



Mon

Breakfast



Spiced Pear Overnight Oats

Lunch



Roasted Veggie Quinoa Salad

Snack 2



Blended Chocolate Strawberry Protein Chia...

Dinner



Veggie Packed Taco Sweet Potatoes

Mon

Fat 23%

Carbs 58%

Protein 19%

Calories	2020
Fat	55g
Carbs	307g
Fiber	73g
Sugar	79g
Protein	100g
Cholesterol	21mg
Sodium	1186mg
Vitamin A	20584IU
Vitamin C	93mg
Calcium	2060mg
Iron	21mg

Fruits

- 1 Pear
- 2 cups Strawberries

Breakfast

- 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tbsp Taco Seasoning

Vegetables

- 1/2 tsp Ginger
- 4 cups Kale Leaves
- 3 Parsnip
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 2 Sweet Potato

Boxed & Canned

- 2 1/2 cups Black Beans
- 2 cups Chickpeas
- 1/2 cup Corn
- 1 cup Quinoa

Baking

- 1/4 cup Cocoa Powder
- 1/2 tsp Ground Cloves
- 1/2 cup Oats
- 1/4 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 2 ozs Feta Cheese

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1 oz Avocado Oil Spray
- 3 tbsps Extra Virgin Olive Oil

Cold

- 1/2 cup Soy Yogurt
- 4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt
- 1 oz Vegan Cheese Shreds

Other

- 1 cup Chocolate Protein Powder
- 1/4 cup Vanilla Protein Powder



Spiced Pear Overnight Oats

1 serving

8 hours

Ingredients

- 1/2 cup Soy Yogurt
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Maple Syrup
- 1/2 cup Oats
- 1 tbsp Chia Seeds
- 1 Pear (sliced - from Ontario)
- 1/2 tsp Cinnamon
- 1/2 tsp Ground Cloves
- 1/2 tsp Ginger

Nutrition

Amount per serving	
Calories	530
Fat	12g
Carbs	82g
Fiber	16g
Sugar	30g
Protein	32g
Cholesterol	4mg
Sodium	210mg
Vitamin A	549IU
Vitamin C	8mg
Calcium	719mg
Iron	4mg

Directions

- 1 In a bowl, combine half of the yogurt, milk and maple syrup. Stir in the oats and chia seeds.
- 2 Spray a frying pan with avocado oil. Heat to medium. Add the pears along with the cinnamon, ginger and cloves. Fry until the pears are soft and evenly coated in the spices - about 5 minutes.
- 3 Add 1/2 of the pear layer into the bottom of a mason jar. Layer in half of the overnight oat mixture, followed by the other half of the yogurt. Next finish with the rest of the overnight oat later. Finish off with the last of the pear mixture. Keep in the fridge for at least 8 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Roasted Veggie Quinoa Salad

4 servings
1 hour 10 minutes

Ingredients

- 1 cup Quinoa (cooked)
- 3 Parsnip (From Gwillimdale Farms - chopped into ¼ - ½ inch chunks)
- 2 cups Chickpeas (drained and rinsed)
- 4 cups Kale Leaves
- 1 1/2 tsps Apple Cider Vinegar
- 2 tsps Maple Syrup
- 3 tbsps Extra Virgin Olive Oil
- 2 ozs Feta Cheese

Nutrition

Amount per serving	
Calories	520
Fat	19g
Carbs	74g
Fiber	14g
Sugar	12g
Protein	17g
Cholesterol	13mg
Sodium	193mg
Vitamin A	1098IU
Vitamin C	36mg
Calcium	231mg
Iron	6mg

Directions

- 1 Preheat oven to 425°F.
- 2 Toss parsnips chunks with enough olive oil to coat and season liberally with salt and pepper. Roast veggies at 425°F for about 20 minutes.
- 3 After 20 minutes, add your kale and chickpeas to the roasting pan. Add a bit more oil, salt and pepper, if needed and toss. Roast for another 15 minutes. Stirring the veggies around at least once during the roasting process.
- 4 Once your veggies are tender, remove from the oven and combine them with the quinoa. Crumble feta and add to the quinoa and vegetable mixture.
- 5 In a small bowl, whisk together lemon juice, vinegar and maple syrup. Gently stir in oil, and add salt, pepper and crushed red pepper flakes to taste.
- 6 Pour dressing over quinoa/vegetable mixture and toss to combine. Taste and season with more salt and pepper before serving, if needed.



Blended Chocolate Strawberry Protein Chia Pudding

4 servings
35 minutes

Ingredients

3 cups Unsweetened Almond Milk
1 cup Unsweetened Coconut Yogurt
1 cup Chocolate Protein Powder
3/4 cup Chia Seeds
1/2 cup Maple Syrup
1/4 cup Cocoa Powder
2 cups Strawberries (sliced)
1/4 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	475
Fat	19g
Carbs	57g
Fiber	18g
Sugar	28g
Protein	28g
Cholesterol	4mg
Sodium	184mg
Vitamin A	383IU
Vitamin C	42mg
Calcium	866mg
Iron	5mg

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and coconut flakes and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 3/4 cups, including strawberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Veggie Packed Taco Sweet Potatoes

2 servings
1 hour 5 minutes

Ingredients

2 Sweet Potato
1/4 cup Red Onion (chopped)
2 1/2 cups Black Beans
1/2 cup Corn
1 Red Bell Pepper (diced)
1 tbsp Taco Seasoning
1 oz Vegan Cheese Shreds
1 oz Avocado Oil Spray

Nutrition

Amount per serving	
Calories	495
Fat	5g
Carbs	94g
Fiber	25g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	599mg
Vitamin A	18554IU
Vitamin C	7mg
Calcium	244mg
Iron	6mg

Directions

- 1 Preheat oven to 425 F, and line baking tray with baking paper. Pierce sweet potato with a fork all over. Spray sweet potato with avocado oil. Place in the oven to cook for one hour.
- 2 While the sweet potato is cooking, heat a medium fry pan over a moderate heat. Add avocado oil and sauté onion and pepper for 5 minutes. Add beans, corn, and taco seasoning to fry pan. Add 2 tablespoons of water and stir until mixed through.
- 3 Once the sweet potato is cooked, cut in half lengthways and scoop out half of the sweet potato and add it to the bean and vegetable mix, stir until just combined. Cut each sweet potato half, in half again (you should now have 4 pieces of sweet potato). Scoop the vegetable mix onto each of the sweet potatoes evenly. Sprinkle with cheese and place the sweet potatoes under the grill, until the cheese is melted (roughly 5 minutes) Serve. (Optional) - add your preferred toppings e.g. Greek yogurt, avocado, jalapenos, coriander etc.