extra Virgin Olive Oil
1/4 tsp	Sea Salt (or more to taste)

Nutrition

Calories	200	Cholesterol	0mg
Fat	7g	Sodium	515mg
Carbs	24g	Vitamin A	26308IU
Fiber	8g	Vitamin C	36mg
Sugar	0g	Calcium	320mg
Protein	8g	Iron	6mg

Balsamic Roasted Tomatoes

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with foil or parchment paper.
2. Place tomato halves on the baking sheet. Drizzle with olive oil and balsamic dressing, then top with basil, salt and pepper. Roast for 15 minutes. Enjoy!

Notes

Serve it With

Our Bacon, Eggs, Avocado & Sauerkraut, Swiss Chard, Lentil & Rice Bowl or Flax Bread Avocado Toast.

No Oven

Do them on the grill instead.

Ingredients

8	Tomato (medium, halved)
1 tbsp	Extra Virgin Olive Oil
1 tbsp	Balsamic Vinegar
1 tsp	Dried Basil
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	70	Cholesterol	0mg
Fat	4g	Sodium	95mg
Carbs	8g	Vitamin A	3323IU
Fiber	2g	Vitamin C	36mg
Sugar	1g	Calcium	17mg
Protein	3g	Iron	1mg

Pan Fried Zucchini

3 ingredients · 10 minutes · 2 servings



Directions

1. Heat oil in a skillet over medium-high heat.
2. Add the zucchini slices and cook for about 3-5 minutes each side, or until brown.
3. Season with salt and enjoy!

Notes

No Stove Top

Grill or roast them instead.

Ingredients

1 tbsp	Coconut Oil
2	Zucchini (medium, sliced into rounds)
1/4 tsp	Sea Salt (or more to taste)

Nutrition

Calories	94	Cholesterol	0mg
Fat	7g	Sodium	311mg
Carbs	6g	Vitamin A	392IU
Fiber	2g	Vitamin C	35mg
Sugar	5g	Calcium	31mg
Protein	2g	Iron	1mg

Grilled Asparagus

3 ingredients · 15 minutes · 4 servings



Directions

1. Preheat grill over medium-low heat.
2. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

Notes

No Grill

Roast in the oven instead at 425 degrees F for 12 to 15 minutes.

Ingredients

- | | |
|-------------------|--------------------------------|
| 3 cups | Asparagus (woody ends trimmed) |
| 1 1/2 tsps | Extra Virgin Olive Oil |
| 1/4 tsp | Sea Salt (or more to taste) |

Nutrition

Calories	35	Cholesterol	0mg
Fat	2g	Sodium	150mg
Carbs	4g	Vitamin A	760IU
Fiber	2g	Vitamin C	6mg
Sugar	2g	Calcium	24mg
Protein	2g	Iron	2mg

Spaghetti Squash with Kale Pesto

9 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 375. Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper-lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper.
2. Toss the cherry tomatoes in a bowl with a splash of your olive oil, salt and pepper then place these on the baking sheet with the squash. Cook the squash and tomatoes in the oven for 45 to 50 minutes.
3. In the mean time, prepare your kale pesto. In a food processor or magic bullet, add the kale, basil leaves, garlic cloves, lemon juice, remaining olive oil, salt, pepper and pine nuts. Blend until a creamy pesto forms. Add a very small splash of warm water if mixture is too thick. Be careful with this as adding too much can completely ruin the pesto!
4. Remove the spaghetti squash and allow to cool for 5 minutes. Then stand each half up vertically and scrape out the flesh of the squash into a large bowl using a fork. It should come out as string-like noodles.
5. Divide spaghetti squash into portions on plates. Top with a large spoonful of kale pesto and roasted tomatoes. Enjoy!

Ingredients

1	Spaghetti Squash
1 cup	Cherry Tomatoes (halved)
1/3 cup	Extra Virgin Olive Oil (divided)
	Sea Salt & Black Pepper (to taste)
1 cup	Kale Leaves
1/2 cup	Basil Leaves
2	Garlic (cloves, minced)
1	Lemon (juiced)
1/4 cup	Pine Nuts

Nutrition

Calories	271	Cholesterol	0mg
Fat	23g	Sodium	19mg
Carbs	17g	Vitamin A	2511IU
Fiber	3g	Vitamin C	25mg
Sugar	2g	Calcium	69mg
Protein	3g	Iron	2mg

Sesame Cabbage Slaw

6 ingredients · 15 minutes · 6 servings



Directions

1. In a large bowl, combine the cabbage, sesame oil, rice vinegar, garlic, sesame seeds, salt and pepper. Mix well. Enjoy!

Notes

Storage

Keeps well in the fridge for 4 to 5 days.

Ingredients

6 cups	Purple Cabbage (thinly sliced)
3 tbsps	Sesame Oil
3 tbsps	Rice Vinegar
1	Garlic (clove, minced)
3 tbsps	Sesame Seeds (optional)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	115	Cholesterol	0mg
Fat	9g	Sodium	25mg
Carbs	8g	Vitamin A	994IU
Fiber	2g	Vitamin C	51mg
Sugar	3g	Calcium	85mg
Protein	2g	Iron	1mg

Eggplant, Pepper & Tomato Saute

6 ingredients · 20 minutes · 4 servings



Directions

1. Heat olive oil in a large saucepan over medium-high heat. Add the eggplant and season with salt and pepper. Cook for 6 to 8 minutes, stirring occasionally.
2. Add the bell pepper and cumin, cooking for 1 to 2 minutes. Then stir in the tomatoes and cook for an additional 10 to 12 minutes.
3. Season with salt and pepper to taste. Enjoy!

Notes

Serve it With

Pasta, brown rice, quinoa, brown rice tortilla chips, or on toast.

Extra Toppings

Feta, fresh herbs, avocado or Greek yogurt.

Storage

Refrigerate in an air-tight container up to 3 to 5 days, or freeze.

Ingredients

1 tbsp	Extra Virgin Olive Oil
2	Eggplant (large, cubed)
	Sea Salt & Black Pepper (to taste)
1	Green Bell Pepper (diced)
1 tsp	Cumin
1 1/2 cups	Diced Tomatoes

Nutrition

Calories	114	Cholesterol	0mg
Fat	4g	Sodium	22mg
Carbs	18g	Vitamin A	572IU
Fiber	8g	Vitamin C	39mg
Sugar	11g	Calcium	44mg
Protein	3g	Iron	2mg

Steamed Carrots

1 ingredient · 15 minutes · 2 servings



Directions

1. Bring a pot of water to a boil.
2. Place carrot sticks in a steamer over boiling water and cover. Let steam for 10-15 minutes, or until tender. Enjoy!

Notes

Leftovers

Refrigerate in an air-tight container up to 3-5 days, or freeze up to 10 months.

Serve Them With

Slow Cooker Balsamic Roast Beef, Shredded Chicken, Roasted Chicken, Savoury Roasted Chickpeas and/or Sautéed Collard Greens.

More Flavour

Toss them in olive oil or sesame oil and season with your favourite spices.

Ingredients

- 4** Carrot (medium, peeled and chopped into sticks)

Nutrition

Calories	50	Cholesterol	0mg
Fat	0g	Sodium	84mg
Carbs	12g	Vitamin A	20382IU
Fiber	3g	Vitamin C	7mg
Sugar	6g	Calcium	40mg
Protein	1g	Iron	0mg

Buttery Broccolini

4 ingredients · 10 minutes · 2 servings



Directions

1. In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
2. Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
3. Remove the broccolini from the pan, divide onto plates and enjoy!

Notes

More Flavour

Add lemon juice, lemon zest, garlic and/or spices in step 2.

Dairy-Free

Use coconut oil, olive oil or avocado oil instead of butter.

No Broccolini

Use broccoli or rapini instead.

Leftovers

Refrigerate in an airtight container for 3 to 5 days.

Ingredients

1 bunch	Broccolini (trimmed and stems sliced)
1/2 cup	Water
2 tbsps	Butter
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	157	Cholesterol	31mg
Fat	13g	Sodium	126mg
Carbs	7g	Vitamin A	10260IU
Fiber	6g	Vitamin C	81mg
Sugar	1g	Calcium	267mg
Protein	8g	Iron	3mg

Herb & Garlic Quinoa

6 ingredients · 20 minutes · 4 servings



Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. In a bowl, combine the quinoa, olive oil, parsley, garlic, salt and pepper. Mix well and enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Ingredients

1 cup	Quinoa (dry, uncooked)
1 3/4 cups	Water
1 1/2 tps	Extra Virgin Olive Oil
1 cup	Parsley (finely chopped)
2	Garlic (cloves, minced)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	179	Cholesterol	0mg
Fat	4g	Sodium	13mg
Carbs	29g	Vitamin A	1270IU
Fiber	4g	Vitamin C	20mg
Sugar	0g	Calcium	54mg
Protein	7g	Iron	3mg

Brown Rice

2 ingredients · 45 minutes · 4 servings



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!

Ingredients

1 cup	Brown Rice (uncooked)
2 cups	Water

Nutrition

Calories	170	Cholesterol	0mg
Fat	1g	Sodium	5mg
Carbs	35g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	16mg
Protein	3g	Iron	1mg

Roasted Acorn Squash

3 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 450 degrees F and line a baking sheet with foil.
2. Trim the ends of the acorn squash and cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
3. Coat the squash with olive oil and season with salt. Bake for 20 minutes, flipping at the halfway point.
4. Remove from oven and enjoy!

Notes

Serve it With

Our Creamy Edamame and Mushroom Pasta, Slow Cooker Pulled Pork, or any of our steak recipes.

Leftovers

Store covered in the fridge up to five days.

No Acorn Squash

Use delicata squash instead.

Likes it Spicy

Season with cayenne pepper, black pepper or chili powder.

Ingredients

1	Acorn Squash
1 tbsp	Extra Virgin Olive Oil
1/4 tsp	Sea Salt (or more to taste)

Nutrition

Calories	146	Cholesterol	0mg
Fat	7g	Sodium	302mg
Carbs	22g	Vitamin A	791IU
Fiber	3g	Vitamin C	24mg
Sugar	0g	Calcium	71mg
Protein	2g	Iron	2mg

Scalloped Sweet Potatoes

9 ingredients • 1 hour • 6 servings



Directions

1. Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
4. Preheat oven to 400.
5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1-2 min.
6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
8. Bake in the oven for 40-45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

More Protein

Add pureed chickpeas to the sauce, or top with diced chicken.

Make it Spicy

Add chilli flakes or cayenne pepper.

Make Veggies

Add layers of spinach and mushrooms.

Ingredients

2	Sweet Potato
1/4	Yellow Onion (thinly sliced)
2 tbsps	Coconut Oil
1/4 cup	Almond Flour
1 1/2 cups	Organic Coconut Milk
1 1/2 tsps	Garlic Powder
1 tbsp	Thyme (stems removed)
3/4 tsp	Sea Salt
2/3 cup	Pureed Pumpkin

Nutrition

Calories	224	Cholesterol	0mg
Fat	18g	Sodium	336mg
Carbs	14g	Vitamin A	9500IU
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	33mg
Protein	3g	Iron	2mg

Quinoa

2 ingredients · 15 minutes · 4 servings



Directions

1. Combine quinoa 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 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1 cup	Quinoa (uncooked)
1 1/2 cups	Water

Nutrition

Calories	157	Cholesterol	0mg
Fat	3g	Sodium	4mg
Carbs	27g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	29mg
Protein	6g	Iron	2mg

Turmeric Chili Rice

5 ingredients · 15 minutes · 4 servings



Directions

1. Cook the rice according to the directions on the package.
2. Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
3. Divide into bowls and enjoy!

Notes

No Jasmine Rice

Use any type of rice or quinoa instead.

No Olive Oil

Use butter or ghee instead.

Serve it With

Our Lime Basil Grilled Tuna Steaks, 15 Minute Halibut with Dill Pesto or One Pan Salmon with Rainbow Veggies.

Ingredients

1 cup	Jasmine Rice (dry)
1 tsp	Turmeric
1 1/2 tsp	Chili Powder
1/2 tsp	Sea Salt
1 tbsp	Extra Virgin Olive Oil

Nutrition

Calories	195	Cholesterol	0mg
Fat	4g	Sodium	324mg
Carbs	37g	Vitamin A	297IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	5mg
Protein	3g	Iron	1mg

Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425F 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.

Ingredients

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

Nutrition

Calories	156	Cholesterol	0mg
Fat	10g	Sodium	36mg
Carbs	16g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg