



## Stress & Digestion Meal Programme

**NEW ROOTS HERBAL**



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Hi,

Welcome to your meal plan! On the next pages, you will find a customised plan, along with an itemised grocery list and delicious recipes. The recipes have been selected for their nutrient value to specifically help with stress and digestion. It also includes an itemised grocery list

## GROCERY LIST TIPS

The full grocery list outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

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

## RECIPE TIPS

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

Please also note, if your preference is to have more meat and/ or fish based dishes, this can easily be added to most recipes.

## LEFTOVERS

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

## MON



**BREAKFAST**  
Coconut Hemp Seed Breakfast Pudding



**SNACK 1**  
Vegan Ranch Dressing, Cucumber Slices



**LUNCH**  
Chickpea Tikka Masala with Couscous



**SNACK 2**  
Pistachios



**DINNER**  
Curried Coconut Soup

## TUE



**BREAKFAST**  
Coconut Hemp Seed Breakfast Pudding



**SNACK 1**  
Chocolate Dusted Almonds



**LUNCH**  
Curried Coconut Soup



**SNACK 2**  
Pistachios



**DINNER**  
Chickpea Tikka Masala with Couscous

## WED



**BREAKFAST**  
Coconut Chia Pudding



**SNACK 1**  
Vegan Ranch Dressing, Cucumber Slices



**LUNCH**  
Mediterranean Buddha Bowl



**SNACK 2**  
Pistachios



**DINNER**  
Citrus Glazed Salmon, Sesame Orange Bok Choy

## THU



**BREAKFAST**  
Chocolate Almond Butter Smoothie Bowl



**SNACK 1**  
Chocolate Dusted Almonds



**LUNCH**  
Citrus Glazed Salmon, Sesame Orange Bok Choy



**SNACK 2**  
Vegan Ranch Dressing, Cucumber Slices



**DINNER**  
Sweet Potato Lasagna, Meal Prep Mixed Greens Salad

## FRI



**BREAKFAST**  
Chocolate Almond Butter Smoothie Bowl



**SNACK 1**  
Banana Chia Crisps



**LUNCH**  
Mediterranean Buddha Bowl



**SNACK 2**  
Apple with Almond Butter



**DINNER**  
Spinach, Tomato & Goat Cheese Pizza, Meal Prep Mixed Greens Salad

## SAT



**BREAKFAST**  
Blood Orange & Pistachio Chia Pudding, 0.5 Warm Peas with Eggs



**SNACK 1**  
Banana Chia Crisps



**LUNCH**  
Curried Coconut Soup



**SNACK 2**  
Apple with Almond Butter



**DINNER**  
Turkey & Cabbage Stir Fry

## SUN



**BREAKFAST**  
Blood Orange & Pistachio Chia Pudding, 0.5 Warm Peas with Eggs



**SNACK 1**  
Banana Chia Crisps



**LUNCH**  
Turkey & Cabbage Stir Fry



**SNACK 2**  
Apple with Almond Butter



**DINNER**  
Sweet Potato Lasagna, Cucumber & Avocado Salad

## FRUITS

- 3 Apple
- 5 Banana
- 2 Blood Orange
- 3/4 Lemon
- 1 2/3 Lime
- 1 tbsp Lime Juice
- 1 cup Raspberries

## BREAKFAST

- 1/2 cup Almond Butter
- 1/4 cup Granola

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1/8 tsp Black Pepper
- 1 1/2 cups Cashews
- 1 1/2 cups Chia Seeds
- 1 tsp Chili Flakes
- 1 tbsp Cinnamon
- 1/2 tsp Cumin
- 2 1/2 tbsps Curry Powder
- 1 3/4 tpsps Dried Basil
- 1 tsp Garam Masala
- 1/4 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/4 tsp Onion Powder
- 1 3/4 tpsps Oregano
- 1 1/2 cups Pistachios
- 2 tpsps Sea Salt
- 1/4 tsp Sesame Seeds
- 2 2/3 tpsps Walnuts

## FROZEN

- 1 Brown Rice Tortillas
- 1/2 cup Frozen Cauliflower
- 3 cups Frozen Peas

## VEGETABLES

- 3 1/3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 4 cups Bok Choy
- 3 cups Broccoli
- 1 1/8 Carrot
- 1/4 cup Cherry Tomatoes
- 1 tbsp Chives
- 2/3 cup Cilantro
- 1 3/4 Cucumber
- 5 3/4 Garlic
- 2 3/4 tpsps Ginger
- 5 1/3 cups Green Cabbage
- 5 stalks Green Onion
- 28 grams Lemongrass
- 2 cups Mixed Greens
- 2 2/3 cups Mushrooms
- 1 tbsp Parsley
- 1 3/4 Red Bell Pepper
- 1/4 cup Red Onion
- 1/2 head Romaine Hearts
- 1 1/2 cups Shiitake Mushrooms
- 1 1/4 Sweet Potato
- 1/2 White Onion
- 1/4 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 3 1/4 Courgette

## BOXED & CANNED

- 2 1/2 cups Chickpeas
- 2 1/2 cups Crushed Tomatoes
- 4 1/3 cups Organic Coconut Milk
- 4 3/4 cups Organic Vegetable Broth
- 1/2 cup Quinoa

## BREAD, FISH, MEAT & CHEESE

- 575 grams Extra Lean Ground Turkey
- 2 tpsps Goat Cheese
- 1/4 cup Hummus
- 227 grams Salmon Fillet

## CONDIMENTS & OILS

- 1 3/4 tpsps Apple Cider Vinegar
- 1/3 cup Coconut Aminos
- 1 2/3 tpsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tpsps Sesame Oil
- 2 1/4 tpsps Tahini

## COLD

- 4 Egg
- 2 1/2 tpsps Orange Juice
- 2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

## BAKING

- 1/4 cup Cacao Powder
- 1 tsp Cocoa Powder
- 2 tpsps Monk Fruit Sweetener
- 2 1/2 tpsps Nutritional Yeast
- 1 tsp Stevia Powder
- 2 tpsps Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

## OTHER

- 1/2 cup Chocolate Protein Powder
- 1/4 cup Couscous
- 1 1/4 cups Water





# Coconut Hemp Seed Breakfast Pudding

2 SERVINGS 3 HOURS



## INGREDIENTS

1 cup Organic Coconut Milk (full fat, from the can)  
1/2 tsp Stevia powder  
1/2 tsp Vanilla Extract  
1/2 cup Hemp Seeds  
3 tbsps Ground Flax Seed  
3 tbsps Chia Seeds  
2 tps Unsweetened Shredded Coconut  
1/2 cup Raspberries

## DIRECTIONS

- 01 In a small mixing bowl, whisk the coconut milk, stevia powder and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.  
Cover the coconut milk and seed mixture. Refrigerate until set. This will take
- 02 at least 3 hours. You can also set it overnight.  
Thin with additional coconut milk or water, if necessary. Top the pudding
- 03 with the shredded coconut and raspberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 3/4 cup of hemp seed pudding.

### ADDITIONAL TOPPINGS

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

### NO RASPBERRIES

Use strawberries or blueberries instead.

# Coconut Chia Pudding

1 SERVING 1 HOUR



## INGREDIENTS

1/3 cup Organic Coconut Milk (from the can or carton)  
1/3 cup Water  
2 tbsps Chia Seeds  
1/2 tsp 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.

# Chocolate Almond Butter Smoothie Bowl

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1/2 cup Chocolate Protein Powder  
1/2 cup Frozen Cauliflower  
1 Courgette (chopped, frozen)  
2 Banana (divided)  
2 tbsps Almond Butter  
1/4 cup Cacao Powder  
2 tbsps Chia Seeds  
1/2 cup Raspberries  
1/4 cup Granola (for topping, optional)

## DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, courgette, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

## NOTES

### NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

### MORE FLAVOR

Add cinnamon to your smoothie base.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

### NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

### SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.



# Blood Orange & Pistachio Chia Pudding

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 2 Blood Orange (small)
- 1/4 cup Chia Seeds
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Pistachios (roughly chopped)

## DIRECTIONS

- 01 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 02 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 03 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NUT-FREE

Use sunflower seeds instead of pistachios.

### MORE FLAVOR

Use vanilla coconut yogurt, or add a dash of vanilla.

# Warm Peas with Eggs

1 SERVING 15 MINUTES



## INGREDIENTS

1/4 White Onion (diced)  
1 1/2 tbsps Water  
1 1/2 cups Frozen Peas  
1/8 tsp Sea Salt  
2 Egg

## DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

### MORE FLAVOR

Use broth or oil instead of water.

### ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

# Vegan Ranch Dressing

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1/4 cup Cashews (raw)
- 2 tbsps Water
- 3/4 tsp Nutritional Yeast
- 1/8 tsp Sea Salt
- 3/4 tsp Apple Cider Vinegar
- 2 1/4 tps Tahini
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 tbsp Parsley (finely chopped)
- 1 tbsp Chives (finely chopped)

## DIRECTIONS

- 01 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 02 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately two tablespoons of dressing.

### SERVE IT WITH

Veggie sticks for dipping or on any of our burgers or salads.

### LEFTOVERS

Keeps well in the fridge up to 4 to 5 days.



# Chocolate Dusted Almonds

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Almonds  
1 tbsp Coconut Oil (melted)  
1 tsp Cocoa Powder  
1/4 tsp Sea Salt  
1/2 tsp Stevia Powder

## DIRECTIONS

01 In a bowl, toss the almonds with the coconut oil until well coated. Sprinkle cocoa powder, sea salt and stevia on top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to seven days.

### NO STEVIA POWDER

Use monk fruit sweetener, honey or maple syrup instead.



# Banana Chia Crisps

3 SERVINGS 25 MINUTES



## INGREDIENTS

3 Banana (medium, ripe)  
3/4 cup Chia Seeds  
1 tbsp Cinnamon

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 03 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 04 Remove from oven. Let cool and enjoy!

## NOTES

### STORAGE

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

### SERVING SIZE

One serving is equal to approximately 12 small crisps.

# Chickpea Tikka Masala with Couscous

2 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 tbsp Ginger (grated)
- 1 1/2 tsp Curry Powder
- 1/2 tsp Cumin
- 1 tsp Garam Masala
- 2 cups Chickpeas
- 2 cups Broccoli (chopped into florets)
- 1 Red Bell Pepper (stem and seeds removed, chopped)
- 3/4 cup Crushed Tomatoes
- 3/4 cup Organic Vegetable Broth
- 1/2 tsp Sea Salt
- 1/4 cup Couscous (dry, uncooked)

## DIRECTIONS

- 01 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 02 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 03 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 04 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

## NOTES

### GLUTEN-FREE

Omit the couscous and serve with quinoa or brown rice instead.

### STORAGE

Refrigerate in an airtight container up to 5 days.

### MAKE IT CREAMY

Add coconut milk.

# Mediterranean Buddha Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1/2 cup Quinoa (dry, uncooked)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Chickpeas (cooked, from the can)
- 1/2 Cucumber (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt

## DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside.
- 02 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 03 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 04 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

## NOTES

### NO HUMMUS

Use tzatziki instead.

### MORE PROTEIN

Top with crumbled feta cheese or cooked chicken breast.

### PREP AHEAD

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

### MORE FLAVOUR

Serve with a lemon wedge and black pepper.



# Apple with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple  
2 tbsps Almond Butter

## DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.



# Curried Coconut Soup

8 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 tbsps Curry Powder
- 2 cups Mushrooms (sliced)
- 28 grams Lemongrass (chopped)
- 1 cup Broccoli (chopped into small florets)
- 1 tbsp Lime Juice
- 3 cups Organic Coconut Milk
- 4 cups Organic Vegetable Broth
- 1 Courgette (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

## DIRECTIONS

- 01 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 02 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 03 During the last minute, add the courgette noodles and remove from heat.
- 04 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

### SERVING SIZE

One serving is equal to approximately one cup of soup.

### MORE FLAVOR

Add salt and pepper.

### MAKE IT A MEAL

Add in leftover cooked chicken breast or cooked lentils.

# Citrus Glazed Salmon

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 227 grams Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 5 stalks Green Onion (chopped, divided)
- 1 1/2 cups Shiitake Mushrooms (stems removed, sliced)
- 1 tbsp Orange Juice
- 1 1/2 tbsps Coconut Aminos
- 1 Lime (juiced, zested)

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
- 02 In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
- 03 In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
- 04 Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add chili flakes.

### ADDITIONAL TOPPINGS

Top with sesame seeds. Serve with rice, cauliflower rice, leafy greens or roasted veggies.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.



# Sesame Orange Bok Choy

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Orange Juice (freshly squeezed)
- 1 1/2 tsps Coconut Aminos
- 1/2 tsp Ginger (finely grated)
- 1/16 tsp Sea Salt
- 1 1/2 tsps Sesame Oil
- 4 cups Bok Choy (chopped)
- 1/4 tsp Sesame Seeds (optional)

## DIRECTIONS

- 01 In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
- 02 Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
- 03 Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1/4 cup cooked greens.

### MORE FLAVOR

Serve with orange wedges.

### NO BOK CHOY

Use kale, spinach or chard instead.

### NO COCONUT AMINOS

Use tamari or soy sauce instead and omit the salt.

# Sweet Potato Lasagna

6 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

- 1 3/4 tsps Extra Virgin Olive Oil
- 2/3 Yellow Onion (diced)
- 2/3 cup Mushrooms (thinly sliced)
- 272 grams Extra Lean Ground Turkey
- 1 3/4 Garlic (cloves, minced)
- 1 3/4 tsps Dried Basil
- 1 3/4 tsps Oregano
- 1 3/4 cups Crushed Tomatoes
- 1 1/4 cups Cashews (soaked for 1 hour and drained)
- 2/3 Lemon (juiced)
- 1 3/4 tsps Nutritional Yeast
- 1/3 cup Water
- 1/3 tsp Sea Salt
- 1 1/4 Sweet Potato
- 2 1/3 cups Baby Spinach
- 1 1/4 Courgette (sliced into rounds)

## DIRECTIONS

- 01 Start by making the tomato meat sauce. Heat your olive oil in a skillet over medium heat. Add onion, mushrooms and extra lean ground turkey and saute until meat is cooked through. Add garlic and saute for another minute. Now add in dried basil, oregano and crushed tomatoes. Bring to a boil then reduce to a simmer. Cover and let simmer while you prepare the rest.
- 02 Now let's make your cashew ricotta cheese by combining soaked cashews, lemon juice, nutritional yeast, water and sea salt together in a blender or food processor. Blend very well until completely smooth. Transfer to a bowl and set aside.
- 03 Slice your sweet potatoes into thin rounds as thinly and as evenly as possible. Place them in a large mixing bowl and toss with a splash of olive oil and season with sea salt and pepper.
- 04 Preheat oven to 375°F (191°C).
- 05 Grab a baking dish (we use 13 x 9) and lightly grease the bottom. Create a layer of sweet potatoes in the bottom of the dish so that the base is completely covered. Next use a spatula to spread on a layer of your cashew ricotta cheese. Top it with a layer of your tomato sauce. Arrange a layer of spinach over top then a layer of courgette rounds. Add the remaining spinach and top with the remaining tomato sauce. Add another layer of sweet potato rounds and finish off by spreading the remaining cashew ricotta over top.
- 06 Cover dish tightly with foil and bake for 45 minutes.
- 07 Remove from oven and let sit for 15 minutes. Cut into slices and enjoy!

## LEFTOVERS

Transfer leftovers into an airtight container and freeze for later.

## VEGANS & VEGETARIANS

Use 1 can of cooked lentils in replace of 1 lb. ground meat.

## SLOW COOKER IT

Layer ingredients into a slow cooker. Cook on low for 6 - 8 hours or on high for 3 - 4 hours.





# Meal Prep Mixed Greens Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 2 cups Mixed Greens
- 1/4 Cucumber (large, sliced)
- 1/2 Carrot (shredded)
- 1/4 Yellow Bell Pepper (sliced)
- 1/4 Red Bell Pepper (sliced)

## DIRECTIONS

- 01 Mix all ingredients in a large bowl. Divide between containers or store in a zipper-lock bag for the week. Serve with your choice of dressing.

## NOTES

### LEFTOVERS

Refrigerate in a large airtight container or bag until ready to serve for up to seven days. Add as a side, or combine with any leftover protein to make it a meal.

### SERVING SIZE

One serving equals approximately 2 1/2 cups of salad.

### MORE FLAVOR

Drizzle with olive oil, balsamic vinegar or any choice of dressing.

### ADDITIONAL TOPPINGS

Avocado, tomato, olives, capers and/or cheese.

# Spinach, Tomato & Goat Cheese Pizza

1 SERVING 20 MINUTES



## INGREDIENTS

2 2/3 tbsps Walnuts  
2 tbsps Extra Virgin Olive Oil  
1/4 Lemon (juiced)  
1 cup Baby Spinach (divided)  
1/4 cup Basil Leaves  
1/16 tsp Sea Salt  
1/8 tsp Black Pepper  
1 Brown Rice Tortillas  
1/4 cup Cherry Tomatoes (halved)  
2 tbsps Goat Cheese (crumbled)

## DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 02 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 03 Take the remaining baby spinach and finely chop.
- 04 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 05 Place on baking sheet and bake in the oven for 10 minutes.
- 06 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

## NOTES

### MORE PROTEIN

Add diced chicken, lentils or chickpeas.



# Turkey & Cabbage Stir Fry

2 SERVINGS 20 MINUTES



## INGREDIENTS

302 grams Extra Lean Ground Turkey  
2 tsps Coconut Oil  
5 1/3 cups Green Cabbage (thinly sliced)  
2/3 Carrot (large, julienned)  
2 2/3 tbsps Water  
2 2/3 tbsps Coconut Aminos  
2/3 Lime (juiced, plus more for garnish)  
2 Garlic (clove, minced)  
2 tsps Ginger (fresh, minced or grated)  
1/3 cup Cilantro (chopped)

## DIRECTIONS

- 01 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 02 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 03 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 04 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 05 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

### ADDITIONAL TOPPINGS

Top with additional cilantro.

### NO TURKEY

Use ground chicken or pork instead.