



Eating for Mental Health Meal Plan

Created by Jane Street Wellness



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These recipes were designed to provide the nutrients that you need for mental health including sufficient protein, Omega-3 fatty acids, magnesium and B vitamins. They are scaled for 4 servings with the shaded ones being leftovers. Enjoy!

Eating for Mental Health Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Winter Berry Smoothie	Green Smoothie Bowl	Bell Pepper Egg Cups	Cinnamon Flax Muffins	Blueberry Turkey Breakfast Sausages	Avocado Toast with a Poached Egg	Simple Banana Pancakes
					Fresh Strawberries		
Lunch	Avocado Egg Salad Sandwich	One Pan Chicken Fajita Bowls	Citrus Glazed Salmon	Taco Salad with Beef	Chicken, Lettuce & Tomato Egg Wrap	Pistachio Crusted Salmon	Slow Cooker Hawaiian Beef
						House Salad	
Snack 1	Hot Chocolate Smoothie	Hot Chocolate Smoothie	Spiced Walnuts	Dark Chocolate Granola Bites	Dark Chocolate Granola Bites	Hummus Dippers	Hummus Dippers
Dinner	One Pan Chicken Fajita Bowls	Citrus Glazed Salmon	Taco Salad with Beef	Slow Cooker Chicken & Broth	Pistachio Crusted Salmon	Slow Cooker Hawaiian Beef	One Pan Cod & Sweet Potato
		Sweet Potato Noodles		Carrots & Broccoli	Carrots & Broccoli		
Snack 2	Flaxseed Pudding Parfait	Flaxseed Pudding Parfait	Chocolate Dipped Strawberries	Chocolate Dipped Strawberries	Frozen Yogurt Bites with Berries	Frozen Yogurt Bites with Berries	Blueberry Chia Parfait

Eating for Mental Health Meal Plan

92 items

Fruits

- ☐ 5 Avocado
- ☐ 10 Banana
- ☐ 1/2 cup Blueberries
- ☐ 4 Kiwi
- ☐ 1 3/4 Lemon
- ☐ 2 Lime
- ☐ 3 tbsps Lime Juice
- ☐ 2 Navel Orange
- ☐ 1 cup Raspberries
- ☐ 12 cups Strawberries

Breakfast

- ☐ 3/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/8 tsp Cayenne Pepper
- ☐ 1 1/4 cups Chia Seeds
- ☐ 3 2/3 tbsps Chili Powder
- ☐ 3 tbsps Cinnamon
- ☐ 2 1/2 tbsps Cumin
- ☐ 1/2 tsp Garlic Powder
- ☐ 3 1/8 cups Ground Flax Seed
- ☐ 1/3 cup Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1 tsp Oregano
- ☐ 1/2 cup Pecans
- ☐ 1/4 cup Pine Nuts
- ☐ 1/2 cup Pistachios
- ☐ 2 1/16 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 cup Slivered Almonds
- ☐ 1 tbsp Smoked Paprika
- ☐ 2 cups Walnuts
- ☐ 1/4 cup Whole Flax Seeds

Frozen

Vegetables

- ☐ 13 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 5 Carrot
- ☐ 1 head Cauliflower
- ☐ 4 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 Cucumber
- ☐ 4 Garlic
- ☐ 1 tsp Ginger
- ☐ 1 Green Bell Pepper
- ☐ 1/2 head Green Lettuce
- ☐ 12 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 1 Orange Bell Pepper
- ☐ 2 cups Parsley
- ☐ 9 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 4 leaves Romaine
- ☐ 2 heads Romaine Hearts
- ☐ 3 cups Shiitake Mushrooms
- ☐ 6 Sweet Potato
- ☐ 3 Tomato
- ☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 1 1/2 cups Crushed Pineapple
- ☐ 1 cup Quinoa

Baking

- ☐ 1 tbsp Baking Powder
- ☐ 1/2 cup Cocoa Powder
- ☐ 12 1/16 ozs Dark Organic Chocolate
- ☐ 1 cup Oats
- ☐ 1/4 cup Organic Raisins
- ☐ 2 tbsps Raw Honey
- ☐ 1 1/4 cups Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1 lb Beef Brisket
- ☐ 1 lb Chicken Breast
- ☐ 7 ozs Chicken Breast, Cooked
- ☐ 4 Cod Fillet
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1 cup Hummus
- ☐ 12 slices Organic Bread
- ☐ 2 1/4 lbs Salmon Fillet
- ☐ 2 2/3 lbs Whole Roasting Chicken

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 3 tbsps Coconut Aminos
- ☐ 1/2 cup Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 2 tbsps Red Wine Vinegar
- ☐ 1 cup Sunflower Seed Butter
- ☐ 2 tbsps Tamari

Cold

- ☐ 36 Egg
- ☐ 2 tbsps Orange Juice
- ☐ 12 1/2 cups Unsweetened Almond Milk
- ☐ 4 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 1 1/3 tbsps Dry Sherry
- ☐ 4 Ice Cubes
- ☐ 9 1/2 cups Water

- ☐ **3 cups** Frozen Berries
- ☐ **2 1/4 cups** Frozen Blueberries
- ☐ **2 cups** Frozen Cauliflower
- ☐ **1/4 cup** Frozen Strawberries

Winter Berry Smoothie

6 ingredients · 10 minutes · 4 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

Ingredients

- 3 cups** Unsweetened Almond Milk
- 2 tbsps** Ground Flax Seed
- 2 tbsps** Hemp Seeds
- 2** Navel Orange (peeled and sectioned)
- 3 cups** Frozen Berries
- 4 cups** Baby Spinach

Green Smoothie Bowl

8 ingredients · 10 minutes · 4 servings



Directions

1. Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Ingredients

- 4 Banana (chopped and frozen)
- 8 cups Baby Spinach
- 3 cups Water
- 4 Ice Cubes
- 4 Kiwi (peeled and chopped)
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 cup Slivered Almonds
- 1/4 cup Hemp Seeds

Bell Pepper Egg Cups

3 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour

Roast the red pepper in the oven before cracking the egg into them.

Added Touch

Sprinkle with cheese during the last 2 minutes.

Serve it With

Toast for dipping or our Grain-Free Flax Bread.

More Protein

If it is a large bell pepper, fill remaining space with egg whites for added protein.

Ingredients

4 Red Bell Pepper

8 Egg

Sea Salt & Black Pepper (to taste)

Cinnamon Flax Muffins

7 ingredients · 30 minutes · 12 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size

One serving is equal to one muffin.

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Ingredients

- 2 cups** Ground Flax Seed
- 1 tbs** Baking Powder
- 1/4 tsp** Sea Salt
- 2 tbs** Cinnamon
- 6** Egg (room temperature)
- 1/3 cup** Coconut Oil (melted)
- 1/2 cup** Water (warm)

Blueberry Turkey Breakfast Sausages

7 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
2. Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers

Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately two sausage patties.

More Flavor

Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

Ingredients

1 lb Extra Lean Ground Turkey
1 Garlic (clove, minced)
1 tbsp Italian Seasoning
1 tsp Ginger (peeled and minced)
3/4 tsp Sea Salt
1/2 cup Blueberries
1 tbsp Coconut Oil

Fresh Strawberries

1 ingredient · 5 minutes · 4 servings



Directions

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

Notes

Make Them Last

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

Ingredients

4 cups Strawberries

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 4 servings



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

4 slices Organic Bread
2 Avocado
Sea Salt & Black Pepper (to taste)
4 Egg
1/4 cup Apple Cider Vinegar
1/2 tsp Sea Salt

Simple Banana Pancakes

3 ingredients · 20 minutes · 4 servings



Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet

Add blueberries or chocolate chips into the batter.

Ingredients

- 4 Banana (ripe)
- 8 Egg
- 2 tbsps Coconut Oil

Avocado Egg Salad Sandwich

7 ingredients · 15 minutes · 4 servings



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.

Ingredients

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

Chicken, Lettuce & Tomato Egg Wrap

6 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl, whisk the eggs and salt together until well combined.
2. Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
3. Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
4. To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers

Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size

This recipe was tested in a 8-inch non-stick pan.

Serving Size

One serving is approximately one egg wrap with topping evenly divided.

More Flavor

Add garlic powder or dried herbs to the eggs.

Additional Toppings

Add cheese or avocado slices.

No Chicken

Use cooked turkey or additional vegetables and/or avocado instead.

Ingredients

- 4 Egg
- 1/4 **tsp** Sea Salt
- 1 **tsp** Extra Virgin Olive Oil (divided)
- 4 **leaves** Romaine (large, whole)
- 1 Tomato (sliced)
- 7 **ozs** Chicken Breast, Cooked (thinly sliced)

House Salad

5 ingredients · 10 minutes · 4 servings



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go

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

Ingredients

1/4 cup Extra Virgin Olive Oil

2 tbsps Red Wine Vinegar

1/2 head Green Lettuce (roughly chopped)

2 Tomato (medium, sliced)

1 Cucumber (sliced)

Hot Chocolate Smoothie

7 ingredients · 5 minutes · 4 servings



Directions

1. In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
2. Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free

Use coconut milk or another nut-free milk instead.

More Flavor

Add ground cinnamon.

Protein Powder

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

Ingredients

4 cups Unsweetened Almond Milk

2 cups Frozen Cauliflower

2 Banana

1 cup Chocolate Protein Powder

1/2 cup Cocoa Powder

1/4 cup Chia Seeds

1/2 tsp Sea Salt (optional, for topping)

Spiced Walnuts

6 ingredients · 10 minutes · 4 servings



Directions

1. Lay a large piece of wax paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Notes

Extra Spicy

Add extra cayenne pepper.

Ingredients

- 2 tbsps** Raw Honey
- 2 tbsps** Extra Virgin Olive Oil
- 2 cups** Walnuts
- 1/2 tsp** Sea Salt
- 1 tsp** Cumin
- 1/8 tsp** Cayenne Pepper

Dark Chocolate Granola Bites

9 ingredients · 20 minutes · 18 servings



Directions

1. Preheat the oven to 350°F (176°C).
2. In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
3. Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
4. Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

Notes

Leftovers

Freeze in an airtight container or bag for up to three months.

Serving Size

One serving is two mini muffin-sized granola bites.

No Sunflower Seed Butter

Use almond butter, tahini or peanut butter.

No Maple Syrup

Use raw honey instead.

Enjoy it Raw

Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.

No Mini Muffin Tray

Use a regular muffin tray or a baking pan and adjust cooking time as needed.

Ingredients

- 1/2 cup Maple Syrup
- 1 cup Sunflower Seed Butter (melted)
- 1 cup Oats (rolled)
- 3/4 cup Unsweetened Coconut Flakes
- 5 1/16 ozs Dark Organic Chocolate (chopped, or Dark Chocolate Chips)
- 1/4 cup Organic Raisins
- 1 tsp Cinnamon
- 1/4 cup Whole Flax Seeds
- 1/4 cup Chia Seeds

Hummus Dippers

4 ingredients · 15 minutes · 4 servings



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.

Ingredients

1 Yellow Bell Pepper

1 Carrot

4 stalks Celery

1 cup Hummus

One Pan Chicken Fajita Bowls

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
3. Bake for 30 minutes, or until chicken is cooked through.
4. Divide between bowls or containers. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 days.

More Carbs

Serve with brown rice, quinoa or black beans.

More Fat

Serve with avocado or cheese.

Vegan/Vegetarian

Use tofu or chickpeas instead of chicken.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **lb** Chicken Breast
- 1 **tbsp** Cumin
- 1 **tbsp** Chili Powder
- Sea Salt & Black Pepper (to taste)

Citrus Glazed Salmon

8 ingredients · 25 minutes · 4 servings



Directions

1. 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.
2. 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.
3. In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
4. 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.

Ingredients

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

Sweet Potato Noodles

1 ingredient · 5 minutes · 4 servings



Directions

1. Use a spiralizer to spiralize sweet potatoes into noodles. Enjoy them raw or cook them in a skillet with some olive oil over medium heat for 5 minutes.

Notes

Serve Them With

Soups, salads, stir-frys or as a pasta replacement.

Storage

Refrigerate in an airtight container up to 5 days.

Ingredients

- 2 Sweet Potato (medium, peeled)

Taco Salad with Beef

11 ingredients · 25 minutes · 4 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan

Use black beans instead of ground beef.

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

Slow Cooker Chicken & Broth

5 ingredients · 18 hours · 4 servings



Directions

1. Place the chicken in the slow cooker. Drizzle dry sherry over top and season with half the salt. Cook on low for approximately 6 hours, or on high for 4 hours.
2. Enjoy immediately, and store any leftover meat for future use. Return the bones to the slow cooker and add the apple cider vinegar, remaining salt and water. Feel free to add any veggie scraps on hand.
3. Cook for at least 12 hours on low. After 12 hours, strain the broth through a strainer or mesh sack. Freeze broth until ready to use.

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to three days. Refrigerate the broth for up to four days or freeze for up to three months.

Serving Size

One serving equals approximately 3/4 cup of cooked chicken, and 1 cup of broth.

More Flavor

Add onion, garlic, herbs, carrot and celery.

Less Fat

Once the broth cools, remove the layer of fat that forms on the top and discard or save it for future cooking.

Ingredients

2 2/3 lbs Whole Roasting Chicken

1 1/3 tbsps Dry Sherry

1 1/3 tsps Sea Salt (divided)

2 tsps Apple Cider Vinegar

4 cups Water

Carrots & Broccoli

3 ingredients · 15 minutes · 4 servings



Directions

1. Bring a pot of water to a boil and add the salt, if using.
2. Add the carrots and cook for 5 minutes then add the broccoli to the pot and continue cooking for about 5 minutes more or until the vegetables are tender.
3. Drain and serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Additional Toppings

Serve with butter, ghee or olive oil and salt and pepper.

Vegetables

Use fresh or frozen vegetables.

Ingredients

1/2 tsp Sea Salt (optional)

4 Carrot (peeled, chopped)

4 cups Broccoli (cut into florets)

Pistachio Crusted Salmon

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
3. Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
4. Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
5. Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
6. Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg

Serve with a side of baby spinach drizzled with leftover pesto

Likes it Warm

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

Ingredients

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

Slow Cooker Hawaiian Beef

10 ingredients · 6 hours · 4 servings



Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage

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

Save Time

Cook the quinoa in advance and reheat before serving.

Ingredients

- 1 lb Beef Brisket
- 3 Red Bell Pepper (sliced)
- 1 1/2 cups Crushed Pineapple (canned, packed in pineapple juice)
- 1/2 cup Red Onion (finely diced)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Tamari
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Water
- 1 cup Quinoa (dry)

One Pan Cod & Sweet Potato

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
2. Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
3. Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
4. Divide the sweet potato and cod between plates. Serve with a lemon wedge and enjoy!

Notes

Leftovers

Store in the fridge in a sealed container for 2 to 3 days.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

No Extra Virgin Olive Oil

Use avocado oil instead.

More Veggies

Serve with a side salad or extra veggies of your choice.

No Cod

Use another type of fish such as haddock, salmon or tilapia

Ingredients

- 4 Sweet Potato (medium, cubed)
- 2 **tsps** Extra Virgin Olive Oil
- 1 **tbsp** Smoked Paprika
- 1 **tsp** Oregano (dried)
- 2 **tsps** Chili Powder
- 1/2 **tsp** Cumin
- 1/2 **tsp** Garlic Powder
- 1/4 **tsp** Sea Salt
- 4 Cod Fillet
- 1/2 Lemon (sliced into wedges)

Flaxseed Pudding Parfait

7 ingredients · 35 minutes · 4 servings



Directions

1. In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
2. To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
3. Top the parfaits with raspberries and pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor

Add vanilla extract or a variety of berries.

Ingredients

- 1 cup** Ground Flax Seed
- 2 tsps** Cinnamon
- 2 cups** Unsweetened Almond Milk
- 2 tsps** Maple Syrup
- 4 cups** Unsweetened Coconut Yogurt
- 1 cup** Raspberries
- 1/2 cup** Pecans (crushed)

Chocolate Dipped Strawberries

3 ingredients · 30 minutes · 8 servings



Directions

1. Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
3. Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
4. Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

No Shredded Coconut

Use coarse sea salt instead.

Add a Kick

Sprinkle chocolate with a pinch of cayenne pepper before it hardens.

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)

8 cups Strawberries (whole)

1/4 cup Unsweetened Coconut Flakes

Frozen Yogurt Bites with Berries

3 ingredients · 3 hours · 4 servings



Directions

1. Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
2. Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

Notes

Leftovers

Transfer to a freezer-safe bag and store in the freezer for up to two months.

Serving Size

One serving is approximately three cubes.

No Coconut Yogurt

Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

Additional Toppings

Add granola, coconut chips or any chopped fruit.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/4 cup Frozen Blueberries (chopped)

1/4 cup Frozen Strawberries (chopped)

Blueberry Chia Parfait

5 ingredients · 30 minutes · 4 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

- 3 1/2 cups Unsweetened Almond Milk
- 3/4 cup Chia Seeds
- 2 tbsps Maple Syrup
- 2 cups Frozen Blueberries (thawed)
- 1/2 cup Slivered Almonds