

WildFit *Back to Spring*

Sample Pescatarian 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/ Veg or Fish Broth *	Seedy Cereal	Veggie Korma	Alkagizer/ Veg or Fish Broth *	Shrimp Curry with green beans and water chestnuts	Herbal tea with coconut oil/cream OR Golden Milk
DAY 2	As above	Breakfast Muffins (2), steamed veg with olive oil (optional)	Cabbage noodles & Pesto with walnuts	As above or Fat Bomb	African Soup with Flax Crackers	As above
DAY 3	As above	Breakfast Bowl	Veggie Korma	As above	Steamed Broccoli w/ Thousand Island Dressing & Dinner Roll	As above
DAY 4	As above	Poached Eggs, asparagus & Savoury Sauce	Shrimp curry with side salad & Thousand Island Dressing	As above	African Soup with Flax Crackers	As above
DAY 5	As above	Breakfast Muffins (2), steamed veg with olive oil (optional)	Massaged Leafy Green salad with sprouted chickpeas	As above	Greek Baked Halibut with roasted vegetables	As above
DAY 6	As above	Breakfast Bowl	Leek & Cauliflower Soup & Flax Crackers	As above	Mushroom Gravy with Marinated Portobello, cauli mash and leftover salad	As above
DAY 7	As above	WildFit Pancakes with Savoury sauce	Massaged Leafy Green salad, Chopped Portobellos & Creamy Caesar Dressing	As above	Leek & Cauliflower Soup with a side of Daikon Radish Home Fries	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

- ◆ Golden Bread w/ nut butter
- ◆ Squash w/ Cinnamon & Coconut Oil
- ◆ [Smoked Salmon Rolls w/ Herbed Cream Cheese on Greens](#)

Lunch & Dinner

- ◆ 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**: Veggie Korma 10 mins + 5-8 hrs slow cooker
2. **P**: Cauliflower Rice, 10 mins FOOD PROCESSOR
3. **P**: Bone Broth (if making/using), 12 hrs SLOW COOKER
4. PREP BREAKFAST OPTIONAL (prep seed mix)

DAY 1

- B**: Seedy Cereal
1. Alkagizer Days 1-3 BLENDER
Lunch is Veggie Korma
 2. **D**: Shrimp Curry 30 mins StoveTop
 3. **P**: Cabbage Noodles 20 mins stove top + portion 1 serving
 4. **P**: Pesto 5 mins Blender + portion 1 serving
 5. PREP BREAKFAST OPTIONAL (chop veggies for breakfast muffins) 10 mins

DAY 2

1. **B**: Breakfast muffins 20 mins
2. Fat Bombs 10 mins
Lunch is cabbage noodles & pesto
3. **D**: African Soup 40 mins Stovetop
4. **D**: Flax Crackers 20 mins Oven
5. PREP BREAKFAST OPTIONAL (chop veggies) 5 mins
6. Prep more cauliflower rice (need 4 cups tomorrow) 5 mins Food Processor

DAY 3

1. **B**: Breakfast Bowl 15 mins Stovetop
Lunch is Veggie Korma
2. **D**: Thousand Island Dressing 5 mins blender + steamed veggies
3. **D**: Dinner Rolls 30 mins OVEN
4. PREP BREAKFAST OPTIONAL Savoury Sauce 5 mins blender

DAY 4

1. Alkagizer Days 4 -6 BLENDER
B: *Poached Eggs & Savoury Sauce*
2. **L:** side salad (to go w/ Shrimp Curry & Thousand Island Dressing)
3. **P:** Massaged Leafy Greens Salad 10 mins

DAY 5

- B:** *Breakfast muffins*
L: *Massaged Leafy Greens Salad*
1. **D:** Greek Halibut & Roasted Veg 1 hr Oven
 2. **P:** Leek & Cauli Soup 30 mins stovetop

DAY 6

- B:** *Reheat Breakfast Bowl*
Lunch is Leek & Cauli soup & crackers
1. **D:** *Mushroom Gravy*
 2. **D:** *Marinated Portobellos*

DAY 7

1. Flax Pancakes 15 mins Stovetop w/ savoury sauce
2. Caesar Dressing 5 mins
Lunch is leftovers- salad, chopped mushrooms, + Caesar Dressing
3. **D:** Daikon Home fries 30 mins Stovetop + Soup
4. Prep for Lunch Day 8

DAY 8

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

NOTE: Your unique Alkagizer recipe ingredients and extra recipe ingredients are not included
 Need only after day 4 = * Need to re-buy for day 4 = +

FRESH PRODUCE	FISH	NUTS/SEEDS
<input type="checkbox"/> Asparagus (6)* <input type="checkbox"/> Avocado (1)+ <input type="checkbox"/> Basil (2 cups) + <input type="checkbox"/> Broccoli <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"/> Daikon Radish (2)+ <input type="checkbox"/> Eggplant (2) <input type="checkbox"/> English Cucumber <input type="checkbox"/> Garlic (3 bulbs) <input type="checkbox"/> Ginger (1 lrg pc) <input type="checkbox"/> Green Beans (2 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 lb)+ <input type="checkbox"/> Portobellos (4)* <input type="checkbox"/> Onions, Red (1)* <input type="checkbox"/> Onions, Yellow (4) <input type="checkbox"/> Parsley (1 bunch) + <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Rosemary <input type="checkbox"/> Thyme <input type="checkbox"/> Zucchini (2)	<input type="checkbox"/> 1 lb Shrimp <input type="checkbox"/> 2 lbs Mixed Seafood <input type="checkbox"/> 1 lb Halibut EGGS <input type="checkbox"/> 2 dozen LEGUMES <input type="checkbox"/> 1 can Chickpeas <input type="checkbox"/> Sprouted Chickpeas CANS/JARS <input type="checkbox"/> Anchovies/Capers <input type="checkbox"/> Cacao Butter/Coconut Manna Butter <input type="checkbox"/> Coconut Milk (3) <input type="checkbox"/> Kalamata Olives (10) <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Sprouted Chickpeas <input type="checkbox"/> Tahini/Almond Butter <input type="checkbox"/> Tomatoes (14 oz) <input type="checkbox"/> Tomato Paste (6 oz) <input type="checkbox"/> Water Chestnuts CONDIMENTS/SAUCES/OILS <input type="checkbox"/> Balsamic Vinegar <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"/> Hemp Seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Sunflower Seeds MISCELLANEOUS <input type="checkbox"/> Almond Flour <input type="checkbox"/> Coconut Flour <input type="checkbox"/> Baking Soda <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Herbal Tea SPICES/HERBS <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"/> Garam Masala <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

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SEEDY CEREAL

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2-3

Ingredients

- ◆ ½ cup unsweetened dried coconut
- ◆ 1 cups coconut milk
- ◆ 1 ⅓ cups water
- ◆ 2 Tbsp coconut flour
- ◆ 2 Tbsp ground flaxseed
- ◆ 2 Tbsp hemp hearts
- ◆ 1 tsp vanilla extract
- ◆ 1 tsp ceylon cinnamon
- ◆ ¼ tsp nutmeg
- ◆ ¼ tsp turmeric

INSTRUCTIONS

1. In medium pot over medium high heat, toast coconut being careful not to burn.
2. Stir in coconut milk and water.
3. Cover and bring to a boil.
4. After reaching a boil, remove from heat and stir in the remaining ingredients.
5. Pour over a little extra almond milk or coconut milk if too dry.

BREAKFAST MUFFINS

Prep Time:10 | Cook Time:30 mins | Servings:6

Ingredients

- ◆ 12 – 15 eggs (use 12 eggs for individual silicone cups and 15 for larger silicone muffin pans.
- ◆ 1 tsp. (or more) italian seasoning
- ◆ fresh-ground black pepper (optional)
- ◆ 3 green onions diced small
- ◆ chopped veggies such as blanched broccoli, green pepper, sauteed zucchini, sauteed mushrooms, etc.

INSTRUCTIONS

1. Preheat oven to 375 F. Spray a Silicone Muffin Pan or Silicone Muffin Cups with non-stick spray or olive oil.
2. In the bottom of the muffin cups layer sauteed vegetables and green onions. You want the muffin cups to be about 2/3 full, with just enough room to pour a little egg around the other ingredients.
3. Break eggs into large measuring bowl with pour spout, add seasonings and beat well.
4. Pour egg into each muffin cup until it is 3/4 full. Stir slightly with a fork.
5. Bake 25-35 minutes until muffins have risen and are slightly browned and set.
6. Egg muffins can be stored in the fridge for at least a week.

BREAKFAST BOWL

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

Ingredients

- ◆ 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)

INSTRUCTIONS

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. Place the vegetables in bowls and top with a fried egg if desired.

WILDFIT PANCAKES WITH SAVOURY SAUCE

Prep Time: 1 | Cook Time: 10 | Servings: 2-3

Ingredients

- ◆ ½ cup almond flour
- ◆ ½ cup ground flaxseed
- ◆ 3 Tbsp coconut flour
- ◆ 1 tsp baking soda
- ◆ 2 eggs
- ◆ ½ cup coconut milk, canned and full-fat

INSTRUCTIONS

1. Preheat a medium size pan.
2. Combine all of the ingredients together in a blender and combine well.
3. Pour ¼ cup batter onto the pan over low heat.
4. Once the batter begins to bubble at the top, flip it over and cook for another 1-2 minutes.
5. Repeat until the batter is done.
6. Serve with a drizzle of hollandaise and a side of asparagus or green beans and bacon or sausage.



SAVOURY SAUCE

Prep Time: 10 mins | Cook Time: 0 mins | Servings: 4

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.

HERBED CREAM CHEESE

Prep Time: 30 mins(Passive) | Cook Time: 0 mins | Servings: 4

Ingredients

- ◆ 1 cup unsalted sunflower or hemp seeds
- ◆ ½ cup unsweetened almond milk
- ◆ ¼ cup fresh basil leaves
- ◆ 2 garlic cloves
- ◆ ½ tsp sea salt

INSTRUCTIONS

1. Soak the seeds in a bowl of water for 30 minutes. Drain and rinse well.
2. Add all the ingredients to a food processor or blender and process/blend until smooth.

LUNCH

VEGGIE KORMA

Prep Time: 15 min | Cook Time: 5-8hrs | Servings: 6

Ingredients:

- ◆ 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

INSTRUCTIONS

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.

CABBAGE NOODLES

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

Ingredients

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

INSTRUCTIONS

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.
8. 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.
9. Use as a pasta base for any sauce you like.

HOMEMADE PESTO

Prep Time: 5 mins | Cook Time: 0 | Serves: 6-12

Ingredients

- ◆ 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)

INSTRUCTIONS

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.

SHRIMP CURRY WITH GREEN BEANS & WATER CHESTNUTS

Prep Time: 10 mins | Cook Time: 10 | Serves: 4

Ingredients

- ◆ 2 Tbsp coconut oil
- ◆ 2 Tbsp curry powder
- ◆ 1 lbs shrimp
- ◆ 1 lb green beans, trimmed (can also use broccoli florets)
- ◆ ½ cup water chestnuts
- ◆ 1 cup unsweetened coconut milk/ almond milk
- ◆ Juice of 2 limes
- ◆ Dash of Himalayan salt

INSTRUCTIONS

1. In a large skillet or wok, heat coconut oil over medium heat. Add curry powder and cook until fragrant, about 1 min.
2. Add shrimp and beans/broccoli, and cook about 4 mins.
3. Add water chestnuts, coconut milk, lime juice and salt.
4. Serve with cauliflower rice or shredded cabbage noodles.

MASSAGED LEAFY GREEN SALAD

Prep Time: 5 mins | Cook Time: 0 (let sit 30 minutes) | Serves: 4

Ingredients

- ◆ 2 bunches kale (or other dark leafy green like chard, collards, etc.)
 - ◆ ½ cup extra-virgin olive oil
 - ◆ ¼ cup lemon juice
 - ◆ 3 large cloves garlic, minced
 - ◆ 1 Tbsp coconut aminos
 - ◆ ½ tsp freshly ground pepper
 - ◆ ¼ tsp salt
 - ◆ ¼ cup sunflower seeds
 - ◆ ¼ cup sprouted chickpeas
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INSTRUCTIONS

1. Strip leaves from the stems (discard stems). Wash and dry the leaves.
2. Tear the leaves into small pieces and place in a large bowl. Add oil, lemon juice, garlic, soy sauce, pepper and salt.
3. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny.
4. Serve with whatever garden veg or herbs you would like to add to the salad (parsley, dill, cilantro, green onion, green pepper, zucchini spirals. etc.) the sunflower seeds and the sprouted chickpeas.

CAULIFLOWER LEEK SOUP

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

Ingredients

- ◆ 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
-

INSTRUCTIONS

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.
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AFRICAN SOUP

Prep Time: 15 min | Cook Time: 55 min | Servings: 4

Ingredients

- ◆ 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 can tinned tomatoes
- ◆ ¼ cup water
- ◆ 1/4 cup sunflower butter, almond butter or tahini
- ◆ ¼ teaspoon vanilla extract

INSTRUCTIONS

1. Rinse and drain seafood and season generously with salt and pepper.
2. 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.
3. 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.
4. Add tomatoes and water 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.
5. Add the sunflower butter and vanilla to the pot and combine well.
6. Stir and cook all together for a few more minutes, uncovered. Taste for seasoning and add a generous pinch of salt if you wish.
7. Sprinkle with fresh parsley or chopped green onion and extra sunflower or pumpkin seeds.
8. Serve with a side of pan-fried silverbeet/chard, kale or other sauteed greens.

HERBED FLAX CRACKERS

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

Ingredients:

- ◆ 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:

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.

THOUSAND ISLAND DRESSING

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

Ingredients:

- ◆ 1/2 cup (sugar free) Mayonnaise
- ◆ 2 Tbsp tomato paste
- ◆ 1/4 tsp Garlic Powder
- ◆ 1/4 tsp Onion Powder
- ◆ 1/4 tsp Paprika
- ◆ 1 tsp Apple Cider Vinegar

INSTRUCTIONS:

1. Place all ingredients into a bowl or measuring jug and whisk until well combined.
2. Keep stored in the fridge and enjoy as a dip, dressing or topping.

GARDEN DINNER ROLLS

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

Ingredients:

- ◆ 4 cups of riced cauliflower
- ◆ 1 cup almond meal
- ◆ 4 eggs, separated
- ◆ 3 tsp baking powder
- ◆ 1 tsp sea salt
- ◆ ½ tsp black pepper

*** you can make these more like biscuits by adding ½ cup coconut flour at the end of the mixing process. It will make the bread slightly denser and sweeter.*

- ◆ Food processor
 - ◆ colander & cheesecloth
 - ◆ Parchment paper
 - ◆ 18x13 rimmed Baking sheets
 - ◆ oven
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INSTRUCTIONS

1. Prepare riced cauliflower.
 2. Pour riced cauliflower into a big bowl and fluff it up with your fingers or a fork.
 3. Preheat your oven to 400°F and prepare a regular baking tray with a piece of parchment paper.
 4. Separate the eggs and pour the whites into a chilled bowl. Whip the whites until they are stiffened and no liquid remains at the bottom of the bowl.
 5. Add the dry ingredients to the cauliflower and mix everything together well, still using a fork to keep the cauliflower separated.
 6. Add the egg yolks and stir in briefly until they are evenly mixed in and the dough is moist.
 7. Then add the egg whites and gently fold into the dough with a spatula for a few seconds.
 8. If you are trying the tea biscuit version, sprinkle in the coconut flour now and again gently stir as needed.
 9. Take about ½ cup of the wet dough in your hands and gently mold it into a ball. Make 8 balls.
 10. Place the balls onto prepared baking sheet and slide the tray into the oven for 20 minutes. The rolls are ready when they are golden brown on top.
 11. These are delicious right out of the oven, and extras can be stored in the fridge for up to a week. They can also be made and sliced ahead for freezer storage.
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GREEK BAKED HALIBUT

Prep Time: 10 mins + 45 mins (wait) | Cook Time: 30 | Servings: 4

Ingredients:

- ◆ 1 pound halibut or firm white fish
 - ◆ 2 cloves garlic, crushed
 - ◆ ½ cup red onion, finely chopped
 - ◆ 10 kalamata olives, pitted
 - ◆ 1 tsp extra virgin olive oil
 - ◆ 1 tsp Himalayan salt
 - ◆ 1 tsp ground black pepper
 - ◆ 1 Tbsp fresh oregano (or 1 tsp dried)
 - ◆ Juice of 1 lemon
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INSTRUCTIONS:

1. Chop onion, garlic, oregano and olives. In a small bowl, add olive oil, lemon juice, salt and pepper to chopped vegetables. You can use a food processor to chop and combine all marinade ingredients.
 2. In a large bowl, add fish and marinade for 45 minutes. When time to cook, preheat the oven to 350 degrees C. Place the fish in a greased ovenproof pan/dish.
 3. Bake for 20-30 mins until fish flakes easily.
 4. Meanwhile, chop vegetables of preference for roasting (fennel, zucchini and cauliflower would pair well) and toss with dried sage, basil, salt, pepper and olive oil. Roast for the same 30 minutes until lightly cooked.
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MUSHROOM GRAVY

Prep Time: 5 mins | Cook Time: 20 mins | Servings: 4

Ingredients:

- ◆ 3/4 one small container white or cremini mushrooms
- ◆ 2 Tbsp + 1 Tbsp oil of choice, separated
- ◆ optional: 1 Tbsp minced shallot
- ◆ 1 cup veggie stock
- ◆ 1 Tbsp ground flax seed
- ◆ pinch each salt, pepper, and dried or fresh thyme, chopped

INSTRUCTIONS:

1. In skillet over medium to medium-high heat, add oil the shallot and mushroom and cook for 10 minutes, stirring frequently.
2. Cook until the mushrooms are soft and brown, and most of their liquid is evaporated.
3. Stir in the flax with a whisk and reduce heat to medium. Cook for another minute or two.
4. Slowly add veggie broth while whisking to reduce clumps. Then add in the thyme and whisk again.
5. Reduce heat to simmer and continue to stir until it reaches desired thickness – about 5-10 minutes. If it appears too thin, add a touch more flax and whisk. If it's too thick, add more broth.
6. Season with salt and fresh ground black pepper to taste.
7. Use an immersion blender or small blender to make smooth.
8. Store leftovers in the fridge in an airtight container for up to a few days.

MARINATED PORTOBELLO

Prep Time: 10 mins | Cook Time: 6 mins | Servings: 2-4

Ingredients:

- ◆ 3-4 large portobello mushrooms (stems removed, wiped clean)
 - ◆ 1/3 cup balsamic vinegar
 - ◆ 1/4 cup olive oil
 - ◆ 1/2 tsp cumin
 - ◆ 1/2 tsp black pepper
 - ◆ 1/4 tsp smoked paprika
 - ◆ 3 cloves garlic (minced)
 - ◆ 1 Tbsp coconut aminos
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INSTRUCTIONS:

1. Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a spoon to spread on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor. Slice to serve.

CAESAR DRESSING

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

Ingredients:

- ◆ 1 egg yolk (pasteurized) room temperature
- ◆ 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

INSTRUCTIONS:

1. Add all of your ingredients to a 2 cup mason jar except for the oil.
2. Put your immersion blender all the way in the jar and blend everything together. Can also use bullet or regular blender.
3. 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. Taste to adjust the seasoning as needed. That's it! Keeps for 1 week in the fridge.
4. Freeze your extra anchovies in a sandwich bag for future use!

DAIKON HOME FRIES

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

Ingredients

- ◆ 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

INSTRUCTIONS:

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.

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

TROPICAL CHILI TACOS

Ingredients

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

INSTRUCTIONS:

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.

VEGETABLE FALAFELS

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

Ingredients

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

INSTRUCTIONS:

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.

CREAMY CHIPOTLE SOUP

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

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)

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.

SNACKS

FAT BOMBS

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

Ingredients:

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

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

CREAMY EDAMAME DIP

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

Ingredients

- ◆ 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

INSTRUCTIONS

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.

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!

Ingredients

- ◆ 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

INSTRUCTIONS

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