



Fruits

- ☐ 1 1/2 Avocado
- ☐ 1 Lime
- ☐ 1 Nectarine
- ☐ 4 Peach

Seeds, Nuts & Spices

- ☐ 2 tbsps Hemp Seeds
- ☐ 1/2 tsp Sea Salt

Vegetables

- ☐ 2 tbsps Basil Leaves
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 2 tbsps Cilantro
- ☐ 1/2 cup Red Onion

Boxed & Canned

- ☐ 1/2 cup Corn

Baking

- ☐ 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 3/4 cup Feta Cheese
- ☐ 2 Whole Wheat Pita

Condiments & Oils

- ☐ 1 tbsp Balsamic Glaze
- ☐ 1 tbsp Extra Virgin Olive Oil



Ontario Peach & Tomato Salad

3 servings

10 minutes

Ingredients

3 Peach ((From Ontario) pits removed, sliced)
1 cup Cherry Tomatoes
1/3 cup Red Onion (sliced)
1/2 cup Feta Cheese (crumbled)
1 tbsp Extra Virgin Olive Oil
1 tbsp Raw Honey
1/4 tsp Sea Salt
2 tbsps Basil Leaves (chopped)
2 tbsps Hemp Seeds

Directions

- 1 In a bowl, combine the peaches, tomatoes, and onions. Top with crumbled feta then drizzle the oil and honey over top. Season with salt and top with hemp hearts and basil. Divide evenly between bowls and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to three days.

Serving Size: One serving is approximately 1 1/3 cup.

Make it Vegan: Use a plant-based feta alternative. Use maple syrup instead of honey.

Nutrition

Amount per serving	
Calories	238
Fat	14g
Carbs	25g
Fiber	3g
Sugar	20g
Protein	8g
Cholesterol	22mg
Sodium	485mg
Vitamin A	1103IU
Vitamin C	18mg
Calcium	149mg
Iron	1mg



Peach & Avocado Flatbread

3 servings

15 minutes

Ingredients

- 1 Avocado (large, chopped)
- 1 Peach ((From Ontario) large, chopped)
- 2 Whole Wheat Pita (cut into 6)
- 1/4 cup Feta Cheese
- 1 tbsp Balsamic Glaze

Nutrition

Amount per serving	
Calories	282
Fat	13g
Carbs	37g
Fiber	8g
Sugar	8g
Protein	8g
Cholesterol	11mg
Sodium	328mg
Vitamin A	314IU
Vitamin C	10mg
Calcium	79mg
Iron	2mg

Directions

- 1 Top each pita slice with the peach and avocado and sprinkle with feta cheese. Finish with a drizzle of balsamic glaze. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate the peach and avocado mixture in an airtight container for up to two days. Assemble before serving.

Serving Size: One serving is equal to approximately three crostinis.

More Flavor: Add cucumber.

Gluten-Free: Use gluten-free bread or crackers instead.



Nectarine & Avocado Salsa

2 servings

10 minutes

Ingredients

1/2 Avocado (medium, diced)
1/2 cup Cherry Tomatoes (chopped)
1 Nectarine ((From Ontario) medium, chopped)
1/2 cup Corn
3 tbsps Red Onion (finely chopped)
1 Lime (medium, juiced)
1/4 tsp Sea Salt
2 tbsps Cilantro (finely chopped)

Directions

1 Combine all of the ingredients in a bowl. Serve and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add minced garlic.

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	24g
Fiber	6g
Sugar	10g
Protein	4g
Cholesterol	0mg
Sodium	302mg
Vitamin A	796IU
Vitamin C	24mg
Calcium	22mg
Iron	1mg