



Easter Recipe Collection

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Green Beans & Feta Frittata

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil
1 cup Green Beans (trimmed, chopped)
2 tbsps Shallot (sliced)
1/4 tsp Black Pepper
3 Egg (whisked)
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	190	Cholesterol	296mg
Fat	12g	Sodium	324mg
Carbs	7g	Vitamin A	832IU
Fiber	2g	Vitamin C	7mg
Sugar	3g	Calcium	158mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Heat the oil in a cast-iron skillet. Add the green beans and shallot and sauté for three to four minutes. Season with black pepper.
- 02 Add the eggs to the pan and top with feta cheese. Stir gently to mix.
- 03 Cook in the oven for 12 to 15 minutes or until the eggs have set. Slice the frittata and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

A six-inch cast-iron skillet was used to make two servings. One serving is roughly half of the skillet.

MORE FLAVOR

Add bell peppers and cooked protein of choice.

DAIRY-FREE

Use nutritional yeast or plant-based cheese instead of feta.

Asparagus & Mushroom Frittata

4 SERVINGS 25 MINUTES



INGREDIENTS

8 Egg
1/4 cup Water
1 tbsp Extra Virgin Olive Oil
2 cups Mushrooms (sliced)
1 cup Asparagus (sliced)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	192	Cholesterol	372mg
Fat	13g	Sodium	146mg
Carbs	4g	Vitamin A	1033IU
Fiber	1g	Vitamin C	4mg
Sugar	2g	Calcium	70mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Add the eggs and water to a bowl and whisk well. Set aside.
- 03 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 04 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 05 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

A 10-inch cast-iron pan was used for four servings.

MORE FLAVOR

Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.

Strawberry, Spinach & Farro Salad

4 SERVINGS 40 MINUTES



INGREDIENTS

1 cup Farro (rinsed)
1 cup Strawberries (divided)
1 1/2 tbsps Balsamic Vinegar
3 tbsps Water
1 1/2 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)
8 cups Baby Spinach
1/4 cup Red Onion (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	211	Cholesterol	0mg
Fat	1g	Sodium	60mg
Carbs	41g	Vitamin A	5631IU
Fiber	5g	Vitamin C	39mg
Sugar	6g	Calcium	93mg
Protein	9g	Iron	2mg

DIRECTIONS

- 01 Cook the farro according to package directions and set aside to let cool slightly.
- 02 In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
- 03 Slice the remaining strawberries.
- 04 Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

NOTES

LEFTOVERS

This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

GLUTEN-FREE

Use quinoa instead of farro.

Strawberry Asparagus Salad with Tahini Dressing

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Asparagus
4 cups Arugula
1 cup Radishes (thinly sliced)
1 cup Strawberries (thinly sliced)
1 cup Frozen Peas (thawed)
1/4 cup Tahini
1 tbsp Maple Syrup
1 Lemon (juiced)
2 tbsps Water (warm)

NUTRITION

AMOUNT PER SERVING

Calories	171	Cholesterol	0mg
Fat	9g	Sodium	65mg
Carbs	20g	Vitamin A	1838IU
Fiber	6g	Vitamin C	41mg
Sugar	9g	Calcium	141mg
Protein	7g	Iron	4mg

DIRECTIONS

- 01 Trim the woody ends from the asparagus and cut the spears in half.
- 02 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 03 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 04 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 05 Drizzle desired amount of dressing over top of the salad and serve.

NOTES

CHEESE LOVER

Add crumbled plant-based feta cheese.

NO ASPARAGUS

Use green beans instead.

LEFTOVERS

Store in the fridge up to 2 days with the dressing on the side.

Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

4 SERVINGS 15 MINUTES



INGREDIENTS

6 cups Asparagus (trimmed and sliced in half lengthwise)
3 tbsps Balsamic Vinegar
2 tbsps Extra Virgin Olive Oil
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
1 Cucumber (large, diced)
2 cups Lentils (cooked, drained and rinsed)
1/2 cup Slivered Almonds (toasted)
1/2 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	409	Cholesterol	17mg
Fat	20g	Sodium	266mg
Carbs	40g	Vitamin A	1686IU
Fiber	14g	Vitamin C	15mg
Sugar	13g	Calcium	226mg
Protein	21g	Iron	9mg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 02 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 03 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

NOTES

DAIRY-FREE

Skip the feta.

NUT-FREE

Use sunflower seeds instead of slivered almonds.

NO LENTILS

Use chickpeas or beans instead.

STORAGE

Stores well in the fridge up to 3 days.

Strawberry Quinoa Arugula Salad

4 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
2 tbsps Tahini
1 tbsp Maple Syrup
1 1/2 tsps Lemon Juice
1 tbsp Water (warm)
1/8 tsp Sea Salt
6 cups Arugula
1/4 cup Sunflower Seeds
1 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	202	Cholesterol	0mg
Fat	10g	Sodium	93mg
Carbs	25g	Vitamin A	725IU
Fiber	4g	Vitamin C	27mg
Sugar	6g	Calcium	107mg
Protein	7g	Iron	3mg

DIRECTIONS

- 01 Cook the quinoa according to package directions. Let cool.
- 02 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 03 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

NOTES

MEAL PREP

For best results, store all items separately in the fridge and assemble the salad just before serving.

NO ARUGULA

Use baby spinach instead.

NO SUNFLOWER SEEDS

Use pumpkin seeds, hemp seeds or chopped walnuts instead.

Mixed Greens, Cucumber & Pecan Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/2 tsp Oregano (dried)
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens
1/2 Cucumber (small, sliced)
1/2 cup Red Onion (sliced)
1/3 cup Pecans (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	277	Cholesterol	0mg
Fat	26g	Sodium	37mg
Carbs	11g	Vitamin A	94IU
Fiber	3g	Vitamin C	16mg
Sugar	4g	Calcium	78mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 In a small bowl, whisk together the oil, lemon juice, oregano, salt, and pepper.
- 02 Add the mixed greens, cucumber, onion, and pecans to a bowl. Pour the dressing all over and toss.
- 03 Divide into bowls or onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPING

Add goat cheese, feta cheese, or other nuts and seeds.

Garlicky Green Beans

4 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
4 cups Green Beans (trimmed)
Sea Salt & Black Pepper (to taste)
2 Garlic (cloves, minced)

NUTRITION

AMOUNT PER SERVING

Calories	63	Cholesterol	0mg
Fat	4g	Sodium	6mg
Carbs	7g	Vitamin A	690IU
Fiber	3g	Vitamin C	13mg
Sugar	3g	Calcium	40mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat.
- 02 Add the beans, salt, and pepper and sauté for three to five minutes.
- 03 Add the garlic and sauté for another one to three minutes until the beans are tender-crisp or cooked to your liking.
- 04 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Add lemon juice, chili flakes, fresh herbs.

Mashed Sweet Potato with Peas & Corn

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Sweet Potato (medium, peeled, chopped)
2 tbsps Butter
2 cups Baby Spinach
1/2 cup Corn
1/2 cup Fresh Peas
1 tsp Paprika
1/2 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	200	Cholesterol	15mg
Fat	6g	Sodium	381mg
Carbs	34g	Vitamin A	20498...
Fiber	6g	Vitamin C	16mg
Sugar	7g	Calcium	62mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Bring a pot of water to a boil. Add the sweet potatoes and boil until fork tender, about seven to 10 minutes. Drain the water and return the sweet potatoes back to the pot.
- 02 Stir in the remaining ingredients until well combined and the spinach is wilted. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup.

MORE FLAVOR

Add garlic, onion, cayenne pepper, or your favorite hot sauce.

ADDITIONAL TOPPINGS

Serve with caramelized onions, stew, grilled meat, or fish.

MAKE IT VEGAN

Use olive oil instead of butter.

NO SWEET POTATO

Use yellow or russet potatoes instead.

NO SPINACH

Use watercress instead.

Roasted Veggies

4 SERVINGS 40 MINUTES



INGREDIENTS

2 Carrot (medium, chopped)
2 Zucchini (medium, chopped)
2 cups Mushrooms (chopped)
2 cups Green Beans (trimmed)
1 tbsp Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
1 tsp Oregano (dried)
1/2 tsp Sea Salt
1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	93	Cholesterol	0mg
Fat	4g	Sodium	331mg
Carbs	13g	Vitamin A	5642IU
Fiber	4g	Vitamin C	26mg
Sugar	8g	Calcium	53mg
Protein	4g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 03 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 04 Remove from oven and transfer to a bowl. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

SERVING SIZE

One serving equals approximately two cups of veggies.

NO MUSHROOMS

Swap in bell peppers or broccoli instead.

EVEN COOKING

Chop your vegetables to be approximately the same size to ensure even cooking.

Buttery Corn

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Butter

3 ears Corn on the Cob (kernels cut away from the cob)

Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	118	Cholesterol	15mg
Fat	7g	Sodium	1mg
Carbs	14g	Vitamin A	177IU
Fiber	1g	Vitamin C	3mg
Sugar	4g	Calcium	2mg
Protein	2g	Iron	0mg

DIRECTIONS

- 01 Heat the butter in a non-stick pan over medium heat.
- 02 Add the corn kernels and cook for 12 to 15 minutes stirring often until the kernels are tender and golden yellow. If they start to stick, add more fat or a splash of water. Season generously with salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1/2 cup.

DAIRY-FREE

Use a dairy-free butter alternative or oil instead.

MORE FLAVOR

Add dried herbs and spices to taste or some sugar.

NO FRESH CORN

Use frozen or canned corn kernels instead.

Green Bean Casserole

4 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 1/2 cups French Shallot (thinly sliced)
1/2 head Cauliflower (chopped into florets)
5 cups Green Beans (trimmed and halved)
2 cups Mushrooms (sliced)
3 Garlic (cloves, minced)
1 1/2 cups Water
1 tsp Sea Salt
2 tbsps Nutritional Yeast
1/4 cup Slivered Almonds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	244	Cholesterol	0mg
Fat	12g	Sodium	644mg
Carbs	28g	Vitamin A	865IU
Fiber	9g	Vitamin C	57mg
Sugar	12g	Calcium	124mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 02 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 03 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 04 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 05 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 06 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 07 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.



Lemon Pepper Asparagus

4 SERVINGS 20 MINUTES



INGREDIENTS

3 cups Asparagus (trimmed)
1 tbsp Extra Virgin Olive Oil
2 tbsps Lemon Juice (divided)
1/2 tsp Black Pepper
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	53	Cholesterol	0mg
Fat	4g	Sodium	76mg
Carbs	5g	Vitamin A	762IU
Fiber	2g	Vitamin C	9mg
Sugar	2g	Calcium	26mg
Protein	2g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus with the oil and half the lemon juice. Arrange in a single layer on the baking sheet and season with black pepper and salt. Bake for 13 to 15 minutes or until the asparagus are tender, flipping halfway through.
- 03 Remove from the oven and drizzle with the remaining lemon juice. Season with additional salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Serve leftover asparagus with additional lemon juice.

MORE FLAVOR

Add lemon zest or garlic powder.

ASPARAGUS

Three cups of asparagus is approximately 1 lb or 454 grams. Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.

Sesame Roasted Green Beans

3 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Green Beans (trimmed)
2 tbsps Tamari
2 tbsps Sesame Oil
2 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	142	Cholesterol	0mg
Fat	12g	Sodium	675mg
Carbs	7g	Vitamin A	461IU
Fiber	3g	Vitamin C	8mg
Sugar	2g	Calcium	86mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
- 02 Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
- 03 Remove from oven and enjoy!

NOTES

LIKES IT SPICY

Sprinkle with chili flakes after roasting.

Potato & Asparagus Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tsp Butter
- 1 1/2 cups Asparagus (trimmed, cut into bite-sized pieces)
- 1 Yellow Potato (medium, chopped)
- 1/2 Yellow Onion (medium, chopped)
- 1 tsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth, Low Sodium
- 1 tbsp Chives (chopped, for garnish)
- 1/2 Lime (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	147	Cholesterol	5mg
Fat	2g	Sodium	121mg
Carbs	29g	Vitamin A	892IU
Fiber	6g	Vitamin C	33mg
Sugar	7g	Calcium	56mg
Protein	5g	Iron	4mg

DIRECTIONS

- 01 Melt the butter in a pot over medium heat. Once melted, add the asparagus and sauté for about two minutes. Take out a few of them for garnish, if using, and set them aside.
- 02 Add the potato, onion, curry powder, salt, pepper, and broth to the pot. Bring it to a boil, then turn the heat down to a simmer. Cover the pot and cook for 20 minutes or until the potatoes are soft.
- 03 Using an immersion blender or blender, blend the soup until smooth. Divide between serving bowls, top with chives and sautéed asparagus. Serve with lime wedges. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add fresh dill and leeks.

ADDITIONAL TOPPING

Chili flakes and/or shaved parmesan.

Green Pea & Edamame Soup

3 SERVINGS 35 MINUTES



INGREDIENTS

- 1/4 cup Water
- 1 Sweet Onion (medium, chopped)
- 3 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt (divided)
- 2 cups Frozen Peas
- 1 cup Frozen Edamame
- 4 cups Vegetable Broth, Low Sodium
- 1/3 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	12g	Sodium	1025m...
Carbs	34g	Vitamin A	2410IU
Fiber	9g	Vitamin C	23mg
Sugar	14g	Calcium	106mg
Protein	18g	Iron	5mg

DIRECTIONS

- 01 Heat the water in a pot over medium-high heat. Add the onions and garlic and cook for about five minutes until the onions have softened. Add the thyme and the salt and stir to combine and cook for another minute.
- 02 Add the peas, edamame, and vegetable broth to the pot. Bring to a gentle boil and continue to cook for 10 to 15 minutes or until the peas and edamame are very tender. Remove the pot from the heat.
- 03 Transfer the soup to a blender (do this in batches if necessary) and add the hemp seeds. Blend until smooth. Season with additional salt if needed.
- 04 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO HEMP SEEDS

Use soaked raw cashews instead.

NO EDAMAME

Use more green peas instead.

NO SWEET ONION

Use a yellow onion instead.

Easy Vegan Gravy

8 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Vegetable Broth
1 tbsp Tamari
1/4 cup All Purpose Gluten-Free Flour
2 tbsps Nutritional Yeast
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/4 tsp Dried Thyme
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	296mg
Carbs	6g	Vitamin A	133IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	5mg
Protein	2g	Iron	0mg

DIRECTIONS

- 01 Combine all ingredients into a saucepan over medium heat and whisk well. Bring to a boil, and then reduce the heat and simmer on low for five minutes, until thickened, whisking often.
- 02 Transfer to a dish and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately equal to 1/4 cup.



Braised Lamb Shanks

4 SERVINGS 2 HOURS 50 MINUTES



INGREDIENTS

- 2 lbs Lamb Shank
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Carrot (chopped)
- 1 1/2 pints Bone Broth
- 6 Garlic (clove, peeled and left whole)
- 1/16 oz Thyme Sprigs
- 1 serving Cinnamon Stick (small)
- 1 tsp Orange Zest
- 2 tbsps Orange Juice (freshly squeezed)

NUTRITION

AMOUNT PER SERVING

Calories	641	Cholesterol	179mg
Fat	43g	Sodium	740mg
Carbs	11g	Vitamin A	5698IU
Fiber	4g	Vitamin C	13mg
Sugar	5g	Calcium	80mg
Protein	50g	Iron	6mg

DIRECTIONS

- 01 Preheat your oven to 350°F (176°C). Season the lamb shanks on all sides with half of the salt.
- 02 In a dutch oven, or other large, oven-safe pot, heat half of the oil over medium-high heat on the stove. Brown the lamb on all sides, in batches if necessary, about 15 to 20 minutes. Transfer the browned lamb shanks to a plate and set aside.
- 03 Reduce the heat to medium and in the same pot add the remaining oil. Add the onions and carrots and sauté until the onions start to soften about 5 minutes. Season with the remaining salt. Add the bone broth to the onions and carrots followed by the garlic, thyme, cinnamon and orange zest. Stir to combine. Bring the bone broth liquid to a gentle boil then add lamb shanks back to the pot.
- 04 Cover the pot with a lid or foil and place in the oven. Braise the lamb covered for 75 minutes and then remove the lid and continue to cook uncovered for another 75 minutes, basting occasionally. Additional bone broth or water may need to be added to the pot if the braising liquid evaporates too quickly and the pot becomes dry.
- 05 Remove the lamb shanks from the pot and set aside to keep warm. Remove the thyme sprigs and cinnamon stick from the braising liquid and whisk the orange juice. Season with additional salt if needed.
- 06 Divide the lamb shanks between plates and serve with the braising liquid as a sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.



MORE FLAVOR

Add a bay leaf, black pepper, parsnip, celery or fennel seeds to the braising liquid.

NO BONE BROTH

Use water, vegetable broth or beef broth instead.

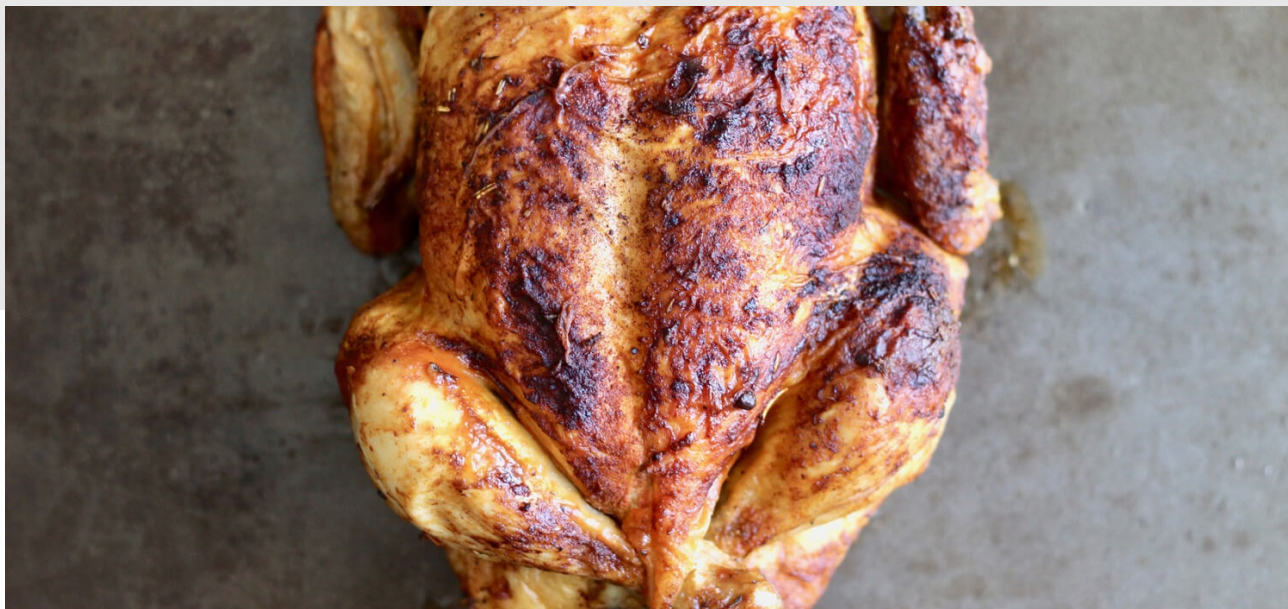
THE SAUCE

Whisk in additional bone broth if the braising liquid is too thick or until the desired consistency is reached. For a smooth sauce puree the braising liquid in a blender or food processor before serving.



Roasted Chicken

4 SERVINGS 2 HOURS



INGREDIENTS

4 lbs Whole Roasting Chicken
1 tbsp Extra Virgin Olive Oil
1 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Poultry Seasoning
2 tsps Paprika

NUTRITION

AMOUNT PER SERVING

Calories	541	Cholesterol	295mg
Fat	16g	Sodium	931mg
Carbs	2g	Vitamin A	801IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	61mg
Protein	93g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 03 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 04 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

NOTES

ROASTING TIMES

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

LEFTOVERS

Meat can be kept for up to 3 days in a covered container in the fridge.

ZERO WASTE

Save the chicken carcass to make Immunity Boosting Bone Broth.

SAVE TIME

Buy a pre-roasted chicken.

Maple Glazed Ham

10 SERVINGS 1 HOUR 40 MINUTES



INGREDIENTS

5 lbs Ham, Bone-in (fully cooked, rind removed, room temperature)
1/3 cup Water
1/4 cup Maple Syrup
1/4 cup Coconut Sugar
1 1/2 tbsps Dijon Mustard
1 tbsp Rosemary (fresh, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	380	Cholesterol	152mg
Fat	38g	Sodium	654mg
Carbs	9g	Vitamin A	5IU
Fiber	0g	Vitamin C	0mg
Sugar	8g	Calcium	9mg
Protein	34g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 300°F (150°C). Place the ham in a baking dish and use a sharp knife to score a diamond pattern over the surface. Fill the dish with the water and cover the ham with foil or a lid. Bake for 30 minutes.
- 02 Meanwhile, whisk together the maple syrup, coconut sugar, dijon mustard, and rosemary in a bowl.
- 03 Remove the ham from the oven and increase the temperature to 425°F (220°C). Discard the foil and coat the ham in 1/3 of the glaze, brushing in between the cuts. Return to the oven uncovered and roast for 15 minutes.
- 04 Repeat with the remaining glaze every 15 minutes until a dark golden-brown crust is formed. Let sit for 20 minutes before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two weeks or freeze for up to one month.

SERVING SIZE

One serving equals approximately six to seven ounces of ham.

MORE FLAVOR

Add butter, garlic, cinnamon, cloves, or black pepper to the glaze.

NO MAPLE SYRUP

Use honey instead.

NO COCONUT SUGAR

Use brown sugar instead.

Salmon, Leek & Potato Casserole

4 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

3 Russet Potato (large, peeled and chopped)
1 cup Vegetable Broth (divided)
3 tbsps Butter (divided, plus more for greasing)
Sea Salt & Black Pepper (to taste)
2 Leeks (large, white and most green parts, trimmed, sliced)
1 1/3 lbs Salmon Fillet (cubed, skin removed)
1 tbsp Lemon Zest

NUTRITION

AMOUNT PER SERVING

Calories	441	Cholesterol	105mg
Fat	18g	Sodium	257mg
Carbs	35g	Vitamin A	1213IU
Fiber	4g	Vitamin C	18mg
Sugar	4g	Calcium	74mg
Protein	34g	Iron	4mg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 to 20 minutes or until soft. Drain the water and mash the potatoes, until creamy, adding 1/4 of the broth and 1/3 of the butter. Season with salt and pepper.
- 02 Melt the remaining butter in a pan. Add the leeks, tossing to coat. Cook over low heat without browning, for about five minutes. Add the remaining broth, season to taste, and let simmer gently for about 10 minutes or until the liquid is almost absorbed.
- 03 Meanwhile, with the rack placed in the middle position, preheat the oven to 400°F (205°C).
- 04 Season the salmon with salt and pepper. Coat with the lemon zest.
- 05 Grease the individual baking dishes. Spread half of the leeks in the bottom of each dish, add the salmon, then the remaining leeks. Cover with the mashed potatoes.
- 06 Place on a baking sheet and bake for 20 to 30 minutes, or until the fish is cooked through. Time may vary according to the size of the baking dish. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

Two round eight-inch baking dishes were used to make four servings. One serving is equal to approximately 1 1/2 cups.

FREEZER MEAL

Best frozen after baking. Allow the dishes to cool. Cover in plastic wrap and then with foil, to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and cook and for 10 to 15 minutes or until warmed through.

MORE FLAVOR

Use cod or halibut instead. Use sweet potatoes instead.



Miso Glazed Salmon with Bok Choy

2 SERVINGS 2 HOURS 20 MINUTES



INGREDIENTS

2 tbsps Miso Paste (white)
1 tbsp Tamari
1 tbsp Avocado Oil
1 tsp Rice Vinegar
1 1/2 tsps Coconut Sugar
12 ozs Salmon Fillet (skinless)
2 cups Bok Choy (baby, quartered)
1 stalk Green Onion (thinly sliced)
1/2 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	361	Cholesterol	94mg
Fat	19g	Sodium	1454mg
Carbs	9g	Vitamin A	3436IU
Fiber	2g	Vitamin C	32mg
Sugar	5g	Calcium	106mg
Protein	38g	Iron	3mg

DIRECTIONS

- 01 In a bowl mix together the miso, tamari, oil, vinegar, and sugar.
- 02 Drizzle 1/3 of the miso mixture over the salmon and rub all over. Transfer the salmon to the fridge and let it marinate for up to two hours.
- 03 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper. Add the bok choy to the baking sheet and toss with the remaining miso mixture.
- 04 Remove the salmon from the fridge and pat dry to remove excess marinade on top. Place on the baking sheet with the bok choy.
- 05 Bake in the oven for ten to 14 minutes, until cooked through. This time will depend on the thickness of the salmon and desired doneness. Broil for one to two minutes to brown more if desired.
- 06 Top with any extra miso sauce from the baking sheet, green onions, and sesame seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is one cup of bok choy and a six-ounce fillet of salmon.

MORE FLAVOR

Add mirin to the miso mixture, and/or sriracha. Reserve some of the miso mixture and dilute with a splash of water and drizzle on top of the salmon after its cooked.

ADDITIONAL TOPPINGS

Serve with rice on the side.

Slow Roasted Salmon with Citrus

4 SERVINGS 40 MINUTES



INGREDIENTS

1/2 bulb Fennel (cored, thinly sliced)
1 Navel Orange (thinly sliced)
1 Lemon (thinly sliced)
1/4 tsp Sea Salt (divided)
1 lb Salmon Fillet
1/4 cup Extra Virgin Olive Oil
1/4 cup Parsley (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	62mg
Fat	21g	Sodium	215mg
Carbs	8g	Vitamin A	734IU
Fiber	2g	Vitamin C	34mg
Sugar	4g	Calcium	49mg
Protein	23g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 300°F (149°C).
- 02 In an oven-safe baking dish, add the fennel, orange, lemon and half the sea salt and mix to combine. Place the salmon on top and season with the remaining salt. Pour the extra virgin olive oil over the top of everything and place in the oven for 30 to 35 minutes or until the salmon is cooked to your liking.
- 03 Remove from the oven and add parsley. Divide between plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes for some spice.

NO PARSLEY

Use another fresh herb such as dill, chives or cilantro.

Grilled Scallops & Asparagus on Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Scallops
2 tbsps Extra Virgin Olive Oil (divided)
1 Lemon (juiced)
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
2 cups Asparagus (trimmed)
4 cups Mixed Greens (divided)

NUTRITION

AMOUNT PER SERVING

Calories	250	Cholesterol	27mg
Fat	14g	Sodium	482mg
Carbs	14g	Vitamin A	1018IU
Fiber	4g	Vitamin C	26mg
Sugar	3g	Calcium	89mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Pat the scallops dry with a paper towel.
- 02 In a bowl, whisk half of the oil, half of the lemon juice, garlic, salt, and black pepper. Add the scallops and marinate for 15 minutes.
- 03 Coat the asparagus with the remaining oil and season with salt and pepper.
- 04 Preheat the grill to medium heat. Place the scallops on one side of the grill and the asparagus on the other side.
- 05 Grill the scallops on each side for three to four minutes or until cooked through and slightly charred. Roll the asparagus when you turn the scallops. Remove the scallops from the heat and grill the asparagus for a few minutes longer.
- 06 To serve, divide the mixed greens, asparagus, and scallops evenly between plates. Drizzle the remaining lemon juice onto both plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

Baked Cod with Green Beans & Carrots

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Carrot (large, peeled and thinly sliced)
2 cups Green Beans (trimmed)
1 tbsp Coconut Oil (melted, divided)
1/4 tsp Sea Salt (divided)
1/2 tsp Paprika
1/4 tsp Turmeric
1/4 tsp Cumin
1/4 tsp Ground Ginger
2 Cod Fillet

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	99mg
Fat	9g	Sodium	469mg
Carbs	14g	Vitamin A	11260IU
Fiber	5g	Vitamin C	18mg
Sugar	6g	Calcium	99mg
Protein	44g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 03 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 04 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices. Serve with lime or lemon wedges.

NO COD FILLETS

Use another white fish instead.

VEGETABLES

Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

FILLET SIZE

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



Seared Scallops with Sweet Potato Purée

2 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Sweet Potato (large, peeled and chopped into cubes)
- 1 tsp Ghee
- 1/8 tsp Sea Salt
- 2 ozs Prosciutto (sliced into small pieces)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1/4 cup Fresh Sage (loosely packed)
- 8 ozs Scallops

NUTRITION

AMOUNT PER SERVING

Calories	265	Cholesterol	52mg
Fat	11g	Sodium	1166mg
Carbs	19g	Vitamin A	9461IU
Fiber	4g	Vitamin C	3mg
Sugar	3g	Calcium	92mg
Protein	22g	Iron	2mg

DIRECTIONS

- 01 Bring a medium-sized pot of water to a boil and add the chopped sweet potato. Boil until it is cooked through. Drain the water and mash the potato into a smooth purée with ghee and sea salt.
- 02 Heat a large pan over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside. Using the same pan, add half of the extra virgin olive oil and sage. Fry until crispy, then remove and set aside.
- 03 Place the scallops on a plate lined with a paper towel to ensure they are dry. Season with sea salt. Place the same pan over medium heat and add the remaining extra virgin olive oil. Add the scallops and cook for 3 to 4 minutes per side.
- 04 Assemble the plates with the sweet potato purée, then top with the scallops, sage, and prosciutto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for 2 days.

NO SAGE

Omit or use parsley, basil or thyme.

NO PROSCIUTTO

Use bacon, turkey bacon or ham.

Chocolate Almond Butter Eggs

9 SERVINGS 1 HOUR



INGREDIENTS

1/2 cup Almond Butter
1 cup Almond Flour
1/8 tsp Sea Salt
3 1/2 ozs Dark Chocolate (at least 70% cacao)

NUTRITION

AMOUNT PER SERVING

Calories	223	Cholesterol	0mg
Fat	19g	Sodium	36mg
Carbs	10g	Vitamin A	4IU
Fiber	4g	Vitamin C	0mg
Sugar	4g	Calcium	83mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 In a bowl, combine the almond butter and sea salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 02 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 03 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.
- 04 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 05 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden.
- 06 If you have chocolate left over, feel free to do a second coat after 20

minutes in the freezer. Enjoy!

NOTES

NO ALMOND BUTTER

Use peanut butter or sunflower seed butter.

LEFTOVERS

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.



Strawberry Rhubarb Crisp

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/2 cups Rhubarb (diced)
- 1 1/2 cups Strawberries (sliced)
- 1/4 Navel Orange (juiced)
- 1/4 cup Maple Syrup (divided)
- 2 tbsps Coconut Flour (divided)
- 1/2 cup Pecans (chopped)
- 1/2 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	21g	Sodium	86mg
Carbs	27g	Vitamin A	83IU
Fiber	6g	Vitamin C	41mg
Sugar	17g	Calcium	104mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Combine the rhubarb, strawberries, orange juice, half of the maple syrup and half of the coconut flour in a bowl and mix well until well combined.
- 02 In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and coconut oil with the remaining maple syrup and coconut flour. Mix well to combine.
- 03 Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
- 04 Remove from oven and let cool for about 5 minutes before serving. Enjoy!

NOTES

NO RAMEKINS

Bake in an oven-proof dish, pan or pie plate instead.

NO RHUBARB

Use blueberries, cherries, raspberries or peaches instead.

SERVE IT WITH

Coconut whipped cream or coconut ice cream.

Sweet Almond Crêpes with Strawberries

2 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
1 tbsp Monk Fruit Sweetener
1 tsp Vanilla Extract
1/2 cup Almond Flour
1 tsp Coconut Oil (divided)
2 tbsps Coconut Butter (soften, divided)
1 cup Strawberries (sliced, divided)

NUTRITION

AMOUNT PER SERVING

Calories	421	Cholesterol	279mg
Fat	34g	Sodium	112mg
Carbs	22g	Vitamin A	414IU
Fiber	7g	Vitamin C	42mg
Sugar	6g	Calcium	114mg
Protein	17g	Iron	3mg

DIRECTIONS

- 01 In a mixing bowl, whisk the eggs, monk fruit sweetener and vanilla together until well mixed. Stir in the almond flour.
- 02 Heat a small non-stick pan over medium heat. Add 1/4 of the coconut oil to the pan. Let the oil melt then evenly coat the pan.
- 03 Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
- 04 To serve, smear the coconut butter down the center of the crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

NOTES

LEFTOVERS

Store coconut butter and strawberries separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

SERVING SIZE

One serving is approximately two crêpes.

MORE FLAVOR

Add cinnamon to the batter.

ADDITIONAL TOPPINGS

Top with coconut whipped cream, maple syrup, cinnamon, shredded coconut or nut butter.

NO STRAWBERRIES

Use raspberries instead.

NO COCONUT BUTTER

Use almond butter instead.



NO MONK FRUIT SWEETENER

Use maple syrup instead and adjust for taste.



Strawberry Rhubarb with Banana Cashew Cream

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

NUTRITION

AMOUNT PER SERVING

Calories	385	Cholesterol	0mg
Fat	24g	Sodium	13mg
Carbs	39g	Vitamin A	109IU
Fiber	6g	Vitamin C	52mg
Sugar	14g	Calcium	96mg
Protein	10g	Iron	4mg

DIRECTIONS

- 01 Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
- 02 Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
- 03 Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

NOTES

TOPPINGS

Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

MORE PROTEIN

Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

CHOCOLATE LOVER

Add cocoa powder into the blender before blending the banana cashew cream.