



## No-Fuss Summer Program

Created by Swan Integrative Health and Wellness



## No-Fuss Summer Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Peanut Butter & Jam Overnight Oats	Peanut Butter & Jam Overnight Oats	Peanut Butter & Jam Overnight Oats	Strawberry Banana Smoothie	Strawberry Banana Smoothie	Blueberry Overnight Oats	Blueberry Overnight Oats
Snack 1	Blueberry Agua Fresca	Blueberry Agua Fresca	Blueberry Agua Fresca	Pineapple	Pineapple	Pineapple	Pineapple
Lunch	Simple Tuna Salad	Simple Tuna Salad	Spiced Salmon Kabobs	Pineapple Coconut Shrimp	Grilled Honey Dijon Salmon with Zucchini & Quinoa	Grilled Shrimp Salad	Grilled Pineapple & Chicken Salad
				Steamed Corn on the Cob			
Snack 2	Fresh Strawberries	Fresh Strawberries	Fresh Strawberries	Banana with Peanut Butter	Banana with Peanut Butter	Key Lime Mousse	Key Lime Mousse
Dinner	Spiced Salmon Kabobs	Spiced Salmon Kabobs	Pineapple Coconut Shrimp	Grilled Honey Dijon Salmon with Zucchini & Quinoa	Grilled Shrimp Salad	Grilled Pineapple & Chicken Salad	Grilled Shrimp Salad
			Steamed Corn on the Cob				
Snack 3	Coconut Banana Ice Cream	Coconut Banana Ice Cream	Coconut Banana Ice Cream	Mango Coconut Popsicles	Mango Coconut Popsicles	Mango Coconut Popsicles	Mango Coconut Popsicles

# No-Fuss Summer Program

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1514	<b>Calories</b> 1514	<b>Calories</b> 1674	<b>Calories</b> 1657	<b>Calories</b> 1648	<b>Calories</b> 1844	<b>Calories</b> 1844
<b>Fat</b> 67g	<b>Fat</b> 67g	<b>Fat</b> 66g	<b>Fat</b> 60g	<b>Fat</b> 71g	<b>Fat</b> 100g	<b>Fat</b> 100g
Saturated 20g	Saturated 20g	Saturated 21g	Saturated 19g	Saturated 19g	Saturated 24g	Saturated 24g
<b>Carbs</b> 153g	<b>Carbs</b> 153g	<b>Carbs</b> 183g	<b>Carbs</b> 197g	<b>Carbs</b> 170g	<b>Carbs</b> 155g	<b>Carbs</b> 155g
Fiber 27g	Fiber 27g	Fiber 28g	Fiber 25g	Fiber 28g	Fiber 35g	Fiber 35g
Sugar 83g	Sugar 83g	Sugar 95g	Sugar 103g	Sugar 87g	Sugar 81g	Sugar 81g
<b>Protein</b> 87g	<b>Protein</b> 87g	<b>Protein</b> 104g	<b>Protein</b> 98g	<b>Protein</b> 96g	<b>Protein</b> 98g	<b>Protein</b> 98g
Cholesterol 143mg	Cholesterol 143mg	Cholesterol 443mg	Cholesterol 427mg	Cholesterol 427mg	Cholesterol 464mg	Cholesterol 464mg
Sodium 1001mg	Sodium 1001mg	Sodium 1073mg	Sodium 1287mg	Sodium 1056mg	Sodium 739mg	Sodium 739mg
Potassium 3071mg	Potassium 3071mg	Potassium 3455mg	Potassium 3834mg	Potassium 4064mg	Potassium 3386mg	Potassium 3386mg
Vitamin A 2955IU	Vitamin A 2955IU	Vitamin A 2544IU	Vitamin A 2367IU	Vitamin A 6448IU	Vitamin A 10239IU	Vitamin A 10239IU
Vitamin C 214mg	Vitamin C 214mg	Vitamin C 298mg	Vitamin C 369mg	Vitamin C 349mg	Vitamin C 317mg	Vitamin C 317mg
Calcium 623mg	Calcium 623mg	Calcium 757mg	Calcium 794mg	Calcium 833mg	Calcium 790mg	Calcium 790mg
Iron 14mg	Iron 14mg	Iron 13mg	Iron 10mg	Iron 11mg	Iron 12mg	Iron 12mg
Vitamin D 142IU	Vitamin D 142IU	Vitamin D 63IU	Vitamin D 101IU	Vitamin D 101IU	Vitamin D 42IU	Vitamin D 42IU
Vitamin B6 2.8mg	Vitamin B6 2.8mg	Vitamin B6 2.4mg	Vitamin B6 3.1mg	Vitamin B6 3.1mg	Vitamin B6 2.4mg	Vitamin B6 2.4mg
Folate 307µg	Folate 307µg	Folate 327µg	Folate 380µg	Folate 408µg	Folate 409µg	Folate 409µg
Vitamin B12 8.7µg	Vitamin B12 8.7µg	Vitamin B12 4.5µg	Vitamin B12 3.6µg	Vitamin B12 3.6µg	Vitamin B12 0.6µg	Vitamin B12 0.6µg

Magnesium 362mg	Magnesium 362mg	Magnesium 419mg	Magnesium 513mg	Magnesium 518mg	Magnesium 353mg	Magnesium 353mg
Zinc 6mg	Zinc 6mg	Zinc 8mg	Zinc 9mg	Zinc 10mg	Zinc 8mg	Zinc 8mg
Selenium 190µg	Selenium 190µg	Selenium 73µg	Selenium 52µg	Selenium 52µg	Selenium 39µg	Selenium 39µg

# No-Fuss Summer Program

51 items

## Fruits

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- ☐ 2 1/4 Avocado
- ☐ 5 1/2 Banana
- ☐ 2 1/2 cups Blueberries
- ☐ 1 Green Apple
- ☐ 1 1/2 Lemon
- ☐ 4 Lime
- ☐ 9 1/2 cups Pineapple
- ☐ 8 cups Strawberries

## Breakfast

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- ☐ 3/4 cup All Natural Peanut Butter
- ☐ 2/3 cup Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 1/3 tsp Black Pepper
- ☐ 2 1/2 tbsps Chia Seeds
- ☐ 1 1/8 tpsps Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/3 tsp Red Pepper Flakes
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/4 tpsps Sesame Seeds
- ☐ 1/2 cup Slivered Almonds

## Frozen

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- ☐ 2 cups Frozen Mango

## Vegetables

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- ☐ 4 1/2 cups Asparagus
- ☐ 3 cups Baby Spinach
- ☐ 3/4 cup Cherry Tomatoes
- ☐ 3 cups Coleslaw Mix
- ☐ 2 ears Corn On The Cob
- ☐ 1 1/2 Garlic
- ☐ 2 stalks Green Onion
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Red Onion
- ☐ 2 Zucchini

## Boxed & Canned

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- ☐ 1 3/4 cups Organic Coconut Milk
- ☐ 1/2 cup Quinoa
- ☐ 2 cans Tuna

## Baking

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- ☐ 2 1/2 cups Oats
- ☐ 1 tbsps Raw Honey
- ☐ 1 tbsps Unsweetened Coconut Flakes
- ☐ 1/2 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 8 ozs Chicken Breast
- ☐ 1/4 cup Feta Cheese
- ☐ 1 1/2 lbs Salmon Fillet
- ☐ 2 1/2 lbs Shrimp

## Condiments & Oils

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- ☐ 1 1/2 tpsps Apple Cider Vinegar
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Mayonnaise
- ☐ 1 tbsps Red Wine Vinegar

## Cold

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- ☐ 4 2/3 cups Unsweetened Almond Milk

## Other

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- ☐ 12 Barbecue Skewers
- ☐ 6 Ice Cubes
- ☐ 3 1/4 cups Water

# Peanut Butter & Jam Overnight Oats

6 ingredients · 8 hours · 3 servings



## Directions

1. Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
2. Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
3. To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
4. To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container in the fridge for up to four days.

### No Peanut Butter

Use almond butter, cashew butter or sunflower seed butter instead.

## Ingredients

**1/2 cup** All Natural Peanut Butter (divided)

**1/4 cup** Maple Syrup (divided)

**2 cups** Unsweetened Almond Milk

**1 1/2 cups** Oats (quick)

**1 1/2 tbsps** Chia Seeds

**3 cups** Strawberries (finely chopped)

## Nutrition

Amount per serving

<b>Calories</b>	568	Vitamin C	85mg
<b>Fat</b>	27g	Calcium	410mg
Saturated	5g	Iron	4mg
<b>Carbs</b>	71g	Vitamin D	63IU
Fiber	11g	Vitamin B6	0.3mg
Sugar	30g	Folate	83µg
<b>Protein</b>	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	177mg
Sodium	115mg	Zinc	3mg
Potassium	723mg	Selenium	14µg
Vitamin A	329IU		



# Strawberry Banana Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a sealed mason jar up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

### More Fibre

Add ground flax seeds.

## Ingredients

**1 cup** Strawberries

**1/2** Banana

**2 tbsps** Oats (quick or rolled)

**1 cup** Unsweetened Almond Milk

**1 tbsp** Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	221	Vitamin C	90mg
<b>Fat</b>	9g	Calcium	490mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	33g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.4mg
Sugar	15g	Folate	61µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	136mg
Sodium	164mg	Zinc	2mg
Potassium	625mg	Selenium	4µg
Vitamin A	555IU		

# Blueberry Overnight Oats

8 ingredients · 8 hours · 2 servings



## Directions

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

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	416	Vitamin C	4mg
<b>Fat</b>	23g	Calcium	331mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	43g	Vitamin D	38IU
Fiber	10g	Vitamin B6	0.1mg
Sugar	12g	Folate	12µg
<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	71mg
Sodium	64mg	Zinc	1mg
Potassium	221mg	Selenium	9µg
Vitamin A	209IU		



# Blueberry Agua Fresca

5 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients except ice in a blender. Blend well until smooth.
2. Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

## Notes

### Make it Smooth

Strain after blending.

### Make it Fancy

Serve it over frozen blueberries instead of ice.

### Make it Fizzy

Use sparkling water instead of flat water.

### No Maple Syrup

Use honey instead.

## Ingredients

**1/2 cup** Blueberries

**1/4** Lime (juiced)

**1 1/2 tsps** Maple Syrup

**1 cup** Water

**2** Ice Cubes (optional)

## Nutrition

Amount per serving

<b>Calories</b>	71	Vitamin C	10mg
<b>Fat</b>	0g	Calcium	40mg
Saturated	0g	Iron	0mg
<b>Carbs</b>	18g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0mg
Sugar	14g	Folate	6µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	12mg
Sodium	7mg	Zinc	0mg
Potassium	91mg	Selenium	0µg
Vitamin A	45IU		

# Pineapple

1 ingredient · 5 minutes · 4 servings



## Directions

1. Slice into cubes and divide into bowls. Enjoy!

## Notes

### Extra Sweet

Grill or broil your pineapple and sprinkle with cinnamon.

## Ingredients

6 cups Pineapple

## Nutrition

Amount per serving

<b>Calories</b>	124	Vitamin C	118mg
<b>Fat</b>	0g	Calcium	32mg
Saturated	0g	Iron	1mg
<b>Carbs</b>	32g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.3mg
Sugar	24g	Folate	45µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	30mg
Sodium	2mg	Zinc	0mg
Potassium	270mg	Selenium	0µg
Vitamin A	144IU		

# Simple Tuna Salad

5 ingredients · 10 minutes · 2 servings



## Directions

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

## Notes

### How to Serve

Enjoy alone, on crackers, on a sandwich, or over greens.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	287	Vitamin C	2mg
<b>Fat</b>	12g	Calcium	40mg
Saturated	2g	Iron	3mg
<b>Carbs</b>	12g	Vitamin D	79IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	9g	Folate	13µg
<b>Protein</b>	33g	Vitamin B12	4.2µg
Cholesterol	65mg	Magnesium	44mg
Sodium	498mg	Zinc	1mg
Potassium	417mg	Selenium	117µg
Vitamin A	667IU		



# Fresh Strawberries

1 ingredient · 5 minutes · 3 servings



## Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## Notes

### Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

## Ingredients

**3 cups** Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	46	Vitamin C	85mg
<b>Fat</b>	0g	Calcium	23mg
Saturated	0g	Iron	1mg
<b>Carbs</b>	11g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.1mg
Sugar	7g	Folate	35µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	19mg
Sodium	1mg	Zinc	0mg
Potassium	220mg	Selenium	1µg
Vitamin A	17IU		

# Banana with Peanut Butter

2 ingredients · 5 minutes · 1 serving



## Directions

1. Spread peanut butter across banana slices. Happy snacking!

## Notes

### No Peanut Butter

Use any nut or seed butter.

### More Protein

Sprinkle with hemp seeds.

## Ingredients

1 Banana (peeled and sliced)

2 **tbsps** All Natural Peanut Butter

## Nutrition

Amount per serving

<b>Calories</b>	298	Vitamin C	10mg
<b>Fat</b>	17g	Calcium	22mg
Saturated	3g	Iron	1mg
<b>Carbs</b>	34g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.6mg
Sugar	18g	Folate	52µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	86mg
Sodium	7mg	Zinc	1mg
Potassium	602mg	Selenium	3µg
Vitamin A	76IU		



# Key Lime Mousse

5 ingredients · 10 minutes · 2 servings



## Directions

1. In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

## Notes

### Toppings

Kiwi slices, hemp seeds, or shredded coconut.

### No Coconut Milk

Use almond milk or cashew milk instead.

## Ingredients

1 Avocado (peeled and pitted)

1 Lime (zested and juiced)

1 **tbsp** Maple Syrup

1 **tbsp** Organic Coconut Milk (canned)

1/2 **tsp** Vanilla Extract

## Nutrition

Amount per serving

<b>Calories</b>	209	Vitamin C	17mg
<b>Fat</b>	16g	Calcium	26mg
Saturated	3g	Iron	1mg
<b>Carbs</b>	17g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.3mg
Sugar	7g	Folate	84µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	33mg
Sodium	11mg	Zinc	1mg
Potassium	547mg	Selenium	0µg
Vitamin A	158IU		

# Spiced Salmon Kabobs

12 ingredients · 20 minutes · 3 servings



## Directions

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

## Notes

### Add Carbs

Serve with quinoa, brown rice or sweet potato.

### Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

## Ingredients

- 1 1/2 **tbsps** Parsley (chopped)
- 2 1/4 **tsps** Sesame Seeds
- 1/3 **tsp** Black Pepper
- 1/3 **tsp** Sea Salt
- 1/3 **tsp** Red Pepper Flakes
- 1 1/2 **tbsps** Maple Syrup
- 1 1/2 **tbsps** Extra Virgin Olive Oil (plus extra for asparagus)
- 15 **ozs** Salmon Fillet (sliced into 1 inch cubes)
- 1 1/2 **Lemon** (sliced into thin rounds)
- 6 Barbecue Skewers
- 4 1/2 **cups** Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	348	Vitamin C	23mg
<b>Fat</b>	17g	Calcium	103mg
Saturated	3g	Iron	6mg
<b>Carbs</b>	17g	Vitamin D	0IU
Fiber	5g	Vitamin B6	1.4mg
Sugar	10g	Folate	150µg
<b>Protein</b>	33g	Vitamin B12	4.5µg
Cholesterol	78mg	Magnesium	83mg

Sodium	364mg	Zinc	2mg
Potassium	1177mg	Selenium	57µg
Vitamin A	1834IU		



# Pineapple Coconut Shrimp

9 ingredients · 25 minutes · 2 servings



## Directions

1. In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
2. Preheat grill to medium heat.
3. Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
4. Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

## Notes

### No Pineapple

Use sliced lemon instead.

### Likes it Spicy

Add cayenne pepper to the shrimp spice.

## Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and de-veined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

## Nutrition

Amount per serving

Calories	357	Vitamin C	82mg
Fat	10g	Calcium	174mg
Saturated	3g	Iron	2mg
Carbs	23g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	16g	Folate	33µg
Protein	47g	Vitamin B12	0µg
Cholesterol	365mg	Magnesium	101mg
Sodium	570mg	Zinc	3mg
Potassium	801mg	Selenium	0µg
Vitamin A	256IU		

# Steamed Corn on the Cob

1 ingredient · 15 minutes · 2 servings



## Directions

1. Fill a pot with a few inches of water and bring to a boil.
2. Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

## Notes

### Cook it in the Microwave

Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

### Spreads

Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

## Ingredients

**2 ears** Corn on the Cob (husk removed and halved)

## Nutrition

Amount per serving

<b>Calories</b>	90	Vitamin C	4mg
<b>Fat</b>	1g	Calcium	0mg
Saturated	0g	Iron	0mg
<b>Carbs</b>	19g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0mg
Sugar	5g	Folate	0µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	0mg
Sodium	0mg	Zinc	0mg
Potassium	0mg	Selenium	0µg
Vitamin A	0IU		



# Grilled Honey Dijon Salmon with Zucchini & Quinoa

7 ingredients · 30 minutes · 2 servings



## Directions

1. Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
2. Preheat the grill to medium heat.
3. Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
4. Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
5. Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

## Notes

### No Grill

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

### No Zucchini

Use asparagus or green beans instead.

### Lower Carb

Omit the quinoa or serve with cauliflower rice instead.

### Leftovers

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

## Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	411	<b>Vitamin C</b>	35mg
<b>Fat</b>	12g	<b>Calcium</b>	65mg
<b>Saturated</b>	2g	<b>Iron</b>	4mg
<b>Carbs</b>	42g	<b>Vitamin D</b>	0IU
<b>Fiber</b>	5g	<b>Vitamin B6</b>	1.5mg
<b>Sugar</b>	13g	<b>Folate</b>	154µg
<b>Protein</b>	31g	<b>Vitamin B12</b>	3.6µg
<b>Cholesterol</b>	62mg	<b>Magnesium</b>	152mg
<b>Sodium</b>	528mg	<b>Zinc</b>	3mg
<b>Potassium</b>	1306mg	<b>Selenium</b>	45µg
<b>Vitamin A</b>	443IU		

# Grilled Shrimp Salad

9 ingredients · 25 minutes · 3 servings



## Directions

1. Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
2. Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
3. Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
4. Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

### No Grill

Cook shrimp in a cast iron skillet over medium heat on the stove top.

### Vegan & Vegetarian

Use portobello mushrooms instead of shrimp. Marinate and grill the same way.

## Ingredients

- 1/3 cup Parsley (chopped and packed)
- 2 1/4 Lime (juiced)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/8 tsps Chili Powder
- 1 1/2 lbs Shrimp (raw, peeled and de-veined)
- 3 cups Coleslaw Mix
- 3/4 cup Cherry Tomatoes (halved)
- 3/4 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	438	Vitamin C	66mg
<b>Fat</b>	22g	Calcium	213mg
Saturated	3g	Iron	3mg
<b>Carbs</b>	15g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.2mg
Sugar	5g	Folate	61µg
<b>Protein</b>	48g	Vitamin B12	0µg
Cholesterol	365mg	Magnesium	106mg
Sodium	339mg	Zinc	4mg
Potassium	1031mg	Selenium	0µg
Vitamin A	4337IU		



# Grilled Pineapple & Chicken Salad

11 ingredients · 20 minutes · 2 servings



## Directions

1. Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
2. Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
3. Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
4. Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

## Notes

### No BBQ

Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

### Vegetarian

Skip the chicken and grill chickpeas in a grilling basket instead.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **1/2 tsps** Apple Cider Vinegar
- 1 **1/2 tsps** Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 **ozs** Chicken Breast
- 1 **1/2 cups** Pineapple (sliced into rings)
- 3 **cups** Baby Spinach
- 1/2 **cup** Blueberries
- 1/2 **Avocado** (diced)
- 1/4 **cup** Feta Cheese (crumbled)
- 1/4 **cup** Red Onion (thinly sliced)

## Nutrition

Amount per serving

<b>Calories</b>	501	Vitamin C	82mg
<b>Fat</b>	28g	Calcium	177mg
Saturated	6g	Iron	3mg
<b>Carbs</b>	34g	Vitamin D	4IU
Fiber	7g	Vitamin B6	1.4mg
Sugar	21g	Folate	172µg
<b>Protein</b>	32g	Vitamin B12	0.6µg
Cholesterol	99mg	Magnesium	105mg
Sodium	307mg	Zinc	2mg
Potassium	1087mg	Selenium	30µg

Vitamin A 4498IU

# Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 3 servings



## Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

## Notes

### Chocolate Lover

Add cocoa powder while blending.

### Topping Ideas

Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

## Ingredients

**3/4 cup** Organic Coconut Milk (full-fat, canned)

**2 1/2** Banana (sliced and frozen)

## Nutrition

Amount per serving

<b>Calories</b>	194	Vitamin C	9mg
<b>Fat</b>	11g	Calcium	7mg
Saturated	10g	Iron	0mg
<b>Carbs</b>	24g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.4mg
Sugar	13g	Folate	20µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	27mg
Sodium	16mg	Zinc	0mg
Potassium	443mg	Selenium	1µg
Vitamin A	63IU		



# Mango Coconut Popsicles

2 ingredients · 40 minutes · 4 servings



## Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

## Notes

### No Coconut Milk

Use almond milk or cashew milk instead.

## Ingredients

**2 cups** Frozen Mango

**1 cup** Organic Coconut Milk (divided)

## Nutrition

Amount per serving

<b>Calories</b>	156	Vitamin C	30mg
<b>Fat</b>	11g	Calcium	11mg
Saturated	10g	Iron	0mg
<b>Carbs</b>	14g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0.1mg
Sugar	12g	Folate	35µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	8mg
Sodium	16mg	Zinc	0mg
Potassium	230mg	Selenium	0µg
Vitamin A	893IU		