

# WildFit *Back to Spring*

## Sample Meatatarian Meal Plan

\*Plan is based on one person- providing leftovers for prepped meals and storage

### MEAL PLAN

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
DAY 1	Alkagizer/ Bone Broth *	<a href="#">Pork Breakfast Skillet</a>	<a href="#">Creamy Onion Soup</a>	Alkagizer/Bone Broth *	<a href="#">Steak Wraps with Caesar Dressing</a>	Herbal tea with coconut oil/cream OR Golden Milk
DAY 2	As above	<a href="#">Prosciutto Covered Asparagus &amp; soft boiled egg</a>	Steak Salad with <a href="#">WildFit Dressing</a>	As above or <a href="#">Fat Bomb</a>	<a href="#">Cilantro Lime Chicken Bowl</a>	As above
DAY 3	As above	<a href="#">Breakfast Bowl</a>	Prosciutto Covered Asparagus & Caesar dressing	As above	<a href="#">African Soup with Flax crackers</a>	As above
DAY 4	As above	Pork Breakfast Skillet	Breakfast Bowl veg on cauli rice w/ sliced steak	As above	<a href="#">Chicken Caesar Salad</a>	As above
DAY 5	As above	African Soup with Flax crackers	Massaged kale greens and can Tuna, WF Dressing	As above	Creamy Onion Soup	As above
DAY 6	As above	<a href="#">Flax Pancakes with Savoury Sauce</a>	Chicken Slices, <a href="#">Pesto, Cabbage noodles</a>	As above	<a href="#">Butternut Squash &amp; Sautéed Mushrooms</a>	As above
DAY 7	As above	<a href="#">Collards and Bacon</a>	Butternut squash, mushrooms and WF dressing on salad greens	As above	Sauteed Pork and Veg, Pesto, Cabbage Noodles	As above

*Optional: Have Alkagizer in place of breakfast or have Meal 2 if hungry.*

## \*Additional Snack Ideas for Workout Days:

- ◆ [Creamy Edamame Dip](#) with cut veggies and flax crackers
- ◆ [Spinach Dip](#) with cut veggies and flax crackers
- ◆ Nut and seed trail mix

## Extra Ideas:

### Breakfast

- ◆ [Veggie Korma](#),
- ◆ [Daikon Home fries](#)
- ◆ Savoury Sauce on Poached Eggs
- ◆ [Golden Bread](#) w/ nut butter

### Lunch & Dinner

- ◆ [Leek & Cauli Soup](#)
- ◆ [Tropical Chili Tacos](#)
- ◆ [Veggie Falafels](#)
- ◆ [Creamy Chipotle Soup](#)

## Meal Prep Suggestion:

Think of a complete Meal Prep as the certificate you receive at graduation. First, you must complete each recipe (course) and day (semester) before mastering the skill of meal prep.

- B** = For breakfast that day
- L** = Lunch for that day
- D** = Dinner that night
- P** = Prep for next day/ week

### DAY 0

1. **P:** Creamy Onion Soup, 10 mins + 80 mins Stove Top
2. **P:** Cauliflower Rice, 10 mins Food Processor
3. **P:** Caesar Dressing, 5 mins Blender
4. **P:** Bone Broth (if making/using), 12 hrs Slow Cooker
5. Prep Breakfast optional (chop veg)

### DAY 1

1. **B:** Pork Skillet 20 mins Stove top + prep serving for later meal and freeze 2
2. Alkagizer Days 1-3 Blender
3. Lunch is Creamy Onion Soup
4. **D:** Steak Wraps 10 mins Stove Top
5. WildFit Dressing 5 mins Bowl
6. Prep Lunch Optional (dinner leftovers on bed of greens, WildFit Dressing) 5 mins
7. Prep Breakfast optional (wrap asparagus in prosciutto) 5 mins

### DAY 2

1. **B:** Prosciutto covered Asparagus & soft boiled eggs 10 mins
2. Fat Bombs 10 mins
3. Lunch is dinner leftovers as salad
4. **D:** Chicken Bowl (and chicken for week) 30 mins Stovetop
5. Prep Lunch Optional (leftovers from breakfast w/ Caesar dip) 5 mins
6. Prep Lunch Optional (chop veggies) 5 mins

### DAY 3

1. **B:** Breakfast Bowl 15 mins Stovetop
2. Lunch is meal 2 from Day 2 with Caesar Dressing (Meal 5 from Day 1) 5 mins
3. **D:** African Soup 30 mins Stovetop
4. **D:** Herbed Flax Crackers 30 mins OVEN
5. Prep Lunch Optional (Leftovers MEAL 2 on Day 3 w/ Cauli Rice from Day 2 & Steak Day 1) 5 mins

## DAY 4

1. Alkagizer Days 4-6 BLENDER
2. **B:** Reheat MEAL 2 from Day 1 5 mins Stovetop
3. **L:** Day 4 Meal 2 Veggies, cauli rice and Day 1 Meal 5 meat 5 mins Stovetop
4. **D:** Chicken from Day 2, Caesar Dressing + Kale Salad 20 mins Stovetop & bowl
5. Prep Lunch Optional (Kale salad, can of tuna and WildFit Dressing) 5 mins

## DAY 5

1. Savoury Sauce Soak 2 hrs + 5 mins BLENDER
2. **B:** reheat African Soup from Day 3 5 mins
3. Lunch as prepared night before
4. **D:** reheat Onion Soup from Day 0-5 mins
5. **P:** Pesto 5 mins BLENDER
6. **P:** Cabbage Noodles 15 mins stovetop
7. Prep Lunch Optional (Chicken Day 2, Pesto & Cabbage Noodles) 5 mins

## DAY 6

1. Flax Pancakes 15 mins Stovetop w/ sauce from prep day before
2. Lunch as prepared night before
3. **D:** Butternut Squash 1hr OVEN
4. **D:** Baked Mushrooms 20 mins OVEN
5. Prep Lunch Optional (Dinner leftovers on bed of greens + WildFit Dressing/Savoury Sauce) 5 mins

## DAY 7

1. **B:** Collards & Bacon 15 mins Stove top
2. Lunch as prepared night before
3. Prepped Frozen Pork & Veg Day 1 + Pesto + Cabbage Noodles 5 mins
4. DAY 8 Prep

## DAY 8

1. Continue on by repeating Week 1, pulling extras from Week 1 out of the freezer on busy days; or, incorporate in some of the extra recipes for those you do not favour as much.

# Shopping List

FRESH PRODUCE	FISH & MEAT	NUTS/SEEDS
<input type="checkbox"/> Asparagus (10-12) <input type="checkbox"/> Avocado (1)+ <input type="checkbox"/> Basil (2 cups)* <input type="checkbox"/> Brussels Sprouts (2 lbs) <input type="checkbox"/> Butternut Squash (1)* <input type="checkbox"/> Cabbage (1)* <input type="checkbox"/> Cauliflower (2) + <input type="checkbox"/> Cilantro <input type="checkbox"/> Collards * <input type="checkbox"/> Daikon Radish (1-2) <input type="checkbox"/> English Cucumber <input type="checkbox"/> Garlic (3 bulbs) <input type="checkbox"/> Ginger (1 lrg pc) <input type="checkbox"/> Green Beans (.5 lb)* <input type="checkbox"/> Green peppers (2) <input type="checkbox"/> Kale (2)* <input type="checkbox"/> Lemons (3) <input type="checkbox"/> Leeks (1) <input type="checkbox"/> Limes (2) <input type="checkbox"/> Mushroom (.5), (1 lb)* <input type="checkbox"/> Onions, Sweet (8) <input type="checkbox"/> Onions, Red (1) <input type="checkbox"/> Onions, Yellow (2) <input type="checkbox"/> Parsley <input type="checkbox"/> Parsley (1 bunch) * <input type="checkbox"/> Radishes <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Rosemary <input type="checkbox"/> Thyme <input type="checkbox"/> Zucchini (2)	<input type="checkbox"/> 3 lbs chicken breast <input type="checkbox"/> 2 lbs mixed seafood <input type="checkbox"/> 1.5 lbs flank steak <input type="checkbox"/> 1 lb ground pork <input type="checkbox"/> Prosciutto <input type="checkbox"/> bacon  <b>EGGS</b> <input type="checkbox"/> 1 dozen  <b>LEGUMES</b>  <b>CANS/JARS</b> <input type="checkbox"/> Cacao butter/coconut manna butter <input type="checkbox"/> Coconut Milk (2) <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Tahini/Almond Butter <input type="checkbox"/> Tomatoes (14 oz) <input type="checkbox"/> Tuna (1) <input type="checkbox"/> anchovies/capers  <b>CONDIMENTS/SAUCES/OILS</b> <input type="checkbox"/> Coconut Aminos <input type="checkbox"/> Coconut oil <input type="checkbox"/> Dijon Mustard <input type="checkbox"/> Extra Virgin Olive Oil <input type="checkbox"/> Grapeseed oil <input type="checkbox"/> Raw Apple Cider Vinegar <input type="checkbox"/> Vegetable Broth (3.5 L)	<input type="checkbox"/> Ground flax seed <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Sunflower seeds  <b>MISCELLANEOUS</b> <input type="checkbox"/> Almond Flour <input type="checkbox"/> Baking Soda <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Herbal Tea  <b>SPICES/HERBS</b> <input type="checkbox"/> Basil <input type="checkbox"/> Bay Leaves <input type="checkbox"/> Black Pepper <input type="checkbox"/> Chili Powder <input type="checkbox"/> Ceylon Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Himalayan Salt <input type="checkbox"/> Nutmeg <input type="checkbox"/> Paprika <input type="checkbox"/> Red pepper <input type="checkbox"/> Rosemary <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <input type="checkbox"/> Vanilla Powder

**NOTE:**

Your unique Alkagizer recipe ingredients are not included on this list  
 Need only after day 4 = \*Need to re-buy for day 4 = +

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## BREAKFAST (MEAL 2)

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# PORK BREAKFAST SKILLET

Prep Time: 5 mins | Cook Time: 20 mins | Makes: 4 servings

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### Ingredients

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- ◆ 1 lb ground pork
  - ◆ 8 oz mushrooms, coarsely chopped
  - ◆ 2 medium zucchini, trimmed, and cut into half-moon slices
  - ◆ ½ tsp pepper
  - ◆ ½ tsp garlic powder
  - ◆ ½ tsp salt
  - ◆ ½ tsp basil
  - ◆ ½ tsp cumin
  - ◆ ¼ tsp turmeric
  - ◆ 2 Tbsp Dijon mustard (check ingredients)
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### INSTRUCTIONS

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1. Separate ½ the veggies and ½ meat in 2 small freezer bags for later use.
  2. Heat ½ Tbsp of oil in a large skillet over medium-high heat. Add the mushrooms and brown for 3-4 minutes.
  3. Add zucchini and season with salt and pepper to taste. Cook for 3-4 minutes or until tender.
  4. Push the veggies to the sides of the pan leaving the middle open.
  5. Add the ground pork and the spices. Break the meat into pieces and brown the meat, but don't mix in the veggies yet.
  6. Once the meat is cooked through incorporate it with the veggies.
  7. Add Dijon mustard and heat through.
  8. Season to taste.
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# PROSCIUTTO WRAPPED ASPARAGUS

Prep Time: | Cook Time: | Servings:

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## Ingredients

- ◆ 10 asparagus spears, ends trimmed
- ◆ 10 slices of prosciutto, halved lengthwise
- ◆ 2 eggs
- ◆ 1 Tbsp olive oil
- ◆ Sea salt and pepper, to taste

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## INSTRUCTIONS

1. Fill a saucepan with 1 inch of water. Bring water to a low boil. Carefully add eggs and cover with lid. Boil 6 minutes.
2. While eggs are boiling, wrap pieces of prosciutto around each asparagus spear until covered. Set aside.
3. Remove eggs from water and immediately place into an ice bath for 5 minutes.
4. While eggs are cooling down, heat olive oil in a large pan over medium heat. Place prosciutto-wrapped asparagus on pan and cook 3 minutes. Turn asparagus over and cook 3 minutes longer.
5. Peel the top of each egg and slice open with a spoon to expose soft yolk. Serve 5 asparagus spears with soft boiled eggs. Reserve 5 for later use in fridge.



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# BREAKFAST BOWL

Prep Time: 10 | Cook Time: 30 | Servings: 2

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## Ingredients

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- ◆ 2 cups daikon radish, peeled and cubed
- ◆ 1 leek, chopped
- ◆ ~20 medium Brussels sprouts, sliced in half
- ◆ 1 Tbsp olive oil, divided
- ◆ 1 tsp fresh rosemary, finely chopped
- ◆ 1 ½ tsp Himalayan salt, divided
- ◆ ¼ tsp pepper
- ◆ ½ onion, finely chopped
- ◆ 2 cloves garlic, finely chopped
- ◆ 1 Tbsp sugar free mustard
- ◆ Fried eggs (optional)

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## INSTRUCTIONS

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1. Preheat the oven to 400 degrees. Spread the chopped vegetables out on a large, lined baking sheet. Drizzle ½ tablespoon of olive oil and sprinkle the rosemary, 1 tsp of salt, and pepper over the vegetables. Toss to coat
2. Roast the vegetables for 20-25 minutes until tender and crispy on the outside.
3. When the veggies have about 10 minutes left in the oven, heat ½ tablespoon of olive oil in a large sauté pan over medium heat. Once heated, add in the onions and ½ teaspoon of salt and cook for 4-5 minutes until softened and slightly browned.
4. Add in the garlic and cook for another minute. Add the roasted vegetables and mustard to the pan and stir to combine.
5. Peel the top of each egg and slice open with a spoon to expose soft yolk. Serve 5 asparagus spears with soft boiled eggs. Reserve 5 for later use in fridge.
6. Place half the vegetables in bowls and top with a fried egg if desired. Reserve half for a later meal.

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# FLAX PANCAKES

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## Ingredients

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- ◆ 1/2 cup flaxseed meal
  - ◆ 2 eggs, beaten
  - ◆ 2 tbsp + 2 tsp unsweetened almond milk (or other milk)
  - ◆ 1 1/2 tsp lemon juice
  - ◆ 1/2 tsp baking soda
  - ◆ 1/8 tsp salt
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## INSTRUCTIONS

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1. Mix together all the ingredients in a bowl. The mixture will be sticky because of the flax. If it is too thick, add more almond milk or water.
2. Heat a skillet over medium heat. Once hot, add a bit of cooking oil. Pour about 1/4 cup batter for each pancake and gently spread it out with a spoon. Let cook for 2-3 minutes per side or until edges begin to firm and bubbles begin to burst. Flip and cook on the opposite side for 2-3 minutes.
3. Serve with Savoury Sauce and green beans or bacon (or both!)

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## COLLARDS & BACON

*Prep Time: 5 mins | Cook Time: 10 mins | Makes: 3 servings*

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### Ingredients

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- ◆ 1 Tablespoon coconut oil
- ◆ 3 slices bacon
- ◆ 1 large onion, chopped
- ◆ 2 cloves garlic, minced
- ◆ 1 teaspoon salt
- ◆ 1 teaspoon pepper
- ◆ 1 cup chicken broth
- ◆ 1 pinch red pepper flakes
- ◆ 1 pound fresh collard greens, cut into 2-inch pieces

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### INSTRUCTIONS

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1. Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes.
2. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.
3. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 10 minutes, or until greens are tender.
4. Serve what you like and reserve the rest for later use.

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# VEGGIE KORMA

Prep time: 15 minutes | Cook time: 5-8 hours | Serves: 6

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## Ingredients:

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- ◆ 1 can of coconut milk (14 oz.)
- ◆ 1 cup of vegetable broth
- ◆ 1 med. eggplant (2 cups), chopped in cubes
- ◆ 1 head cauliflower, broken into small florets
- ◆ 1 small winter squash (2 cups), chopped in cubes
- ◆ 2 cups chopped green beans
- ◆ 1 med. yellow onion
- ◆ 2 cloves of garlic, minced
- ◆ 2 inch piece of ginger
- ◆ 2 Tbsp curry powder
- ◆ 1 Tbsp of Himalayan salt
- ◆ 1 tsp black pepper
- ◆ 2 tsp of garam masala
- ◆ 2 tsp red pepper flakes (or to taste)
- ◆ 2 Tbsp coconut flour

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## INSTRUCTIONS:

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1. Wash and chop all your vegetables.
2. Add the chopped cauliflower, eggplant, winter squash, green beans, onion, ginger and garlic to a large slow cooker/crock pot, and mix well.
3. In a large mixing bowl, combine the vegetable broth with the coconut flour and whisk together well. Then add the coconut milk, curry powder, sea salt, black pepper, garam marsala and red pepper flakes and whisk again. Pour the liquid mixture over the vegetables evenly.
4. Cook on low for 8 hours or high for 5 hours, until the mixture is very thick. Serve immediately and enjoy! Keeps well in the fridge up to one week or in the freezer up to one month.

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# DAIKON HOME FRIES

Prep Time: 5 min | Cook Time: 20 min | Servings: 2

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## Ingredients

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- ◆ 2 Tbsp coconut oil
- ◆ 1/2 daikon radish, peeled and cut into 1/2 inch squares
- ◆ 1 small yellow onion, diced
- ◆ 1/2 tsp sea salt
- ◆ 1/4 tsp fresh black pepper
- ◆ 1/4 tsp paprika
- ◆ dash of red pepper flakes
- ◆ 2 Tbsp parsley, chopped

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## INSTRUCTIONS:

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1. Melt oil in a skillet over medium high heat.
2. Add radish and onion. Turn heat to medium.
3. Add salt.
4. Stir and turn frequently until the onion and radish are beginning to brown.
5. Add pepper, paprika and pepper flakes and continue cooking until onions are translucent with brown edges and radish pieces have brown edges and are tender.
6. Remove from heat and add parsley.

## SUBSTRATES

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### CAULIFLOWER RICE

Prep Time: | Cook Time: | Servings: 8+

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#### Ingredients:

- ◆ 2 heads of Cauliflower
- ◆ Box grater or food processor

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#### INSTRUCTIONS

1. Wash and thoroughly dry cauliflower, then remove all greens.
2. If using a box grater, cut the cauliflower into large chunks and use the medium-sized holes to grate into “rice.” If using a food processor, cut into small pieces and use the grater attachment to grate the cauliflower into “rice.”
3. *Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.*
4. Once you have your cauliflower rice, Freeze half for later use, and keep half in the fridge to use that week.
5. When ready to cook, simply sauté in a large skillet over medium heat in 1 Tbsp oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5 minutes, then season as desired.
6. Store leftovers in the refrigerator up to 5 days, uncooked for 1 week, in the freezer up to 3 months.

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# CABBAGE NOODLES

Prep Time: 5 min | Cook Time: 20 min | Servings: 2

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## Ingredients

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- ◆ ½ Head of Cabbage
- ◆ 2 Tbsp coconut oil
- ◆ 1 onion
- ◆ Himalayan salt and pepper

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## INSTRUCTIONS

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1. Before you begin, make sure your chef's knife is super sharp. A dull knife means you're more likely to slip and cut yourself on such a sturdy vegetable.
2. Place the cabbage on a cutting board with the core side down. This gives it a little flat bottom so your cabbage isn't rolling everywhere.
3. Slice the cabbage in half from top to bottom, straight through the core. Then place each cabbage half cut-side down and cut in half again, vertically from the top through the core. You should now have 4 quartered pieces.
4. Each quartered piece will have some core at the bottom. Place each quarter cut-side down and cut off the core at a slight angle.
5. Focusing on 1 quarter at a time, slice into vertical strips. Then slice each vertical strip into pieces.
6. Chop up the whole head of cabbage at once and keep leftovers tightly sealed in the refrigerator.
7. To cook, once cabbage is chopped, chop onion. In a large saucepan or wok over medium heat, melt oil. Add the onion, cabbage, and a big pinch of salt. Saute for 15 minutes or until cabbage is brown and tender. Add more salt to taste, if necessary.
8. Use as a pasta base for any sauce you like.

## SOUPS

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### CREAMY ONION SOUP

Prep Time: 10 min | Cook Time: 1 hr 20 | Servings: 8

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#### Ingredients:

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- ◆ 6 Tbsp extra-virgin olive oil
- ◆ 8 large sweet onions, peeled and sliced very thin
- ◆ 1/4 cup fresh ginger, peeled and sliced thinly
- ◆ 8 cups vegetable broth
- ◆ 1/4 cup apple cider vinegar
- ◆ 6 sprigs of fresh thyme
- ◆ 1/4 - 1/2 cup coconut milk (optional)
- ◆ 1/2 teaspoon sea salt
- ◆ 1/2 teaspoon freshly ground black pepper

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#### INSTRUCTIONS

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1. Heat the olive oil in a large Dutch oven or stock pot.
2. Add the onion and ginger and simmer over medium-low heat, stirring often for about 20 minutes until the onions are translucent.
3. Add the vegetable broth, the apple cider vinegar, fresh thyme and bring to a boil.
4. Reduce heat and add the lid to the pot. Simmer for about 1 hour until the onions are soft.
5. Remove the thyme sprigs and discard. Using an immersion blender (or blend in batches in stand blender) puree the soup until smooth.
6. Add coconut milk if desired and salt and pepper to taste.

Put half the soup into serving size jars and into the freezer when cool. Eat what you like from the remainder and pop the rest in the fridge.



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# AFRICAN SOUP

Prep Time: 15 | Cook Time: 55 mins. | Servings: 4

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## Ingredients:

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- ◆ ½ Tablespoon coconut oil
  - ◆ 2 lbs seafood mix (white fish, shrimp, calamari, etc.)
  - ◆ Salt and pepper (to taste)
  - ◆ ½ medium brown onion, diced (about ½ cup)
  - ◆ 1-inch piece of fresh ginger, grated (about 1 Tbsp)
  - ◆ 3 cloves garlic, minced (about 1 Tbsp)
  - ◆ ½ Tbsp ground coriander
  - ◆ 1 tsp turmeric
  - ◆ 1 tsp paprika
  - ◆ 1 tsp ground chilli
  - ◆ 2 bay leaves
  - ◆ 4 cloves
  - ◆ 1+1/2 cups or 1 14 oz. can tinned tomatoes
  - ◆ 4 cups chicken or veg broth
  - ◆ 1/4 cup sunflower butter, almond butter or tahini
  - ◆ ¼ teaspoon vanilla extract
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## INSTRUCTIONS

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1. Heat a large saucepan, casserole dish or a deep frying pan over medium-high heat and melt the coconut oil. Add seafood and brown well on all sides, about 2 minutes. Remove to a bowl, including all the juices.
2. In the same saucepan, cook the onion and ginger for about 5-6 minutes on low/medium heat. Add garlic, spice powders, bay leaves and cloves and cook for about 30 seconds to release the aromas.
3. Add tomatoes and broth and stir to combine. Add the seafood pieces back in, together with the juices, stir and increase the heat to bring the pot to boil. Then reduce the heat to a simmer and cook for 20 minutes with the lid on.
4. Add the sunflower butter and vanilla to the pot and combine well.
5. Stir and cook all together for a few more minutes, uncovered. Taste for seasoning and add a generous pinch of salt if you wish.
6. Sprinkle with fresh parsley or chopped green onion and extra sunflower or pumpkin seeds.
7. Serve with a side of pan-fried silverbeet/chard, kale or other sauteed greens.

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The following are 'extra' recipes- not included in shopping list or meal plan

## CREAMY CHIPOTLE SOUP

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes | Serves: 2

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### Ingredients

- ◆ 2 large ripe Hass avocados (or one big fat tropical variety one)
- ◆ 3 cups vegetable broth
- ◆ 1 cup coconut milk
- ◆ 1/2-1 teaspoon chipotle powder (or to taste)
- ◆ Himalayan salt, to taste
- ◆ parsley/cilantro (to garnish)

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### INSTRUCTIONS

1. Halve the avocados. Remove the pits and discard them. Place the flesh into a blender.
2. Blend the avocado until smooth. Add some stock to help the blending process, if necessary.
3. In a large saucepan, bring the rest of the stock to a boil, then remove from the heat.
4. Add the avocado mash, coconut milk, and chipotle. Mix well with a spoon until smooth. If there are lumps, use an immersion blender or regular blender to blend the soup until very smooth.
5. Heat again until simmering, not boiled.
6. Season with salt if desired.
7. Divide the soup into soup bowls.
8. Serve with lemon or lime wedges and chopped fresh herbs (like parsley or cilantro) if desired.

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# CAULIFLOWER LEEK SOUP

Prep Time: 5 min | Cook Time: 25 min | Servings: 4

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## Ingredients

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- ◆ 2 Tbsp olive oil
- ◆ 1 medium onion, sliced
- ◆ 2 leeks sliced thin (whole thing)
- ◆ 1 large head or 2 small heads cauliflower about 1.5 lbs. (fresh recommended, but frozen will work)  
Can also substitute broccoli.
- ◆ 4 cups vegetable stock
- ◆ 1 tsp dried thyme
- ◆ 3-5 cloves roasted garlic
- ◆ ½ of 1 fresh lemon
- ◆ Salt + pepper to taste

To garnish:

- ◆ Parsley
  - ◆ Green onions sliced
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## INSTRUCTIONS

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1. In a large saute pan, heat two tablespoons olive oil over medium heat.
2. Add the leeks and onion and saute until the onions are starting to caramelize and the leeks are starting to turn golden brown.
3. Add the cauliflower and sauté until it starts to brown. Add the vegetable stock and dried thyme and bring to a boil. Reduce heat to medium-low and simmer for about 15 minutes, until the cauliflower florets are tender and cooked through.
4. Add the roasted garlic if using, and lemon juice and use an immersion blender to puree the soup until smooth. You can also ladle the soup into a blender to blend until smooth.
5. Taste the soup for seasoning and add salt and pepper to taste. If it's thicker than you'd like, thin it out with a bit of extra stock. Serve with a drizzle of olive oil, green onions and parsley.

## SAUCES

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### CAESAR DRESSING

Prep Time: 5 mins | Cook Time: 0 | Serves: 8

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#### Ingredients

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- ◆ 1-2 cloves garlic, crushed
- ◆ 3 Tbsp fresh lemon juice or 1 large lemon
- ◆ 1-2 fresh anchovy fillets (can substitute with 1 Tbsp capers)
- ◆ 2 tsp Dijon mustard (sugar free)
- ◆ 1/2 tsp salt
- ◆ 1/2 tsp black pepper
- ◆ 1 C olive oil

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#### INSTRUCTIONS:

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1. Add all of your ingredients to a 2 cup mason jar except for the oil. Put your immersion blender all the way in the jar and blend everything together. Can also use bullet or regular blender.
2. Once you have a thick paste, slowly add the oil to the mixture. The dressing will thicken and become creamy after a minute or two.
3. Taste to adjust the seasoning as needed. That's it! Keeps for 1 week in the fridge. Freeze your extra anchovies in a sandwich bag for future use!

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## WILDFIT DRESSING

Prep Time: 5 mins | Cook Time: 0 | Serves: 8

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### Ingredients:

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- ◆ 1/4 cup mayonnaise (or 1 small avocado)
- ◆ 1 Tbsp Dijon mustard
- ◆ 1/4 cup extra virgin olive oil
- ◆ 2 Tbsp grapeseed oil
- ◆ 2 cloves garlic
- ◆ 2 Tbsp fresh lemon juice
- ◆ 2 Tbsp freshly chopped herbs of choice (parsley, oregano, basil, chives, etc.)
- ◆ salt and pepper to taste

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### INSTRUCTIONS:

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1. Mix well in a jar, store for up to 1 week.

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## SAVOURY SAUCE

Prep Time: 2 hrs (passive) | Cook Time: 0 | Serves: 4-8

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### Ingredients:

- ◆ 1/2 cup sunflower seeds, soaked for 2 hours or overnight
- ◆ 1/2 cup water
- ◆ Juice of 1/2 lemon
- ◆ 1/2 tsp salt
- ◆ 1/2 tsp garlic powder
- ◆ 1/3 tsp turmeric
- ◆ 1 tsp Dijon mustard (sugar free)

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### INSTRUCTIONS

1. To prepare, add soaked seeds to blender with all other ingredients. Blend until smooth. Warm gently on the stove top until ready to serve.

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# HOMEMADE PESTO

Prep Time: 5 mins | Cook Time: 0 | Serves: 6-10

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## Ingredients

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- ◆ 2 cups packed fresh basil (large stems removed)
- ◆ 3 Tbsp pine nuts, walnuts or sunflower seeds
- ◆ 3 large cloves garlic (peeled)
- ◆ 2 Tbsp lemon juice
- ◆ 3-4 Tbsp nutritional yeast
- ◆ 1/4 tsp sea salt (plus more to taste)
- ◆ 2-3 Tbsp extra virgin olive oil
- ◆ 3-6 Tbsp water (plus more as needed)

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## INSTRUCTIONS

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1. To a food processor or small blender, add the basil, nuts, garlic, lemon juice, nutritional yeast, and sea salt and blend/mix on high until a loose paste forms.
2. Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed.
3. Then add 1 Tbsp (15 ml) water at a time until the desired consistency is reached - a thick but pourable sauce. (If avoiding oil altogether, sub the oil with vegetable broth)
4. Taste and adjust flavor as needed, adding more nutritional yeast for cheesy flavor, salt for overall flavor, nuts for nuttiness, garlic for bite, or lemon juice for acidity.
5. Store leftovers covered in the refrigerator up to 1 week. After that, pour into ice cube molds, freeze, and store up to 1 month or more.

# STEAK CAESAR LETTUCE WRAPS

Prep Time: 30 mins (passive) | Cook Time: 12 mins | Servings: 2+

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## Ingredients:

- ◆ 1 flank steak (about 1 ½ pounds)
- ◆ 2 tablespoons apple cider vinegar
- ◆ 1 red onion, thinly sliced
- ◆ Romaine lettuce leaves, for serving
- ◆ 1 English cucumber, halved and thinly sliced
- ◆ 1 bunch mixed radishes, thinly sliced
- ◆ ¼ cup Caesar Dressing

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## INSTRUCTIONS

1. Marinate the flank steak in apple cider vinegar, salt and pepper for 30 minutes.
2. Place the red onion in a small bowl and cover with ice water. Let sit at least 30 minutes.
3. Heat a cast iron skillet on medium high. Add steak to the skillet and cook steak until deeply browned and medium-rare, about 5-7 minutes per side depending on thickness.
4. Drain the red onion. Transfer to a cutting board, cover with foil and let rest for 5 minutes before slicing.
5. Reserve ½ steak and vegetables for later use. Store separately.
6. Serve sliced steak in lettuce leaves topped with red onion, cucumber, radishes, and Caesar dressing.



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# CILANTRO LIME CHICKEN BOWL

Prep Time: 5 mins | Cook Time: 15 mins | Serves 1+

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## Ingredients:

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- ◆ 1 lime - the zest and juice
- ◆ 2 tbsp fresh cilantro - chopped for garnish
- ◆ Sesame seeds - for garnish
- ◆ Coconut aminos- for garnish
- ◆ 3 boneless, skinless chicken breasts

### For the avocado cream:

- ◆ 1 avocado
- ◆ 1 lime - just the juice
- ◆ 2 Tbsp avocado or grapeseed oil
- ◆ 1 tsp garlic powder
- ◆ Salt and pepper - to taste
- ◆ 1-2 Tbsp water

### For the cauliflower rice:

- ◆ Cauliflower rice (1-2 cups)
- ◆ 1 Tbsp olive oil
- ◆ 1 handful fresh cilantro - chopped
- ◆ Salt and pepper - to taste

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## INSTRUCTIONS

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1. Brush your grill, grill pan or cast iron skillet with oil and heat to medium/med-hi (adjust as needed). Sprinkle chicken breasts on both sides with sea salt and pepper, then grill 6-7 mins on each side depending on thickness, until juices run clear and inside is no longer pink. Set aside covered in aluminum foil while you toss the seeds.
2. Make your avocado cream: Place all of the ingredients in a blender or food processor and blend until smooth and creamy. Start with one tablespoon of water. You may need to add more water to get the consistency thinner depending on the size of avocado used. It should be like a thick and creamy salad dressing.
3. If you are making cauliflower rice from a head of fresh cauliflower, use your food processor to rice the cauliflower. Reserve half in a ziplock bag in the fridge. Then, place the remainder of your riced cauliflower in a large skillet on the stove. Add your chopped cilantro, and season with olive

oil, salt and pepper.

4. Cook your cauliflower rice over medium heat, stirring occasionally. You can also cover your pan to speed up the cooking time as needed. Pour half your riced cauli into a bowl and reserve the other half in a container. In the same skillet, reheat your sliced chicken breast gently.
5. Once your chicken is done, turn off the stove and serve your dinner. On the bed of cauliflower rice, add your chicken on top, drizzle the avocado cream, and top with fresh cilantro. Add sesame seeds on top for extra crunch and serve with coconut aminos for extra flavour.
6. Slice remaining chicken and store separately in the fridge.

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# CHICKEN CAESAR SALAD

Prep Time: 10 Min | Cook Time: 15 Min | Servings 2 +

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## Ingredients:

- ◆ 4 cups kale
- ◆ 1 ½ Tbsp olive oil plus large pinch sea salt
- ◆ ¾ cup sunflower seeds (soaked is preferable)
- ◆ 1 tsp coconut oil plus large pinch sea salt
- ◆ 1/1-1 cooked, sliced chicken breast
- ◆ sea salt and black pepper
- ◆ 1 avocado
- ◆ Caesar Dressing

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## INSTRUCTIONS

1. Massage the kale: place it in a large bowl and drizzle with the 1 1/2 tbsp olive oil and sprinkle with sea salt. knead the kale with your hands as if kneading bread dough for about 2-3 mins or until desired texture is achieved.
2. Add the seeds to a small skillet with 1 tsp oil and sprinkle with salt. Cook, stirring for about 1 minute or until golden brown - be sure to adjust the heat if necessary so they don't burn.  
Assemble the salad:
3. Place ½ the massaged kale in a serving bowl and toss with chopped avocado and ½ toasted seeds. Add chicken breast and arrange on salad, then toss or top with caesar dressing right before serving - use as much or as little as you want as per preference.
4. Reserve ½ kale and seeds in container for later use.

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## ROASTED BUTTERNUT SQUASH

Prep Time: 10 mins | Cook Time: 50 mins | Servings: 3+

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### Ingredients:

- ◆ 1 butternut squash, peeled and cubed
- ◆ 2 cloves garlic, minced
- ◆ 2 sprigs fresh rosemary, finely chopped
- ◆ 1 Tablespoon olive oil, or more to taste
- ◆ sea salt to taste
- ◆ ground black pepper to taste

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### INSTRUCTIONS:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Reserve ½ squash in a freezer bag and store in fridge or freezer for later use.
3. Mix remainder of butternut squash cubes, garlic, rosemary, olive oil, salt, and black pepper until well coated. Spread mixture into a small baking dish.
4. Bake in preheated oven until squash is caramelized and golden brown, 45 to 50 minutes.

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# BAKED MUSHROOMS

Prep: 10 min | Cook: 20 min | Serves: 4+

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## Ingredients

- ◆ Olive oil
- ◆ 1 pound cultivated mushrooms, trimmed, halved or quartered (I choose mix of Shiitake, Oyster, Lions Mane and Maitake- but portobellos work just as well.
- ◆ 3 cloves garlic, peeled and crushed
- ◆ Salt and freshly ground black pepper

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## INSTRUCTIONS:

1. Preheat oven to 450 degrees.
2. Lightly oil shallow baking pan large enough to hold mushrooms in single layer.
3. Add mushrooms and toss with 2 to 3 tablespoons oil.
4. Add garlic; season with salt; roast for 20 minutes stirring on occasion; mushrooms should be browned.
5. Season with pepper.

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The following are 'extra' recipes- not included in shopping list or meal plan

## TROPICAL CHILI TACOS

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### Ingredients

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For the "fish":

- ◆ 1 can hearts of palm, drained, rinsed, and chopped
- ◆ 2 Tbsp liquid aminos
- ◆ ½ tsp garlic powder
- ◆ ½ tsp Sriracha or chili paste
- ◆ 1 Tbsp sesame oil

Hemp seed sour cream:

- ◆ 1 cup hulled hemp seeds
- ◆ ¼ cup lemon juice
- ◆ ¼ cup water
- ◆ pinch of salt

Fixings:

- ◆ Romaine lettuce boats for taco shells
- ◆ About a ¼ cup shredded purple cabbage
- ◆ 1 scallion, chopped
- ◆ kelp flakes to taste (optional)
- ◆ juice of 1 lime

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### INSTRUCTIONS:

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1. Add all hemp seed cream ingredients to a blender and process until smooth. Add water if you want a smoother, creamier texture. Set aside.
2. Place a saucepan over low heat and pour in the sesame oil. Add the hearts of palm mixture from step 1 and sauté until everything is warm and the excess liquid is absorbed (about 5 minutes).
3. Let the hearts cool a bit and then assemble tacos by layering the hearts in the lettuce boats first, then the cabbage, sour cream, and scallions. Sprinkle kelp flakes on top (if desired) and finish with lime juice.

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# VEGETABLE FALAFELS

Prep Time: 10 minutes | Cook Time: 40 minutes | Total Time: 50 minutes | Serves: 4

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## Ingredients

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### Falafel

- ◆ 2 cups minced cauliflower To make minced cauliflower, just blend the cauliflower in your food processor until it's minced.
- ◆ 1 cup minced fresh onion
- ◆ 1/2 cup fresh cilantro leaves
- ◆ 1/2 cup fresh parsley leaves
- ◆ 1/2 cup almond flour
- ◆ 1 medium egg
- ◆ 1 Tbsp arrowroot flour
- ◆ 3 cloves garlic
- ◆ 4 tsp cumin powder
- ◆ 1 tsp sea salt
- ◆ 1/2 tsp turmeric powder
- ◆ 1/2 tsp chili powder
- ◆ 4 Tbsp olive oil for cooking

### Tahini Dressing (make or use sugar free store bought)

- ◆ 1/2 cup sesame oil
- ◆ 1/4 cup tahini
- ◆ 2 Tbsp lemon juice
- ◆ 1/2 tsp lemon zest

### Greens

- ◆ 4-8 cups baby kale
- ◆ 1 cup cherry tomatoes cut in halves
- ◆ 1/4 cup pine nuts
- ◆ 1/4 cup fresh cilantro leaves
- ◆ 1/4 cup green onions chopped

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## INSTRUCTIONS:

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1. Combine all the ingredients for the tahini dressing in a blender or food processor and blend until smooth.
2. Preheat oven to 400F. Line a baking sheet with parchment paper.
3. In a food processor blend all the ingredients, except the minced cauliflower and olive oil. Blend until the herbs are finely chopped.
4. Add in the minced cauliflower, and pulse a few times until combined.
5. Form the falafel dough into sixteen 1 1/2" round balls.
6. Use a pastry brush and brush each falafel with olive oil.
7. Cook for 20 minutes on 400F then rotate the falafels and cook for another 20 minutes.
8. Plate the greens then top with falafel and tahini dressing.

# HERBED FLAX CRACKERS

Prep Time: 10 | Cook Time: 10 | Servings: 4-8

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### Ingredients:

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- ◆ 1 cup ground flax seeds
- ◆ 2 eggs
- ◆ 1/2 cup nutritional yeast (optional)
- ◆ 1 tsp minced fresh rosemary (or herbs of choice)
- ◆ 1 tsp Sea salt plus more for sprinkling

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### INSTRUCTIONS:

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1. Preheat oven to 350 degrees (F)
2. Add all of the ingredients to a medium bowl. Stir until fully combined. Let sit for about 5 minutes.
3. Place a sheet of parchment paper or silicone mat on a cutting board or your countertop. Place dough ball on sheet and top with another piece of parchment or silicone sheet. Roll out thin with a rolling pin or water bottle.
4. Use a sharp knife to cut a grid of 1 inch-ish squares then sprinkle with more salt.
5. Transfer sheet over to a baking tray (on parchment or silicone) and bake for 10 minutes, remove and flip, bake another 5-10 minutes. If you want them super crispy, turn the oven off and then put the crackers back in after it's cooled a bit but is still warm. Leave them in for about an hour and they will continue to dry out until super crispy.
6. Store in an airtight container for up to a week.





# FAT BOMBS

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 8

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## Ingredients:

- ◆ 1/4 cup cocoa butter
- ◆ 1/4 cup coconut oil
- ◆ 1 tsp pure vanilla extract

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## INSTRUCTIONS:

1. Melt together cocoa butter and coconut oil over low heat or in double boiler.
2. Remove from heat and stir in vanilla.
3. Pour into molds and chill until hardened.
4. Remove from molds and keep stored in the refrigerator.
5. Makes 8 fat bombs

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# CREAMY EDAMAME DIP

Prep Time: 5 mins | Cook Time: 20 mins | Serves: 4-6

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## Ingredients

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- ◆ ¼ cup olive oil, plus more for serving
- ◆ 1 tablespoon ground coriander
- ◆ 1½ pounds organic edamame, frozen
- ◆ kosher salt and black pepper
- ◆ ¼ cup fresh cilantro leaves

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## INSTRUCTIONS

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1. Heat the oil and coriander in a large skillet over medium heat until fragrant, 1 to 2 minutes.
2. Add the edamame, ¾ cup water, 1 teaspoon salt, and ¼ teaspoon pepper.
3. Cook, covered, stirring often, until edamame are soft, 10 minutes.
4. Transfer to a food processor/HP blender and puree until smooth, 2 to 3 minutes.
5. Top the dip with the cilantro and a drizzle with olive oil.
6. Serve with flax crackers, endive, cucumber and/or radishes.

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## SPINACH DIP

Prep Time: 15 mins | Cook Time: 0 mins

Whether it is a regular meet up with friends, potluck or family gathering, it is nice to have a simple dish to prepare. This is also great for healthy snacks throughout the week, and fulfills that craving for something creamy!

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### Ingredients

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- ◆ ½ C fresh spinach leaves cooked, squeezed, & drained - (about 20 large leaves of fresh spinach)
- ◆ 2 large ripe avocado about 2 cups of mashed avocado
- ◆ 1 garlic clove, crushed
- ◆ ¼ C fresh coriander chopped
- ◆ ¼ C sunflower seeds, soaked 2 hrs
- ◆ ¾ C water (for mixing with seeds)
- ◆ 1 Tbsp lime juice
- ◆ 3 Tbsp Avocado Oil or oil of your choice
- ◆ 1/2 tsp sea salt
- ◆ 1 Tbsp Extra virgin avocado oil to drizzle on top

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### INSTRUCTIONS

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1. Soak the seeds in water for 2 hours or so, until plump.
2. Trim the fresh spinach leaves. Place them onto a large mixing bowl and cover with boiling water. Cover. Set aside for 1 minutes, drain, rinse in cold water and squeeze to remove the excess water.
3. In a food processor, add the spinach, the ripe avocado, crushed garlic, coriander, sunflower seeds,, lime juice,avocado oil, salt and pepper. Process until smooth - about 2 minutes on high speed.
4. Transfer into a bowl. Drizzle extra virgin avocado oil on top if you like. Refrigerate at least 30 minutes before serving