



Fruits

- ☐ 1 Avocado
- ☐ 3 tbsps Lime Juice
- ☐ 4 Nectarine
- ☐ 4 Peach

Breakfast

- ☐ 1 tbsps Maple Syrup

Vegetables

- ☐ 2 tbsps Cilantro
- ☐ 2 ears Corn On The Cob
- ☐ 1 Cucumber
- ☐ 2 Jalapeno Pepper
- ☐ 4 cups Mixed Greens
- ☐ 1 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Potato
- ☐ 1 Tomato

Boxed & Canned

- ☐ 1/2 cup Corn
- ☐ 1 cup Lentils
- ☐ 1/2 cup Quinoa

Bread, Fish, Meat & Cheese

- ☐ 1 oz Plant-Based Feta



Sweet Corn Summer Salad with Maple-Lime Dressing

2 servings
20 minutes

Ingredients

- 1 Sweet Potato (peeled and cubed)
- 2 ears Corn On The Cob (cooked)
- 2 Nectarine (diced - from Ontario)
- 1 Avocado (diced)
- 1/4 cup Red Onion (thinly sliced)
- 1 Cucumber (diced)
- 3 tbsps Lime Juice
- 1 tbsp Maple Syrup
- 1 Jalapeno Pepper (diced)

Nutrition

Amount per serving	
Calories	434
Fat	16g
Carbs	72g
Fiber	13g
Sugar	30g
Protein	9g
Cholesterol	0mg
Sodium	48mg
Vitamin A	10085IU
Vitamin C	44mg
Calcium	83mg
Iron	2mg

Directions

- 1 Preheat oven to 400 F. Add cubed sweet potato to a parchment paper lined baking sheet. Spray with avocado oil. Bake for ~30 minutes and toss halfway. Add to a large bowl once you are done cooking.
- 2 Prepare the corn. Cook your corn cobs using your favorite method and let them cool completely. Once cooled, cut the kernels off and add them to a large bowl.
- 3 Make the vinaigrette. Whisk the lime juice and maple syrup together until the maple syrup dissolves. Then add your cracked black pepper to taste.
- 4 Toss and chill. Add your nectarines, red onion, cucumber and jalapeño to the bowl with your corn and sweet potato. Then gently toss in the vinaigrette until the salad is fully coated. Season the salad with salt to taste and toss it again. Cover and keep it chilled in the refrigerator for 10-20 minutes.
- 5 Serve. Top each individual bowl with avocado and serve immediately. (Or mix the avocado into the entire salad right before serving.)



Peach Summer Buddah Bowl

2 servings

50 minutes

Ingredients

1/2 cup Quinoa (dry, rinsed)
1 cup Lentils
4 cups Mixed Greens
1/4 cup Red Onion (sliced)
1 oz Plant-Based Feta
2 Peach (peeled & sliced, from Ontario)

Nutrition

Amount per serving	
Calories	391
Fat	7g
Carbs	67g
Fiber	14g
Sugar	15g
Protein	18g
Cholesterol	0mg
Sodium	38mg
Vitamin A	503IU
Vitamin C	20mg
Calcium	93mg
Iron	6mg

Directions

- 1 Cook the quinoa according to the package directions.
- 2 To assemble, divide the quinoa and greens evenly between bowls. Top with quinoa, lentils, onions and peaches. Sprinkle with the vegan feta and top with your favourite dressing. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

More Flavor: Add a squeeze of lemon juice.

Additional Toppings: Sliced avocado, roasted red peppers, or pickled onions.



Nectarine Peach Salsa

2 servings

10 minutes

Ingredients

2 Nectarine (peeled and chopped, from Ontario)
2 Peach (peeled and chopped, from Ontario)
1 Tomato (chopped)
1 Red Bell Pepper (chopped)
1/2 cup Corn
1 Jalapeno Pepper (minced)
2 tbsps Cilantro (chopped)

Directions

- 1 Add all of the ingredients in a medium bowl. Stir to combine. Serve with chips and veggies of choice.

Nutrition

Amount per serving	
Calories	183
Fat	2g
Carbs	43g
Fiber	8g
Sugar	28g
Protein	5g
Cholesterol	0mg
Sodium	27mg
Vitamin A	3895IU
Vitamin C	113mg
Calcium	27mg
Iron	2mg