



the naturally natalie
NUTRITION | LIFESTYLE | WELLNESS

**Family-Friendly Program
Example**

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Welcome to your family meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes!

Grocery List Tips

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

Recipe Tips


















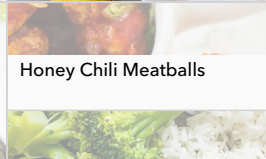












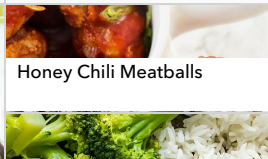






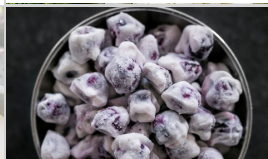

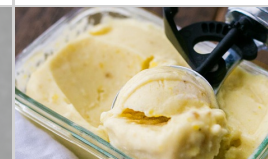


Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you 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.
















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!

Have fun and Enjoy :)

Natalie

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Berry Baked Oatmeal	Berry Baked Oatmeal	Berry Baked Oatmeal	Eggs & Toast	Eggs & Toast	Sweet Potato Pancakes	Sweet Potato Pancakes
Snack 1							
	Hummus & Veggies Snack Box	Apple with Sunflower Seed Butter	Hummus & Veggies Snack Box	Yogurt with Pear	Yogurt with Pear	Apple with Sunflower Seed Butter	Apple with Sunflower Seed Butter
Lunch							
	Avocado Egg Salad Sandwich	Herbed Chicken Tenders with Honey Dijon	One Pot Taco Pasta	Honey Chili Meatballs	Penne with Red Lentil Bolognese Sauce	Avocado Egg Salad Sandwich	Avocado Egg Salad Sandwich
Snack 2							
	Deli Snack Box	Deli Snack Box	Deli Snack Box	Hummus Dippers	Hummus Dippers	Hummus Dippers	Hummus Dippers
Dinner							
	Herbed Chicken Tenders with Honey Dijon	One Pot Taco Pasta	Honey Chili Meatballs	Penne with Red Lentil Bolognese Sauce	Spinach, Tomato & Goat Cheese Pizza	Classic Tacos	Sweet Potato Fries Supreme
Snack 3							
	Yogurt with Pear	Yogurt with Pear	Frozen Yogurt Covered Blueberries	Frozen Yogurt Covered Blueberries	Pina Colada Ice Cream	Pina Colada Ice Cream	Pina Colada Ice Cream

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  41%	Fat  39%	Fat  38%	Fat  26%	Fat  39%	Fat  43%	Fat  44%
Carbs  37%	Carbs  39%	Carbs  43%	Carbs  54%	Carbs  47%	Carbs  42%	Carbs  44%
Protein  22%	Protein  22%	Protein  19%	Protein  20%	Protein  14%	Protein  15%	Protein  12%
Calories 2020	Calories 2132	Calories 2051	Calories 1844	Calories 1989	Calories 1931	Calories 1925
Fat 93g	Fat 93g	Fat 88g	Fat 54g	Fat 88g	Fat 95g	Fat 99g
Saturated 23g	Saturated 23g	Saturated 27g	Saturated 21g	Saturated 24g	Saturated 28g	Saturated 32g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 1g	Trans 0g
Carbs 186g	Carbs 211g	Carbs 225g	Carbs 256g	Carbs 236g	Carbs 208g	Carbs 222g
Fiber 34g	Fiber 32g	Fiber 33g	Fiber 32g	Fiber 34g	Fiber 34g	Fiber 43g
Sugar 66g	Sugar 77g	Sugar 63g	Sugar 70g	Sugar 61g	Sugar 79g	Sugar 86g
Protein 114g	Protein 122g	Protein 103g	Protein 92g	Protein 72g	Protein 75g	Protein 58g
Cholesterol 655mg	Cholesterol 427mg	Cholesterol 458mg	Cholesterol 553mg	Cholesterol 411mg	Cholesterol 725mg	Cholesterol 651mg
Sodium 3096mg	Sodium 3222mg	Sodium 3704mg	Sodium 2131mg	Sodium 1678mg	Sodium 1504mg	Sodium 1178mg
Potassium 2794mg	Potassium 2795mg	Potassium 3384mg	Potassium 2817mg	Potassium 2342mg	Potassium 3372mg	Potassium 3763mg
Vitamin A 21415IU	Vitamin A 19679IU	Vitamin A 6662IU	Vitamin A 6714IU	Vitamin A 9058IU	Vitamin A 24829IU	Vitamin A 36941IU
Vitamin C 139mg	Vitamin C 88mg	Vitamin C 232mg	Vitamin C 219mg	Vitamin C 190mg	Vitamin C 251mg	Vitamin C 258mg
Calcium 1179mg	Calcium 1099mg	Calcium 702mg	Calcium 793mg	Calcium 778mg	Calcium 1021mg	Calcium 897mg
Iron 15mg	Iron 16mg	Iron 18mg	Iron 14mg	Iron 13mg	Iron 15mg	Iron 14mg

Fruits

- 9 Apple
- 2 3/4 Avocado
- 7 1/2 Banana
- 11 cups Blueberries
- 1 1/2 Lemon
- 6 Pear
- 4 1/2 cups Pineapple
- 6 cups Strawberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 3 tbsps Chia Seeds
- 1 1/16 tbsps Chili Powder
- 1 tbsp Cinnamon
- 1 3/4 tpsps Cumin
- 1 tsp Garlic Powder
- 1/3 tsp Ground Mustard
- 1/3 cup Hemp Seeds
- 1 1/2 tbsps Italian Seasoning
- 1 1/4 tpsps Onion Powder
- 1 1/2 tpsps Oregano
- 1 tsp Paprika
- 2 1/4 cups Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sliced Almonds
- 1/2 cup Walnuts

Frozen

- 3 Brown Rice Tortilla
- 3 cups Frozen Berries
- 1/2 cup Frozen Corn

Vegetables

- 5 1/4 cups Baby Spinach
- 3/4 cup Basil Leaves
- 6 cups Broccoli
- 12 Carrot
- 24 stalks Celery
- 6 1/4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 9 Garlic
- 1/3 head Green Lettuce
- 4 stalks Green Onion
- 4 Red Bell Pepper
- 8 Sweet Potato
- 2 1/2 Tomato
- 3 Yellow Bell Pepper
- 1 1/4 Yellow Onion

Boxed & Canned

- 1 1/2 cups Black Beans
- 2 cups Brown Rice Pasta Shells
- 5 cups Brown Rice Penne
- 3/4 cup Corn
- 1 cup Dry Red Lentils
- 1 1/2 cups Jasmine Rice
- 3 1/4 cups Organic Chicken Broth
- 1 1/8 cups Organic Coconut Milk
- 1 cup Organic Salsa
- 3 cups Organic Vegetable Broth
- 2/3 cup Tomato Paste
- 15 3/4 ozs Whole Grain Crackers

Baking

- 2 tbsps Nutritional Yeast
- 4 1/2 cups Oats
- 2/3 cup Raw Honey
- 3/4 cup Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 8 ozs Cheddar Cheese
- 1 1/2 lbs Chicken Breast
- 6 Corn Tortilla
- 1 3/4 lbs Extra Lean Ground Beef
- 1 1/2 lbs Extra Lean Ground Chicken
- 1/3 cup Goat Cheese
- 4 1/2 cups Hummus
- 24 slices Organic Bread
- 2 lbs Sliced Turkey Breast

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 3 3/4 tbsps Avocado Oil
- 2 tbsps Balsamic Vinegar
- 2/3 cup Coconut Oil
- 1/2 cup Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 1/8 cups Sunflower Seed Butter
- 1 cup Tomato Sauce

Cold

- 48 Egg
- 12 1/3 cups Plain Greek Yogurt
- 9 1/4 cups Unsweetened Almond Milk

Other

- 1/2 cup Water



Berry Baked Oatmeal

9 servings
45 minutes

Ingredients

- 3 cups Oats (quick or traditional)
- 3 cups Unsweetened Almond Milk
- 3 tbsps Maple Syrup
- 3/4 cup Unsweetened Applesauce
- 1 1/2 tps Cinnamon
- 3 tbsps Chia Seeds
- 3 cups Frozen Berries
- 1/3 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	222
Fat	7g
Saturated	1g
Trans	0g
Carbs	35g
Fiber	7g
Sugar	11g
Protein	6g
Cholesterol	0mg
Sodium	56mg
Potassium	246mg
Vitamin A	174IU
Vitamin C	14mg
Calcium	223mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce: Use mashed banana instead.

No Almonds: Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



Eggs & Toast

3 servings

5 minutes

Ingredients

- 1 tbsp Coconut Oil
- 6 Egg
- 3 slices Organic Bread (toasted)

Nutrition

Amount per serving	
Calories	261
Fat	16g
Saturated	7g
Trans	0g
Carbs	13g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	270mg
Potassium	169mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	71mg
Iron	2mg

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!

Notes

No Coconut Oil: Use olive oil, butter or ghee instead.

Gluten-Free: Use gluten-free bread or serve on sweet potato toast.



Blueberries

3 servings

2 minutes

Ingredients

3 cups Blueberries

Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Trans	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	114mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg

Directions

- 1 Wash the berries and enjoy!



Sweet Potato Pancakes

6 servings

20 minutes

Ingredients

- 6 Sweet Potato (small)
- 12 Egg (whisked)
- 3 tbsps Coconut Oil
- 1 1/2 tps Cinnamon
- 1/3 cup Maple Syrup

Nutrition

Amount per serving	
Calories	369
Fat	16g
Saturated	9g
Trans	0g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	15g
Cholesterol	372mg
Sodium	216mg
Potassium	621mg
Vitamin A	18985IU
Vitamin C	3mg
Calcium	122mg
Iron	3mg

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Strawberry Banana Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Strawberries
- 1 1/2 Banana
- 1/3 cup Oats (quick or rolled)
- 3 cups Unsweetened Almond Milk
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	221
Fat	9g
Saturated	1g
Trans	0g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	7g
Cholesterol	0mg
Sodium	164mg
Potassium	625mg
Vitamin A	555IU
Vitamin C	90mg
Calcium	490mg
Iron	2mg

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.



Hummus & Veggies Snack Box

6 servings

5 minutes

Ingredients

- 3 Red Bell Pepper (sliced)
- 12 stalks Celery (cut into small stalks)
- 2 cups Blueberries
- 1 1/2 cups Hummus

Nutrition

Amount per serving	
Calories	201
Fat	11g
Saturated	2g
Trans	0g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Potassium	563mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Hummus: Use guacamole or a ready-made dip instead.



Apple with Sunflower Seed Butter

3 servings

5 minutes

Ingredients

3 Apple (medium, cored and sliced)
1/3 cup Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	292
Fat	18g
Saturated	2g
Trans	0g
Carbs	33g
Fiber	6g
Sugar	22g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Potassium	379mg
Vitamin A	115IU
Vitamin C	9mg
Calcium	31mg
Iron	2mg

Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up four days.



Yogurt with Pear

6 servings

5 minutes

Ingredients

3 Pear (halved and cored)
6 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	232
Fat	5g
Saturated	3g
Trans	0g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Potassium	103mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free: Use coconut or almond yogurt instead of Greek yogurt.

No Pear: Use any type of fresh fruit instead.

Likes it Sweet: Drizzle with honey or maple syrup.



Avocado Egg Salad Sandwich

3 servings

15 minutes

Ingredients

4 1/2 Egg
3/4 Avocado
3/4 cup Baby Spinach (chopped)
2 1/4 tps Dijon Mustard
1/8 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
6 slices Organic Bread (toasted)

Nutrition

Amount per serving	
Calories	348
Fat	19g
Saturated	4g
Trans	0g
Carbs	30g
Fiber	6g
Sugar	6g
Protein	14g
Cholesterol	279mg
Sodium	412mg
Potassium	454mg
Vitamin A	1182IU
Vitamin C	8mg
Calcium	86mg
Iron	2mg

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Less Bread: Make it an open-face sandwich.

Add a Kick: Add red chili flakes or hot sauce.

Vegan: Use mashed chickpeas or white kidney beans instead of eggs.



Deli Snack Box

9 servings

5 minutes

Ingredients

- 2 1/4 cups Pumpkin Seeds
- 15 3/4 ozs Whole Grain Crackers
- 4 1/2 cups Cherry Tomatoes
- 8 ozs Cheddar Cheese (cubed or sliced)
- 2 lbs Sliced Turkey Breast
- 9 Egg (hard boiled)

Nutrition

Amount per serving	
Calories	683
Fat	40g
Saturated	11g
Trans	0g
Carbs	45g
Fiber	7g
Sugar	9g
Protein	38g
Cholesterol	260mg
Sodium	1583mg
Potassium	721mg
Vitamin A	1204IU
Vitamin C	10mg
Calcium	254mg
Iron	7mg

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.



Hummus Dippers

12 servings

15 minutes

Ingredients

- 3 Yellow Bell Pepper
- 3 Carrot
- 12 stalks Celery
- 3 cups Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Saturated	2g
Trans	0g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Potassium	443mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg

Directions

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

Notes

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

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



Herbed Chicken Tenders with Honey Dijon

6 servings

40 minutes

Ingredients

- 1 1/2 lbs Chicken Breast (skinless, boneless, sliced into strips)
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Oats (quick)
- 1 1/2 tbsps Italian Seasoning
- 3/4 tsp Sea Salt
- 9 Carrot (medium, peeled and sliced into fries)
- 1/3 cup Dijon Mustard
- 1/4 cup Raw Honey

Nutrition

Amount per serving	
Calories	334
Fat	11g
Saturated	2g
Trans	0g
Carbs	28g
Fiber	4g
Sugar	16g
Protein	28g
Cholesterol	82mg
Sodium	575mg
Potassium	707mg
Vitamin A	15320IU
Vitamin C	5mg
Calcium	41mg
Iron	1mg

Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats: Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian: Use tofu strips instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.



One Pot Taco Pasta

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 4 stalks Green Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin (ground)
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1 Tomato (large, diced)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Black Beans (cooked, from the can)
- 1 Red Bell Pepper (diced)
- 2 1/2 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 2 cups Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Saturated	4g
Trans	0g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g
Cholesterol	51mg
Sodium	864mg
Potassium	639mg

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Vitamin A	1594IU
Vitamin C	31mg
Calcium	43mg
Iron	3mg



Honey Chili Meatballs

6 servings

30 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Chicken
- 3/4 Yellow Onion (medium, chopped)
- 3 Garlic (cloves, minced)
- 1 1/2 Egg
- 1 1/2 tsps Sea Salt (divided)
- 1/3 tsp Black Pepper
- 3 tsps Coconut Oil
- 3/4 cup Organic Chicken Broth
- 1/2 cup Tomato Paste
- 1/3 cup Raw Honey
- 1 1/2 tsps Apple Cider Vinegar
- 2 1/4 tsps Chili Powder
- 1/3 tsp Paprika
- 1/3 tsp Ground Mustard

Nutrition

Amount per serving	
Calories	332
Fat	17g
Saturated	9g
Trans	0g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g
Cholesterol	145mg
Sodium	833mg
Potassium	870mg
Vitamin A	742IU
Vitamin C	5mg
Calcium	35mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Likes it Spicy: Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

Serve Them With: Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

Leftovers: Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

Slow Cooker Version: Add formed meatballs with sauce and cook on low for 6-8 hours.

Serving Size: A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.

Iron

3mg



Broccoli & Rice

6 servings
25 minutes

Ingredients

1 1/2 cups Jasmine Rice (dry, rinsed)
6 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	191
Fat	0g
Saturated	0g
Trans	0g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Potassium	288mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!

Notes

No Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Storage: Refrigerate in an airtight container up to 4 days.

Serving Size: One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.



Penne with Red Lentil Bolognese Sauce

6 servings

40 minutes

Ingredients

- 1/2 Yellow Onion (finely chopped)
- 4 Garlic (clove, minced)
- 1/4 cup Water
- 1 1/2 tsps Oregano
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 cup Dry Red Lentils (rinsed)
- 2 tbsps Tomato Paste
- 3 cups Organic Vegetable Broth
- 1 cup Tomato Sauce
- 2 tbsps Balsamic Vinegar (divided)
- 5 cups Brown Rice Penne
- 2 tbsps Nutritional Yeast (optional)

Nutrition

Amount per serving	
Calories	521
Fat	4g
Saturated	0g
Trans	0g
Carbs	102g
Fiber	12g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	542mg
Potassium	773mg
Vitamin A	561IU
Vitamin C	5mg
Calcium	37mg
Iron	5mg

Directions

- 1 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings: Top with extra red pepper flakes or fresh oregano.

No Penne: Use your favorite noodles or spiralized vegetables instead.



Spinach, Tomato & Goat Cheese Pizza

3 servings
20 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	574
Fat	46g
Saturated	7g
Trans	0g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	10g
Cholesterol	5mg
Sodium	410mg
Potassium	393mg
Vitamin A	3685IU
Vitamin C	20mg
Calcium	84mg
Iron	3mg

Directions

- 1 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 2 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.
- 3 Take the remaining baby spinach and finely chop.
- 4 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.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein: Add diced chicken, lentils or chickpeas.



Classic Tacos

3 servings
25 minutes

Ingredients

- 6 Corn Tortilla
- 2 1/4 tsps Avocado Oil
- 12 ozs Extra Lean Ground Beef
- 3/4 tsp Onion Powder
- 1/3 tsp Garlic Powder
- 1/3 tsp Sea Salt
- 1/3 tsp Cumin
- 1/3 head Green Lettuce (small, finely chopped)
- 1 1/2 Tomato (medium, diced)

Nutrition

Amount per serving	
Calories	384
Fat	16g
Saturated	5g
Trans	1g
Carbs	31g
Fiber	3g
Sugar	0g
Protein	26g
Cholesterol	74mg
Sodium	395mg
Potassium	503mg
Vitamin A	1072IU
Vitamin C	9mg
Calcium	222mg
Iron	4mg

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

Serving Size: One serving is equal to two tacos.

Storage: Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings: Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef: Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian: Use lentils instead of ground meat.



Sweet Potato Fries Supreme

3 servings

30 minutes

Ingredients

2 Sweet Potato
2 tbsps Coconut Oil (melted)
1/2 tsp Paprika
1/2 tsp Cumin
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1 cup Black Beans (cooked, drained and rinsed)
1/4 cup Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 Avocado
1/8 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
1/4 cup Water (hot)
3/4 cup Corn
1 cup Cherry Tomatoes (cut into quarters)
1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	378
Fat	20g
Saturated	9g
Trans	0g
Carbs	45g
Fiber	12g
Sugar	7g
Protein	9g
Cholesterol	0mg

Directions

- 1 Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
- 2 Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25 to 30 minutes, flipping halfway.
- 3 Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
- 4 Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
- 5 In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
- 6 Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

Notes

Crispier Fries: Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

More Greens: Turn it into a salad by serving it over a bed of greens.

Meat Lover: Top with cooked ground chicken, ground turkey, lean ground beef or organic bacon.

Sodium	69mg
Potassium	894mg
Vitamin A	13184IU
Vitamin C	16mg
Calcium	98mg
Iron	3mg

Less Work: Skip steps 3 and 4. Add black beans and diced avocado to tomato corn salsa.



Frozen Yogurt Covered Blueberries

6 servings
40 minutes

Ingredients

3 cups Blueberries (fresh or frozen, not wild)
1/3 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	53
Fat	1g
Saturated	0g
Trans	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	2mg
Sodium	9mg
Potassium	57mg
Vitamin A	118IU
Vitamin C	8mg
Calcium	36mg
Iron	0mg

Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly: Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan: Use a dairy-free yogurt such as coconut or almond.



Pina Colada Ice Cream

9 servings

5 minutes

Ingredients

- 4 1/2 Banana (sliced and frozen)
- 4 1/2 cups Pineapple (cut into chunks and frozen)
- 1 1/8 cups Organic Coconut Milk (canned)

Nutrition

Amount per serving	
Calories	147
Fat	6g
Saturated	5g
Trans	0g
Carbs	25g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Potassium	347mg
Vitamin A	86IU
Vitamin C	45mg
Calcium	15mg
Iron	0mg

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere: Add rum.