



Anti-Candida Meal Plan

New Roots Herbal



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The anti-candida meal plan contains small amounts of low-fodmap nourishing foods such as quinoa, carrots, beets, quinoa, and pumpkin. The idea is not to starve things out but to bring things back into balance.

It also includes a lot of healthy fats and clean proteins, which can be beneficial. Foods that contain antifungal properties are also included, such as coconut, apple cider vinegar, fresh ginger, garlic, cinnamon, and lemons.

After 30 days consider introducing small amounts of fermented foods (1-2 tbsps. daily) It's important to start slowly as some people with candida overgrowth are unable to tolerate fermented foods and have a heightened IgG inflammatory response to any yeast forms.



MON



BREAKFAST
Green Blender Juice or Smoothie



SNACK 1
Cinnamon Keto Porridge



LUNCH
Veggie Scramble with Strawberries, Flax Wraps



SNACK 2
Mint Chocolate Fat Bombs



DINNER
One Pan Lemon & Chive Salmon, Vegan Butter Chickpeas

TUE



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Sea Salted Coconut Kale Chips



LUNCH
Spiralized Veggie Hummus Wraps



SNACK 2
Chocolate Layered Chia Pudding



DINNER
Turkey Quinoa Swiss Chard Rolls

WED



BREAKFAST
Pineapple Turmeric Smoothie



SNACK 1
Sea Salted Coconut Kale Chips



LUNCH
Turkey Quinoa Swiss Chard Rolls



SNACK 2
Hummus Dippers



DINNER
Kale & Red Pepper Frittata, Rainbow Chopped Salad Jars

THU



BREAKFAST
Pumpkin Spice Chia Pudding



SNACK 1
Toasted Walnuts



LUNCH
Pesto Zoodles with Poached Egg



SNACK 2
Hummus Dippers



DINNER
Pesto Tofu Bites, Rainbow Chopped Salad Jars

FRI



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Kale & Red Pepper Frittata, Rainbow Chopped Salad Jars



SNACK 2
Coconut Chia Pudding



DINNER
Lemon Cilantro Cod with Peppers

SAT



BREAKFAST
Kiwi Lime Smoothie



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Ginger Cilantro Salmon Burgers, Pomegranate & Beet Salad



SNACK 2
Toasted Walnuts



DINNER
Vegan Chickpea Flatbread Pizza, Pomegranate & Beet Salad Vegan

SUN



BREAKFAST
Soba Breakfast Bowl



SNACK 1
Hummus Dippers



LUNCH
Slow Cooker Chicken & Wild Rice Soup



SNACK 2
Mint Chocolate Fat Bombs



DINNER
Pan Seared Sea Bass with Crispy Capers, Vegan Butter Chickpeas

FRUITS

- 4 Clementines
- 2 Kiwi
- 5 Lemon
- 72 milliliters Lemon Juice
- 1 Lime
- 5 milliliters Lime Juice
- 578 grams Pineapple
- 70 grams Pomegranate Seeds
- 288 grams Strawberries

BREAKFAST

- 125 grams Almond Butter

SEEDS, NUTS & SPICES

- 2 Bay Leaf
- 1 gram Black Pepper
- 216 grams Chia Seeds
- 5 grams Chili Powder
- 5 grams Cinnamon
- 208 grams Coconut Cheese
- 6 grams Curry Powder
- 7 grams Garam Masala
- 166 grams Ground Flax Seed
- 6 grams Italian Seasoning
- 250 milligrams Oregano
- 5 grams Paprika
- 225 milligrams Red Pepper Flakes
- 42 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 9 grams Sesame Seeds
- 3 grams Turmeric
- 30 grams Walnuts

VEGETABLES

- 33 grams Alfalfa Sprouts
- 150 grams Baby Spinach
- 47 grams Basil Leaves
- 5 Beet
- 3 Carrot
- 4 stalks Celery
- 298 grams Cherry Tomatoes
- 7 grams Chives
- 16 grams Cilantro
- 144 grams Collard Greens
- 1 Cucumber
- 3 Garlic
- 30 grams Ginger
- 1 stalk Green Onion
- 315 grams Kale Leaves
- 127 grams Matchstick Carrots
- 170 grams Mixed Greens
- 61 grams Parsley
- 534 grams Purple Cabbage
- 2 1/2 Red Bell Pepper
- 1 Sweet Potato
- 144 grams Swiss Chard
- 2 Tomato
- 2 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 6 1/3 Zucchini

BOXED & CANNED

- 100 grams Buckwheat Soba Noodles
- 545 milliliters Canned Coconut Milk
- 820 grams Chickpeas
- 726 grams Crushed Tomatoes
- 113 grams Quinoa
- 173 grams Salsa
- 64 grams Tomato Paste
- 200 grams Wild Rice

BREAD, FISH, MEAT & CHEESE

- 369 grams Chicken Breast
- 2 Cod Fillet
- 756 grams Extra Lean Ground Turkey
- 38 grams Feta Cheese
- 492 grams Hummus
- 510 grams Salmon Fillet
- 198 grams Sea Bass Fillet
- 481 grams Tofu

CONDIMENTS & OILS

- 58 milliliters Apple Cider Vinegar
- 144 milliliters Avocado Oil
- 3 grams Capers
- 10 milliliters Coconut Aminos
- 123 milliliters Coconut Oil
- 173 milliliters Extra Virgin Olive Oil
- 126 grams Pesto
- 8 milliliters Rice Vinegar
- 5 milliliters Sesame Oil
- 75 grams Tahini
- 9 grams Tamari
- 82 grams Tomato Sauce

COLD

- 22 Egg
- 180 milliliters Plain Coconut Milk
- 1.3 liters Unsweetened Almond Milk
- 422 grams Unsweetened Coconut Yogurt

OTHER

- 10 Ice Cubes
- 73 grams Vanilla Protein Powder
- 4.8 liters Water

BAKING

- 92 grams Chickpea Flour
- 22 grams Cocoa Powder
- 2 milliliters Peppermint Extract
- 850 milligrams Pumpkin Pie Spice
- 61 grams Pureed Pumpkin
- 2 grams Stevia Powder
- 8 grams Unsweetened Shredded Coconut
- 7 milliliters Vanilla Extract



Green Blender Juice or Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

248 grams Pineapple (diced)
1 Cucumber (diced)
61 grams Parsley
120 grams Baby Spinach
6 grams Ginger (peeled)
1 Lemon (juiced)
10 Ice Cubes

DIRECTIONS

- 01 Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
- 02 Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Zucchini Turkey Breakfast Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

5 milliliters Coconut Oil
302 grams Extra Lean Ground Turkey
1 1/3 Zucchini (large, finely diced)
173 grams Salsa
2 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Add the coconut oil to a large skillet and place over medium heat.
- 02 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 03 Add the salsa to the skillet and stir well to mix.
- 04 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 05 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

MORE PROTEIN

Add extra eggs.

VEGETARIAN

Use lentils instead of ground turkey.

MORE GREENS

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

NO SALSA

Use crushed tomatoes instead.

Pineapple Turmeric Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

480 milliliters Unsweetened Almond Milk
330 grams Pineapple (diced into chunks)
6 grams Ginger (peeled and grated)
49 grams Vanilla Protein Powder
3 grams Turmeric (powder)

DIRECTIONS

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

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.

Pumpkin Spice Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

48 grams Chia Seeds
180 milliliters Unsweetened Almond Milk
61 grams Pureed Pumpkin
850 milligrams Pumpkin Pie Spice
28 grams Unsweetened Coconut Yogurt
(divided)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the coconut yogurt and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO ALMOND MILK

Use coconut, cashew, hemp or oat milk instead.

LIKES IT SWEET

Add a drizzle of maple syrup or honey on top.

ADDITIONAL TOPPINGS

Top with nuts, seeds and/or fruit of choice.

MORE PROTEIN

Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.

Kiwi Lime Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

240 milliliters Unsweetened Almond Milk
2 Kiwi (peeled, halved)
1 Lime (juiced)
24 grams Vanilla Protein Powder

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut or oat milk instead of almond milk.

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

PROTEIN POWDER

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

Soba Breakfast Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

- 100 grams Buckwheat Soba Noodles
- 9 grams Tamari
- 8 milliliters Rice Vinegar
- 4 Egg
- 84 grams Kale Leaves (stems removed, roughly chopped)
- 59 milliliters Water
- 9 grams Sesame Seeds (black)

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 02 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 03 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 04 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

MAKE IT VEGAN

Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.

Cinnamon Keto Porridge

1 SERVING 10 MINUTES



INGREDIENTS

240 milliliters Unsweetened Almond Milk
24 grams Chia Seeds
8 grams Unsweetened Shredded Coconut (plus more for topping)
10 grams Ground Flax Seed
2 grams Cinnamon
1 gram Stevia Powder (or to taste)

DIRECTIONS

- 01 Heat the almond milk in a small pot over medium heat until hot but not boiling. Turn the heat off then add the chia seeds, coconut, flax, cinnamon, and stevia. Stir for about a minute until the porridge has thickened.
- 02 Let the porridge rest for two to three minutes more to allow the chia seeds time to swell. Add more almond milk if needed to reach the desired consistency. Transfer to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with additional almond milk on the stove.

NUT-FREE

Use oat milk instead of almond milk.

MORE FLAVOR

Add vanilla extract, a pinch of salt, or more stevia to taste.

ADDITIONAL TOPPINGS

Extra cinnamon, chopped nuts or seeds, almond butter, coconut butter, and/or fresh berries.

NO STEVIA POWDER

Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.

Sea Salted Coconut Kale Chips

4 SERVINGS 20 MINUTES



INGREDIENTS

- 84 grams Kale Leaves
- 30 milliliters Coconut Oil (melted)
- 6 grams Sea Salt
- 1/2 Lemon (juiced)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 02 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 03 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 04 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!

Coconut Chia Seed Yogurt

1 SERVING 30 MINUTES



INGREDIENTS

225 grams Unsweetened Coconut Yogurt
48 grams Chia Seeds
3 grams Cinnamon
36 grams Strawberries (chopped)

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Veggie Scramble with Strawberries

1 SERVING 15 MINUTES



INGREDIENTS

- 4 Egg
- 750 milligrams Sea Salt (divided)
- 5 milliliters Extra Virgin Olive Oil
- 1 Red Bell Pepper (finely chopped)
- 1 Tomato (medium, diced)
- 1 stalk Green Onion (chopped)
- 144 grams Strawberries (chopped)

DIRECTIONS

- 01 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 02 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 03 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MORE FLAVOR

Add dried herbs and spices like garlic powder or parsley.

NO RED PEPPER

Use any colour of bell pepper.

LIKE IT SPICY

Add red pepper flakes or jalapeno pepper.

NO STRAWBERRIES

Serve with a different fruit instead.

Flax Wraps

4 SERVINGS 30 MINUTES



INGREDIENTS

178 milliliters Water
2 grams Sea Salt
156 grams Ground Flax Seed

DIRECTIONS

- 01 In a pot over high heat, bring the water to a boil. Add the salt.
- 02 Remove the pot from the heat and stir in the flaxseed. Continue to stir until a ball of dough forms, about a minute. Turn the dough out onto a piece of parchment paper and allow it to rest until cool enough to handle. Divide the dough into equal portions.
- 03 Heat a dry non-stick pan over medium heat.
- 04 One portion at a time, roll the dough out approximately eight inches in diameter between two pieces of parchment paper.
- 05 Carefully transfer the rolled out wraps to the pan, one at a time. Cook for one to two minutes per side until just browned but still soft in the middle (do not overcook). Transfer to a cooling rack to cool completely. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container or zipper-lock bag for up to three days in the fridge or up to three months in the freezer. Reheat wraps in a dry pan for 1 to 2 minutes per side if they become too wet in the fridge or after thawing.

SERVING SIZE

One serving is equal to one wrap.

MORE FLAVOR

Add garlic powder, onion powder, dried herbs, or other spices.

SERVE IT WITH

Fill with your favourite sandwich toppings or serve beside hummus or tzatziki for dipping.

FLAX SEED

Finely ground flax seed works best for this recipe.

WRAPS

Trace around a small plate or bowl to make perfectly round wraps.

Spiralized Veggie Hummus Wraps

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Beet
- 1 Zucchini
- 1 Sweet Potato
- 15 milliliters Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 144 grams Collard Greens (washed and stems removed)
- 246 grams Hummus
- 33 grams Alfalfa Sprouts

DIRECTIONS

- 01 Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
- 02 Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

NOTES

MORE PROTEIN

Cook up some quinoa ahead of time and add to each wrap.

MORE CARBS

Wrap in a gluten-free tortilla.

NO SPIRALIZER

Use a box grater to grate your veggies.

STORAGE

These keep well in the fridge for 2 days.

Pesto Zoodles with Poached Egg

4 SERVINGS 20 MINUTES



INGREDIENTS

4 Zucchini (large)
42 grams Basil Leaves
30 grams Baby Spinach
1 Garlic (clove, minced)
30 grams Walnuts
74 milliliters Extra Virgin Olive Oil
1 Lemon (juiced)
3 grams Sea Salt
4 Egg

DIRECTIONS

- 01 Spiralize your zucchinis into noodles and set aside.
- 02 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 03 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 04 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

NOTES

NUT-FREE

Use sunflower or pumpkin seeds instead of walnuts.

MORE CARBS

Use brown rice pasta instead of zucchini noodles.

NO SPINACH

Use kale or any dark leafy green.

MEAT LOVER

Skip the poached egg and top with chicken, bacon or steak instead.

VEGAN

Skip the poached egg and top with beans, lentils or chickpeas instead.

Ginger Cilantro Salmon Burgers

2 SERVINGS 30 MINUTES



INGREDIENTS

227 grams Salmon Fillet (skinless, cut into 1/2-inch chunks)
4 grams Cilantro (finely chopped)
6 grams Ginger (peeled and finely grated)
10 milliliters Coconut Aminos
5 milliliters Sesame Oil
5 milliliters Lime Juice
15 milliliters Avocado Oil

DIRECTIONS

- 01 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 02 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 03 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 04 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 05 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to 2 days.

SERVING SIZE

One serving is equal to one salmon burger.

MORE FLAVOR

Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

SERVE IT WITH

Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil instead.



Pomegranate & Beet Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

711 milliliters Water
2 Beet (peeled, chopped)
30 milliliters Avocado Oil
29 milliliters Apple Cider Vinegar
85 grams Mixed Greens
2 Clementines (peeled, sectioned)
35 grams Pomegranate Seeds
38 grams Feta Cheese

DIRECTIONS

- 01 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 02 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 03 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and cheese. Add the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use nutritional yeast instead of feta cheese, or simply omit the cheese.

ADDITIONAL TOPPINGS

Add nuts and seeds.

Slow Cooker Chicken & Wild Rice Soup

8 SERVINGS 4 HOURS



INGREDIENTS

369 grams Chicken Breast
2.4 liters Water
2 Carrot (medium, chopped)
200 grams Wild Rice (rinsed)
6 grams Sea Salt
2 Bay Leaf (optional)
21 grams Kale Leaves (stems removed, chopped)

DIRECTIONS

- 01 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 02 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals approximately 1 1/2 to 2 cups.

MORE FLAVOR

Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

MAKE IT VEGAN

Use black beans instead of chicken.

Mint Chocolate Fat Bombs

8 SERVINGS 50 MINUTES



INGREDIENTS

125 grams Almond Butter
59 milliliters Coconut Oil
16 grams Cocoa Powder
2 milliliters Vanilla Extract
2 milliliters Peppermint Extract
588 milligrams Stevia Powder

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 03 Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
- 04 In a small bowl combine the vanilla, mint and stevia powder and stir until the stevia has fully dissolved. Add the stevia mixture to the almond butter mixture and stir well to combine.
- 05 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

NOTES

LEFTOVERS

Keep in the freezer for up to one month. They will melt at room temperature.

SERVING SIZE

One serving is one fat bomb.

NO ALMOND BUTTER

Use cashew butter or sunflower seed butter instead.

MORE FLAVOR

Adjust stevia and mint extract to taste. Add pinch of salt.

NO STEVIA POWDER

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

NO PAPER BAKING CUPS

Use a silicone mold instead.

Chocolate Layered Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

- 48 grams Chia Seeds
- 180 milliliters Plain Coconut Milk (from the carton)
- 5 grams Cocoa Powder
- 169 grams Unsweetened Coconut Yogurt
- 108 grams Strawberries (cut in half)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

ADDITIONAL TOPPINGS

Add granola or cacao nibs on top for crunch.

NO COCONUT YOGURT

Use another type of yogurt instead.

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
246 grams Hummus

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 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.

Coconut Chia Pudding

2 SERVINGS 1 HOUR



INGREDIENTS

182 milliliters Canned Coconut Milk

178 milliliters Water

48 grams Chia Seeds

5 milliliters Vanilla Extract

DIRECTIONS

01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.

02 Stir well and divide into cups or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to five days.

SERVING SIZE

One serving is equal to approximately 1.5 cups of chia pudding.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

ADDITIONAL TOPPINGS

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

One Pan Lemon & Chive Salmon

2 SERVINGS 15 MINUTES



INGREDIENTS

59 milliliters Extra Virgin Olive Oil (divided)
267 grams Purple Cabbage (sliced into thick wedges)
750 milligrams Sea Salt (divided)
283 grams Salmon Fillet
6 grams Chives (finely chopped)
22 milliliters Lemon Juice

DIRECTIONS

- 01 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 02 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 03 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 04 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

NOTES

LEFTOVERS

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

MORE FLAVOR

Add red pepper flakes and black pepper to the chive mixture.

Turkey Quinoa Swiss Chard Rolls

4 SERVINGS 1 HOUR



INGREDIENTS

113 grams Quinoa (uncooked)
237 milliliters Water
454 grams Extra Lean Ground Turkey
6 grams Italian Seasoning
575 milligrams Paprika
Sea Salt & Black Pepper (to taste)
726 grams Crushed Tomatoes
144 grams Swiss Chard (washed and stems cut off)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 03 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 04 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 05 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 06 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

SLOW COOKER VERSION

Place rolls and sauce in slow cooker and cook on low for 4 hours.

NO QUINOA

Use brown rice.

Kale & Red Pepper Frittata

4 SERVINGS 30 MINUTES



INGREDIENTS

- 8 Egg
- 120 milliliters Unsweetened Almond Milk
- 3 grams Sea Salt
- 1 gram Black Pepper
- 15 milliliters Extra Virgin Olive Oil
- 42 grams Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 149 grams Cherry Tomatoes (halved)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

NOTES

NO KALE

Use spinach instead.

NO RED BELL PEPPER

Use a bell pepper of another color instead.

LEFTOVERS

Keep in the fridge for up to 3 days.

Rainbow Chopped Salad Jars

3 SERVINGS 15 MINUTES



INGREDIENTS

75 grams Tahini
2 Lemon (juiced)
3 grams Sea Salt
30 milliliters Water
492 grams Chickpeas (cooked, from the can)
149 grams Cherry Tomatoes
127 grams Matchstick Carrots
1 Yellow Bell Pepper (chopped)
267 grams Purple Cabbage (chopped)

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

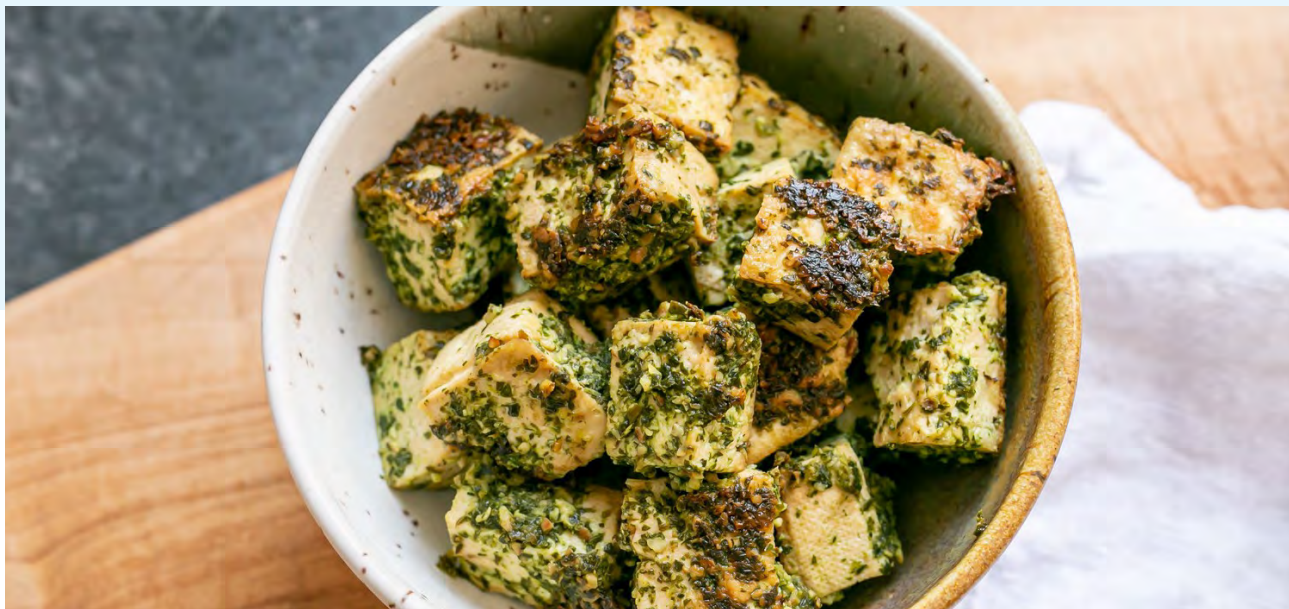
Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.

Pesto Tofu Bites

4 SERVINGS 30 MINUTES



INGREDIENTS

481 grams Tofu (extra-firm, pressed and cubed)

126 grams Pesto

3 grams Sea Salt

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup cubed tofu.

EXTRA FIRM TOFU

To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

Lemon Cilantro Cod with Peppers

2 SERVINGS 35 MINUTES



INGREDIENTS

- 45 milliliters Lemon Juice
- 45 milliliters Avocado Oil (divided)
- 12 grams Cilantro (finely chopped, divided)
- 3 grams Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 03 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 04 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 05 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

NOTES

FILLET SIZE

Each cod fillet is equal to 231 grams or 8 ounces.

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add more herbs like parsley or oregano. Serve with additional lemon wedges.

NO LEMON

Use lime instead.

NO COD

Use another white fish, like haddock, instead.

Vegan Chickpea Flatbread Pizza

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

92 grams Chickpea Flour
237 milliliters Water
23 milliliters Avocado Oil (divided)
2 grams Sea Salt
82 grams Tomato Sauce
250 milligrams Oregano
225 milligrams Red Pepper Flakes
170 grams Coconut Cheese (shredded)
5 grams Basil Leaves (finely chopped)

DIRECTIONS

- 01 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 02 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 03 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 04 Reduce the oven temperature to 350°F (176°C).
- 05 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 06 Slice and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

SERVING SIZE

One serving is equal to approximately three slices of pizza.

DAIRY-FREE

Use a dairy-free shredded cheese instead.

MORE FLAVOR

Add minced garlic and Italian seasoning to the tomato sauce.

ADDITIONAL TOPPING

Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

Pomegranate & Beet Salad Vegan

4 SERVINGS 35 MINUTES



INGREDIENTS

711 milliliters Water
2 Beet (peeled, chopped)
30 milliliters Avocado Oil
29 milliliters Apple Cider Vinegar
85 grams Mixed Greens
2 Clementines (peeled, sectioned)
35 grams Pomegranate Seeds
38 grams Coconut Cheese

DIRECTIONS

- 01 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 02 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 03 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and coconut cheese. Add the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use nutritional yeast instead of feta cheese, or simply omit the cheese.

ADDITIONAL TOPPING

Add nuts and seeds.

Pan Seared Sea Bass with Crispy Capers

1 SERVING 10 MINUTES



INGREDIENTS

198 grams Sea Bass Fillet
750 milligrams Sea Salt
5 milliliters Extra Virgin Olive Oil (divided)
3 grams Capers (drained, patted dry)
1 gram Chives (chopped)
5 milliliters Lemon Juice

DIRECTIONS

- 01 Pat the sea bass dry and score the back of the skin about 4 to 5 times to prevent the skin from curling up when cooking. Season with salt.
- 02 In a skillet over medium heat, add half the oil and then add the dried capers. Cook until crispy, about 2 to 3 minutes. Remove and set aside.
- 03 In the same skillet, over medium heat, add the remaining oil and then add the sea bass skin side down. Cook for 3 to 4 minutes, then flip and cook for an additional 1 to 2 minutes or until cooked through.
- 04 Plate the sea bass and top with the capers, chives and lemon juice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add butter to the skillet right before the sea bass is finished cooking and spoon it over the fish.

Vegan Butter Chickpeas

3 SERVINGS 15 MINUTES



INGREDIENTS

- 59 milliliters Water
- 1 Yellow Onion (large, chopped)
- 2 Garlic (clove, minced)
- 12 grams Ginger (fresh, grated or minced)
- 64 grams Tomato Paste
- 6 grams Curry Powder
- 7 grams Garam Masala
- 5 grams Paprika
- 5 grams Chili Powder
- 3 grams Sea Salt
- 328 grams Chickpeas (cooked, rinsed)
- 364 milliliters Canned Coconut Milk

DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add the onion, garlic, and ginger and bring to a simmer. Cook for three to five minutes or until the onions begin to soften. Stir in the tomato paste until incorporated.
- 02 Add the curry powder, garam masala, paprika, chili powder, and salt and cook for one to two minutes until fragrant. Add the chickpeas.
- 03 Stir in the coconut milk then bring the pot to a simmer and continue to cook for five to eight minutes or until the sauce has thickened slightly. Divide evenly between bowls, season with additional salt if needed, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 3/4 cup.

ADDITIONAL TOPPINGS

Fresh cilantro or red pepper flakes.

NO CHICKPEAS

Use lentils or another bean instead.

MORE VEGETABLES

Add chopped cauliflower, peas, broccoli, baby spinach, and/or chopped kale.

SERVE IT WITH

Cauliflower rice, rice, quinoa, flatbread, or a side salad.