



Energizing 5-Day Meal Plan to Fight Fatigue

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NATURALLY GOOD HEALTH CLINIC

Hi!

We can't wait for you to try our 5 days of meals and snacks, packed with nutrients and designed to keep you feeling full and fueled all day!

Boosting energy levels is something we're passionate about, these recipes will help feed your adrenals and thyroid glands to jump start you out of that sluggishness.

We are two Naturopathic Doctors who have experienced that burnout and fatigue that you're feeling and we know that great healing can come from our food choices. A healthy gut, filled with the right nutrients can catapult you through a metabolic rough patch. Try these meals and snacks for the next five days and feel the difference! If you need to go deeper, we're always here to help, you [can book directly with us online.](#)

Now get cooking and enjoy your boost!

Dr. Rebecca Sagan and Dr. Hajnalka Pinter



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MON



BREAKFAST
Grain-Free Coconut Almond Porridge



SNACK 1
Smashed Peacamole with Crackers



LUNCH
Deconstructed Sushi Bowl



SNACK 2
Cucumber Hummus Bites



DINNER
Lemon Turkey Quinoa Skillet

TUE



BREAKFAST
Grain-Free Coconut Almond Porridge



SNACK 1
Smashed Peacamole with Crackers



LUNCH
Shrimp & Green Beans



SNACK 2
Brazil Nuts



DINNER
Lentil Salad with Maple Roasted Squash,
Sautéed Kale with Nutritional Yeast

WED



BREAKFAST
Breakfast Protein Bowl



SNACK 1
Almond Butter Coconut Whip with
Blueberries



LUNCH
Chicken Shawarma Salad Bowls



SNACK 2
Avocado with Honey & Bee Pollen



DINNER
Beef Burrito Bowl with Cauliflower Rice

THU



BREAKFAST
Breakfast Protein Bowl



SNACK 1
Almond Butter Coconut Whip with
Blueberries



LUNCH
Tuna Nori Wraps



SNACK 2
Smashed Peacamole with Crackers,
Chopped Bell Peppers



DINNER
Hemp Seed Crusted Trout, Roasted
Sweet Potato & Brussels Sprouts Salad

FRI



BREAKFAST
Mango Coconut Green Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Sardine & Avocado Salad



SNACK 2
Toasted Trail Mix



DINNER
Balsamic Dijon Chicken Thighs with
Broccoli

FRUITS

- 9 1/2 Avocado
- 2/3 cup Blueberries
- 3 Lemon
- 1 Lime

BREAKFAST

- 2 tbsps Almond Butter
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 1 1/2 tps Black Pepper
- 1/4 cup Brazil Nuts
- 1/3 tsp Cayenne Pepper
- 1 2/3 tps Cinnamon
- 1 tbsp Coriander
- 2 tbsps Cumin
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 1/3 tbsps Italian Seasoning
- 1 1/2 tbsps Oregano
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1/2 tsp Red Pepper Flakes
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Sesame Seeds
- 1/2 tsp Turmeric

FROZEN

- 1/4 cup Frozen Broccoli
- 1/4 cup Frozen Cauliflower
- 1/2 cup Frozen Mango

VEGETABLES

- 17 cups Baby Spinach
- 3 cups Broccoli
- 4 cups Brussels Sprouts
- 1 cup Butternut Squash
- 1 Carrot
- 8 cups Cauliflower Rice
- 2/3 cup Cherry Tomatoes
- 3 Cucumber
- 1 1/2 cups Fresh Peas
- 8 Garlic
- 2 1/2 cups Green Beans
- 1 Green Bell Pepper
- 2 stalks Green Onion
- 6 cups Kale Leaves
- 1/2 cup Parsley
- 1/4 cup Radishes
- 1 Red Bell Pepper
- 8 leaves Romaine
- 2 Sweet Potato
- 2 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

BOXED & CANNED

- 3 cups Lentils
- 1 1/2 cups Organic Coconut Milk
- 3/4 cup Organic Vegetable Broth
- 1 cup Quinoa
- 3 1/2 ozs Sardines
- 10 1/2 ozs Seed Crackers
- 1 can Tuna

BAKING

- 1/2 cup Almond Flour
- 2 tbsps Dried Unsweetened Cranberries
- 1 2/3 tbsps Nutritional Yeast
- 1/2 cup Organic Raisins

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 cup Hummus
- 4 Rainbow Trout Fillet
- 2 lbs Shrimp
- 8 ozs Smoked Salmon

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 tbsps Black Olives
- 2 tps Coconut Aminos
- 1 1/2 tps Coconut Oil
- 1/3 cup Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/2 cup Tahini
- 1 tbsp Tamari

COLD

- 1 tbsp Coconut Butter
- 6 Egg
- 2 1/2 cups Unsweetened Almond Milk

OTHER

- 1 tbsp Bee Pollen
- 10 Nori Sheets
- 1/4 cup Vanilla Protein Powder
- 2 cups Water

- 1 tbsp Raw Honey
- 1/2 cup Unsweetened Shredded Coconut

Grain-Free Coconut Almond Porridge

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Almond Milk
1/2 cup Almond Flour
1/2 cup Unsweetened Shredded Coconut
2 tbsps Ground Flax Seed
1 tsp Cinnamon

DIRECTIONS

- 01 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 02 Divide into bowls and enjoy!

NOTES

NO RICE MILK

Use an alternative milk of your choice.

LIKES IT SWEET

Add raisins, dates, maple syrup, honey or your sweetener of choice.

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

Breakfast Protein Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry, uncooked)
3/4 cup Water
2 Egg
2 cups Baby Spinach
1/3 cup Cherry Tomatoes (halved)
1/2 Avocado (mashed)
1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 02 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 03 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 04 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

NOTES

PREP AHEAD

Make the quinoa in advance and used hard boiled eggs to save time.

EXTRA NUTRIENTS

Top with sprouts or microgreens.

Mango Coconut Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Frozen Cauliflower
1/4 cup Frozen Broccoli
1/2 cup Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Organic Coconut Milk (full fat)
1/4 cup Vanilla Protein Powder
1 tbsp Coconut Butter

DIRECTIONS

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

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.

Smashed Peacamole with Crackers

6 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Fresh Peas
3 Avocado
3 Garlic (cloves, minced)
1/3 Lemon (juiced)
1/3 tsp Sea Salt (or more to taste)
10 1/2 ozs Seed Crackers

DIRECTIONS

- 01 In a bowl, smash the peas with the back of a fork.
- 02 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 03 Transfer to a serving bowl and enjoy with crackers.

NOTES

LIKES IT SPICY

Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

NO FRESH PEAS

Use frozen peas, corn or edamame instead.

NO LEMON JUICE

Use apple cider vinegar instead.

SERVING SIZE

There is approximately 1/3 cup of peacamole per serving.

Almond Butter Coconut Whip with Blueberries

2 SERVINGS 5 MINUTES



INGREDIENTS

2/3 cup Organic Coconut Milk (canned, full fat, refrigerated overnight)

1 tbsp Almond Butter

1 1/3 tbsps Maple Syrup

1/3 cup Blueberries (fresh or frozen)

DIRECTIONS

- 01 Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
- 02 Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
- 03 Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

NO MAPLE SYRUP

Use honey or your sweetener of choice.

NO ALMOND BUTTER

Use hazelnut, peanut, cashew or sunflower seed butter instead.

CAKE FROSTING

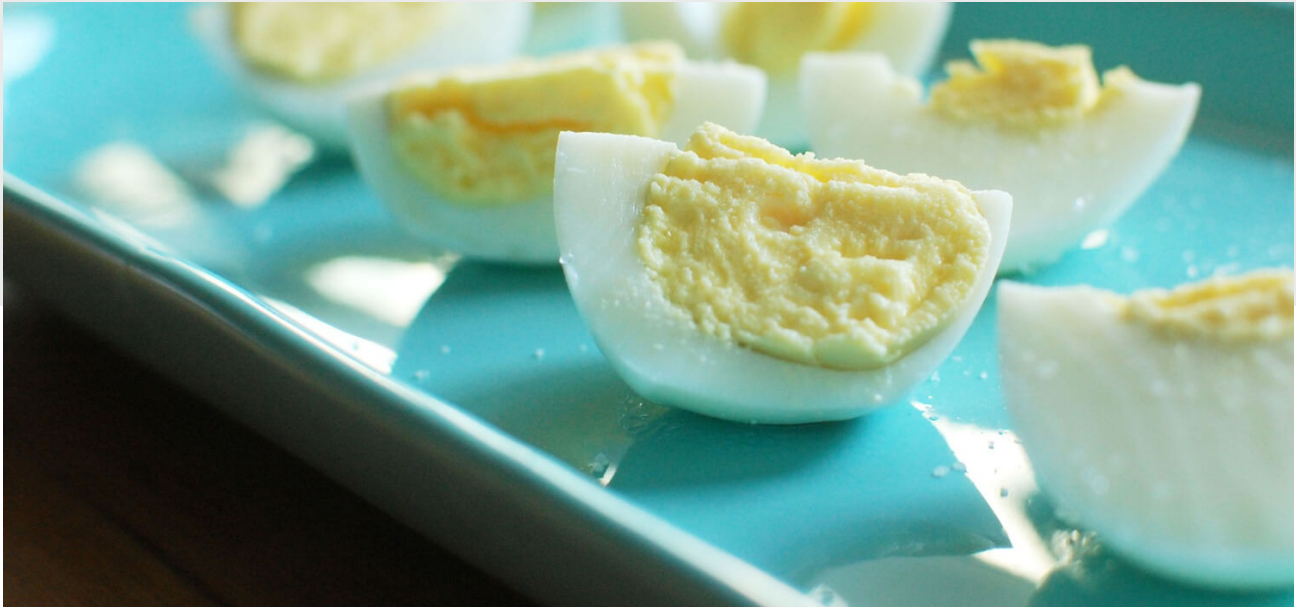
This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

SERVING SIZE

Each serving yields approximately 1/3 cup of almond butter coconut whip.

Salt n' Vinegar Hard Boiled Eggs

1 SERVING 35 MINUTES



INGREDIENTS

2 Egg
1/4 tsp Sea Salt (divided)
1 tbsp Apple Cider Vinegar (divided)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Shrimp & Green Beans

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Avocado Oil (divided)
2 1/2 cups Green Beans (trimmed)
2 lbs Shrimp (raw, peeled and de-veined)
1/8 tsp Sea Salt
1 tbsp Tamari
1/2 tsp Red Pepper Flakes

DIRECTIONS

- 01 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 02 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 2 to 3 days.

SERVE IT WITH

Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

NO TAMARI

Use soy sauce or coconut aminos instead.

Chicken Shawarma Salad Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/4 lbs Chicken Breast (diced into cubes)
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/2 tsp Cinnamon
1/2 tsp Turmeric
1 tbsp Cumin
2 tbsps Extra Virgin Olive Oil
1/4 cup Tahini
2 tbsps Water
1/2 Lemon (juiced)
8 leaves Romaine (chopped)
2 Tomato (diced)
1 Cucumber (diced)
1/4 cup Parsley (chopped)

DIRECTIONS

- 01 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 02 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 03 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 04 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

NOTES

GARLIC LOVER

Serve with hummus or add minced garlic to the tahini dressing.

LEFTOVERS

Store in the fridge for up to three days.

VEGAN & VEGETARIAN

Omit the chicken and used cooked chickpeas instead.

Tuna Nori Wraps

2 SERVINGS 15 MINUTES



INGREDIENTS

1 can Tuna (drained and flaked)
1 Carrot (smaller, julienned)
1/2 Cucumber (julienned)
1/2 Avocado (peeled and sliced)
6 Nori Sheets (snack size)

DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

STORAGE

Refrigerate all ingredients (except nori sheets) individually up to 3 days.
Assemble and wrap before ready to eat.

Sardine & Avocado Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

3 1/2 ozs Sardines (packed in oil, drained)
1/2 Lemon (juiced and divided)
1 tbsp Parsley (finely chopped)
4 cups Baby Spinach (packed)
1/4 cup Radishes (thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)
1/8 tsp Sea Salt

DIRECTIONS

- 01 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 02 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

NOTES

NO SARDINES
Use tuna instead.

Cucumber Hummus Bites

4 SERVINGS 10 MINUTES



INGREDIENTS

1 Cucumber (large)
1 cup Hummus
1/2 tsp Black Pepper

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

NOTES

MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Brazil Nuts

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Brazil Nuts

DIRECTIONS

01 Divide into bowls and enjoy!

Avocado with Honey & Bee Pollen

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Avocado (peeled and cubed)
- 1 tbsp Raw Honey
- 1 tbsp Bee Pollen

DIRECTIONS

- 01 Place avocado chunks into a bowl, drizzle with honey and top with bee pollen. Serve immediately and enjoy!

NOTES

NO HONEY

Use maple syrup instead.

NO BEE POLLEN

Omit or use hemp seeds or sunflower seeds instead.

Chopped Bell Peppers

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Red Bell Pepper

DIRECTIONS

- 01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Lemon Turkey Quinoa Skillet

2 SERVINGS 30 MINUTES



INGREDIENTS

2 1/4 tps Extra Virgin Olive Oil
1 Garlic (cloves, minced)
8 ozs Extra Lean Ground Turkey
1/2 tsp Oregano (dried)
1/8 tsp Sea Salt
2 tbsps Black Olives (chopped)
1 cup Baby Spinach (chopped)
1/3 cup Quinoa (dry, uncooked)
3/4 cup Organic Vegetable Broth
1/2 Lemon (zested and juiced)

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

NOTES

MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

NO QUINOA

Use long-grain white rice instead.

NO SPINACH

Use chopped kale or swiss chard instead.

NO GROUND TURKEY

Use ground chicken or ground beef instead.

NO VEGETABLE BROTH

Use any type of broth, or water instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground turkey.

Lentil Salad with Maple Roasted Squash

2 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Butternut Squash (chopped into 1 cm cubes)
3/4 tsp Avocado Oil
1/8 tsp Sea Salt (divided)
1 tbsp Maple Syrup
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1/8 tsp Cinnamon
1 cup Lentils (cooked, from the can)
2 stalks Green Onion (chopped)
2 tbsps Dried Unsweetened Cranberries
2 tbsps Parsley (chopped)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
- 03 In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 5 days.

NO MAPLE SYRUP

Use honey instead.

NO BUTTERNUT SQUASH

Use sweet potato or carrots instead.

SAVE TIME

Buy pre-sliced butternut squash.

Sauteed Kale with Nutritional Yeast

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Water
6 cups Kale Leaves (chopped)
1 1/2 tps Coconut Oil
1/8 tsp Sea Salt
1 tbsp Nutritional Yeast

DIRECTIONS

- 01 Add water and kale to a deep saucepan and bring to a simmer. Cover and steam for about 3 to 5 minutes, stirring halfway.
- 02 Drain the pan and add coconut oil and salt to taste. Saute for another 1 to 2 minutes.
- 03 Transfer kale to a serving plate and top with nutritional yeast. Enjoy!

NOTES

NO NUTRITIONAL YEAST

Season with salt to taste only, or use parmesan instead.

NO COCONUT OIL

Use avocado oil, butter, ghee, or olive oil instead.

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

Beef Burrito Bowl with Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
1 lb Extra Lean Ground Beef
1 tbsp Cumin (ground)
1 tbsp Coriander (ground)
1 tbsp Oregano (dried)
1 1/2 tsps Sea Salt (divided)
1 Lime (juiced)
4 cups Cauliflower Rice
2 Avocado (diced)

DIRECTIONS

- 01 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 02 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 03 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 04 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 05 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

NOTES

OPTIONAL TOPPINGS

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

LEFTOVERS

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

Hemp Seed Crusted Trout

4 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Hemp Seeds
1 1/3 tbsps Italian Seasoning
2 tsps Nutritional Yeast
1/2 tsp Sea Salt
4 Rainbow Trout Fillet
1/4 cup Dijon Mustard
1 Lemon (sliced into wedges)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 03 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 04 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 05 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

NOTES

TROUT FILLETS

One trout fillet is equal to 5.6 ounces or 160 grams.

LIKES IT CRISPY

Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

NO RAINBOW TROUT

Use salmon instead.

LEFTOVERS

Store in the fridge up to two days.

SERVE IT WITH

A side of quinoa, rice or steamed vegetables.

Roasted Sweet Potato & Brussels Sprouts Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

2 Sweet Potato (medium. sliced into 1 inch cubes)
4 cups Brussels Sprouts (washed and halved)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Tahini
1 tbsp Maple Syrup
1/4 cup Water (warm)
1/4 tsp Cayenne Pepper (less if you don't like it spicy)
1/8 tsp Sea Salt
2 cups Lentils (cooked, drained and rinsed)
8 cups Baby Spinach (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli instead.

NO LENTILS

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Balsamic Dijon Chicken Thighs with Broccoli

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (skinless, boneless)
3 cups Broccoli (chopped into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper
1/2 tsp Garlic Powder
1 tbsp Dijon Mustard
1/4 cup Balsamic Vinegar
1 tsp Oregano (dried)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
- 03 Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
- 04 After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
- 05 After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
- 06 Remove from oven and serve immediately.

NOTES

LEFTOVERS

Keeps well in the fridge for 3 days.

NO CHICKEN THIGHS

Use chicken breasts or drumsticks instead.