

# Strawberry Banana Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Strawberries  
1 Banana  
1/4 cup Oats (quick or rolled)  
2 cups Unsweetened Almond Milk  
2 tbsps Hemp Seeds

## DIRECTIONS

- 01 Throw all ingredients into a blender. Blend well until smooth.
- 02 Divide into glasses and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	224	Carbs	34g
Fat	9g	Fiber	7g
Saturated	1g	Sugar	15g
Polyunsat...	5g	Protein	7g
Monounsa...	2g		

# Banana with Peanut Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (peeled and sliced)  
1/4 cup All Natural Peanut Butter

## DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Carbs	34g
Fat	17g	Fiber	5g
Saturated	3g	Sugar	18g
Polyunsat...	4g	Protein	8g
Monounsa...	8g		

# No Bake Apple Cinnamon Bites

14 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Oats (quick or traditional)  
1/4 cup Ground Flax Seed  
1/2 tsp Cinnamon  
1/3 cup Almond Butter  
2 tbsps Raw Honey  
1 Apple (peeled, cored and finely diced)

## DIRECTIONS

- 01 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 02 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 03 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Carbs	10g
Fat	4g	Fiber	2g
Saturated	0g	Sugar	4g
Polyunsat...	1g	Protein	2g
Monounsa...	2g		

# Chocolate Strawberry Peanut Butter Rice Cake

1 SERVING 5 MINUTES



## INGREDIENTS

1 tbsp All Natural Peanut Butter  
1 Plain Rice Cake  
1/4 cup Strawberries (fresh, chopped)  
1 1/2 tsps Organic Dark Chocolate Chips

## DIRECTIONS

01 Spread peanut butter onto the rice cake and top with strawberries and chocolate chips. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Carbs	18g
Fat	11g	Fiber	2g
Saturated	4g	Sugar	7g
Polyunsat...	2g	Protein	5g
Monounsa...	4g		



# Plantain Fritters with Coconut Yogurt

10 SERVINGS 20 MINUTES



## INGREDIENTS

2 Plantain (unripe, peeled and sliced)  
1/4 cup Coconut Oil (melted)  
1/2 tsp Sea Salt  
1/2 cup Unsweetened Coconut Yogurt  
1 tbsp Dried Chives

## NUTRITION

### AMOUNT PER SERVING

Calories	120	Carbs	18g
Fat	6g	Fiber	1g
Saturated	5g	Sugar	10g
Polyunsat...	0g	Protein	1g
Monounsat...	0g		

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 Add the plantain, coconut oil and sea salt to a food processor or blender. Blend into a thick puree.
- 03 Use a spoon to scoop the batter onto the baking sheet and spread out to approximately two inches wide and half-inch thick.
- 04 Bake until the fritters begin to brown around edges, about 15 to 20 minutes. Serve with coconut yogurt and chives. Enjoy!

# Celery with Creamy Sunflower Seed Butter

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Sunflower Seeds (raw, soaked overnight, drained, rinsed)  
2 1/2 cups Water  
1/4 tsp Sea Salt  
4 stalks Celery (cut into sticks)

## DIRECTIONS

- 01 Combine the sunflower seeds, water and salt in a blender and blend until smooth. If needed, add more water for a thinner consistency.
- 02 Serve with celery sticks and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	192	Carbs	9g
Fat	16g	Fiber	4g
Saturated	2g	Sugar	1g
Polyunsat...	11g	Protein	6g
Monounsa...	3g		

# Peaches with Cinnamon

1 SERVING 5 MINUTES



## INGREDIENTS

1 tsp Cinnamon  
1 Peach (sliced, pit removed)

## DIRECTIONS

01 In a small bowl or container, sprinkle the cinnamon over the peach slices.  
Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	64	Carbs	16g
Fat	0g	Fiber	4g
Saturated	0g	Sugar	13g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		



# Almond Oatmeal Breakfast Bars

8 SERVINGS 35 MINUTES



## INGREDIENTS

1 cup Oats (rolled)  
1/4 cup Almond Flour  
1/4 tsp Baking Soda  
1/4 tsp Baking Powder  
1/4 tsp Sea Salt  
2 tps Coconut Oil (melted)  
2 Egg  
1/4 cup Maple Syrup  
1/4 cup Almond Butter  
1/2 tsp Vanilla Extract  
1/4 cup Organic Dark Chocolate Chips

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking pan with parchment paper.
- 02 In a large bowl, combine the oats, almond flour, baking soda, baking powder and sea salt. Mix well.
- 03 Add the melted coconut oil to a medium bowl along with the eggs, maple syrup, almond butter, and vanilla extract. Mix well. Pour the wet ingredients into the dry ingredients and mix until combined. Fold in the chocolate chips.
- 04 Pour the mixture into the pan and bake for 20 to 25 minutes.
- 05 Remove from the oven and let cool completely before slicing. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Carbs	20g
Fat	12g	Fiber	2g
Saturated	4g	Sugar	10g
Polyunsat...	2g	Protein	6g
Monounsa...	3g		



# Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 cups Strawberries (frozen)  
1 Banana (small, frozen)  
1/4 cup Vanilla Protein Powder  
1 1/2 tbsps Almond Butter  
1 tbsp Ground Flax Seed  
1 1/4 cups Unsweetened Almond Milk

## DIRECTIONS

01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	479	Carbs	54g
Fat	20g	Fiber	14g
Saturated	1g	Sugar	27g
Polyunsat...	6g	Protein	29g
Monounsa...	10g		

# Protein Berry Oatmeal Cups

12 SERVINGS 35 MINUTES



## INGREDIENTS

1 Banana (mashed)  
2 Egg  
1/4 cup Maple Syrup  
1/2 cup Unsweetened Almond Milk  
1/2 cup Oat Flour  
2 cups Oats (rolled)  
1/4 cup Vanilla Protein Powder  
1 tsp Baking Powder  
1 tsp Cinnamon  
1/4 tsp Sea Salt  
1 tbsp Coconut Oil (melted)  
1 1/2 cups Frozen Berries (thawed)

## DIRECTIONS

- 01 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 02 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 03 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 04 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	139	Carbs	22g
Fat	3g	Fiber	3g
Saturated	1g	Sugar	7g
Polyunsat...	1g	Protein	6g
Monounsa...	1g		

# Cantaloupe with Prosciutto

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Cantaloupe (skin and seeds removed, sliced)

85 grams Prosciutto (thinly sliced)

## DIRECTIONS

01 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Carbs	6g
Fat	3g	Fiber	1g
Saturated	1g	Sugar	5g
Polyunsat...	0g	Protein	6g
Monounsa...	0g		



# Olive & Tahini Plate

1 SERVING 5 MINUTES



## INGREDIENTS

2 tbsps Tahini  
2 tbsps Water  
1/8 tsp Sea Salt  
1/2 Tomato (cut into wedges)  
1/4 Cucumber (sliced)  
1/3 cup Black Olives

## DIRECTIONS

- 01 In a small bowl, whisk together the tahini, water and sea salt.
- 02 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	252	Carbs	14g
Fat	21g	Fiber	4g
Saturated	3g	Sugar	1g
Polyunsat...	7g	Protein	7g
Monounsa...	10g		



# Coconut Banana Energy Bites

12 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Flakes  
1 Banana (small, very ripe)  
1 tbsp Coconut Oil  
1/3 cup Coconut Flour  
20 grams Collagen Powder  
3/4 tsp Cinnamon  
1/4 tsp Ginger  
1/4 tsp Sea Salt

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
- 02 Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
- 03 Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	127	Carbs	8g
Fat	10g	Fiber	3g
Saturated	9g	Sugar	2g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		

# Banana Oat Chocolate Chip Cookies

12 SERVINGS 25 MINUTES



## INGREDIENTS

3 Banana (large, ripe, mashed)  
1/2 cup Sunflower Seed Butter  
1/4 cup Coconut Oil  
1 tsp Vanilla Extract  
2 cups Oats (large flake)  
1/3 cup Unsweetened Shredded Coconut  
1 tsp Baking Powder  
1/4 tsp Cinnamon  
1/4 tsp Sea Salt  
1/2 cup Organic Dark Chocolate Chips

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 03 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 04 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Carbs	24g
Fat	16g	Fiber	3g
Saturated	9g	Sugar	10g
Polyunsat...	1g	Protein	5g
Monounsa...	5g		

# Rice Cake with Sunflower Seed Butter & Raspberries

1 SERVING 5 MINUTES



## INGREDIENTS

1 Plain Rice Cake  
1 tbsp Sunflower Seed Butter  
1/4 cup Raspberries

## DIRECTIONS

01 Spread sunflower seed butter onto the rice cake and top with raspberries.  
Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Carbs	15g
Fat	9g	Fiber	3g
Saturated	1g	Sugar	3g
Polyunsat...	2g	Protein	4g
Monounsa...	6g		



# Cinnamon Protein Energy Bites

14 SERVINGS 35 MINUTES



## INGREDIENTS

1/3 cup Oats (quick)  
1/4 cup Oat Flour  
1/4 cup Vanilla Protein Powder  
1/4 cup Ground Flax Seed  
2 tbsps Chia Seeds  
1 1/2 tsps Cinnamon  
1/2 cup Almond Butter  
1/4 cup Maple Syrup  
1 tbsp Unsweetened Almond Milk  
(optional; if needed)

## DIRECTIONS

- 01 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 02 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	111	Carbs	10g
Fat	7g	Fiber	2g
Saturated	0g	Sugar	4g
Polyunsat...	2g	Protein	5g
Monounsa...	3g		



# Smoked Salmon & Avocado Cucumber Bites

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 Cucumber (large)  
1/2 Avocado (mashed)  
170 grams Smoked Salmon  
1 tsp Capers  
1/8 tsp Sea Salt

## DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 In a small bowl, mash the avocado with a fork.
- 03 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	192	Carbs	7g
Fat	11g	Fiber	4g
Saturated	2g	Sugar	2g
Polyunsat...	2g	Protein	17g
Monounsat...	7g		

# Post Workout Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/4 cup Protein Powder (vanilla)  
2 cups Water (cold)  
1/2 Avocado  
1 Banana (frozen)  
2 cups Baby Spinach

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	183	Carbs	20g
Fat	8g	Fiber	6g
Saturated	1g	Sugar	8g
Polyunsat...	1g	Protein	12g
Monounsa...	5g		

# Sardine Salad with Peppers, Celery & Blueberries

1 SERVING 10 MINUTES



## INGREDIENTS

85 grams Sardines (packed in oil, drained)  
2 tbsps Red Onion (minced)  
2 stalks Celery (sliced into sticks)  
1/2 Red Bell Pepper (stems and seeds removed, sliced)  
1/2 cup Blueberries

## DIRECTIONS

01 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Carbs	19g
Fat	10g	Fiber	5g
Saturated	1g	Sugar	12g
Polyunsat...	5g	Protein	23g
Monounsa...	3g		



# Turkey Kale Wraps

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup Kale Leaves (whole, lacinato, washed and dried)  
1/3 cup Hummus  
120 grams Sliced Turkey Breast  
2 tbsps Radishes (thinly sliced)

## DIRECTIONS

- 01 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 02 Roll the leaves into a wrap. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	329	Carbs	16g
Fat	19g	Fiber	5g
Saturated	3g	Sugar	2g
Polyunsat...	9g	Protein	25g
Monounsa...	6g		



# Dried Mango

1 SERVING 5 MINUTES



## INGREDIENTS

8 pieces Dried Unsweetened Mango

## DIRECTIONS

01 Portion into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	192	Carbs	51g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	48g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		

# Turmeric Lemonade

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 Lemon (juiced)  
1/2 tsp Turmeric  
3 tbsps Maple Syrup  
3 cups Water

## DIRECTIONS

01 Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	57	Carbs	15g
Fat	0g	Fiber	0g
Saturated	0g	Sugar	13g
Polyunsat...	0g	Protein	0g
Monounsa...	0g		

# Mojito Sorbet

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Cucumber (large, chopped and frozen)  
1/4 cup Mint Leaves (fresh)  
1/2 Lime (juiced)  
1 tbsp Maple Syrup  
2 tbsps Water (cold)

## DIRECTIONS

- 01 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 02 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	42	Carbs	11g
Fat	0g	Fiber	1g
Saturated	0g	Sugar	7g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		



# Creamy Tuna on Oat Crackers

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 can Tuna (drained and flaked)  
1/4 cup Plain Greek Yogurt  
1/4 tsp Sea Salt  
50 grams Oat Crackers

## DIRECTIONS

- 01 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 02 Spread tuna evenly onto the crackers and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Carbs	18g
Fat	6g	Fiber	2g
Saturated	2g	Sugar	1g
Polyunsat...	0g	Protein	21g
Monounsa...	0g		

# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Frozen Edamame (shelled, thawed)

## DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Carbs	7g
Fat	4g	Fiber	4g
Saturated	0g	Sugar	2g
Polyunsat...	2g	Protein	9g
Monounsa...	1g		

# Butternut Squash Hummus

6 SERVINGS 20 MINUTES



## INGREDIENTS

2 cups Butternut Squash (peeled and diced into 1-inch cubes)  
2 tbsps Tahini  
2 tbsps Lemon Juice  
1/2 tsp Sea Salt  
1/4 cup Extra Virgin Olive Oil  
200 grams Seed Crackers

## DIRECTIONS

- 01 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 02 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 03 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Carbs	28g
Fat	17g	Fiber	7g
Saturated	2g	Sugar	2g
Polyunsat...	2g	Protein	5g
Monounsa...	8g		



# Zucchini Fritters

6 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	133	Carbs	12g
Fat	7g	Fiber	3g
Saturated	4g	Sugar	3g
Polyunsat...	1g	Protein	5g
Monounsat...	1g		

## DIRECTIONS

- 01 Combine all ingredients, except the coconut oil, into a large bowl and mix well.
- 02 Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
- 03 Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
- 04 Let cool slightly before serving and enjoy!

# Brown Rice Tortilla Chips

4 SERVINGS 15 MINUTES



## INGREDIENTS

4 Brown Rice Tortillas (thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Carbs	27g
Fat	3g	Fiber	3g
Saturated	0g	Sugar	3g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
- 02 Remove chips from oven. Let cool and enjoy!

# Steamed Corn on the Cob

1 SERVING 15 MINUTES



## INGREDIENTS

1 ear Corn on the Cob (husk removed and halved)

## DIRECTIONS

- 01 Fill a pot with a few inches of water and bring to a boil.
- 02 Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Carbs	19g
Fat	1g	Fiber	1g
Saturated	0g	Sugar	5g
Polyunsat...	0g	Protein	3g
Monounsa...	0g		



# Nori & Seed Crackers

10 SERVINGS 1 HOUR



## INGREDIENTS

4 Nori Sheets (raw or roasted, crushed)  
1/4 cup Pumpkin Seeds (raw)  
1/4 cup Sunflower Seeds (raw)  
2 tbsps Whole Flax Seeds  
2 tbsps Chia Seeds  
1/4 cup Sesame Seeds  
1/4 cup Maple Syrup

## DIRECTIONS

- 01 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 02 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 03 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	100	Carbs	9g
Fat	6g	Fiber	3g
Saturated	1g	Sugar	5g
Polyunsat...	3g	Protein	3g
Monounsa...	2g		

# Cinnamon Ginger Energy Balls

12 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Pitted Dates  
1/2 cup Almonds (raw)  
1/4 cup Cashews (raw)  
1/2 tsp Cinnamon (ground)  
1/4 tsp Ground Ginger  
1/2 tsp Vanilla Extract  
1/4 tsp Sea Salt

## DIRECTIONS

- 01 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 02 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

## NUTRITION

### AMOUNT PER SERVING

Calories	78	Carbs	9g
Fat	4g	Fiber	2g
Saturated	0g	Sugar	6g
Polyunsat...	1g	Protein	2g
Monounsa...	3g		

# Hummus & Veggies Snack Box

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Red Bell Pepper (sliced)  
2 stalks Celery (cut into small stalks)  
1/3 cup Blueberries  
1/4 cup Hummus

## DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Carbs	22g
Fat	11g	Fiber	7g
Saturated	2g	Sugar	9g
Polyunsat...	6g	Protein	6g
Monounsa...	3g		



# Prosciutto Arugula Salad Rolls

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Arugula  
1/2 Pear (stem and seeds removed, sliced)  
1/4 cup Goat Cheese (crumbled)  
85 grams Prosciutto (thinly sliced)

## DIRECTIONS

- 01 Divide the arugula, sliced pear and goat cheese evenly among the prosciutto slices.
- 02 Tightly roll them into wraps and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	155	Carbs	8g
Fat	9g	Fiber	2g
Saturated	4g	Sugar	5g
Polyunsat...	0g	Protein	13g
Monounsa...	0g		

# Banana Sushi

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (peeled)  
2 tbsps Almond Butter  
2 tbsps Hemp Seeds

## DIRECTIONS

- 01 Spread almond butter onto banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Carbs	31g
Fat	14g	Fiber	5g
Saturated	1g	Sugar	15g
Polyunsat...	6g	Protein	8g
Monounsa...	6g		

# Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Frozen Cauliflower  
1 cup Frozen Raspberries  
1 Lemon (juiced)  
1/4 cup Vanilla Protein Powder  
1 tbsp Chia Seeds  
1 1/2 cups Unsweetened Almond Milk

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	312	Carbs	36g
Fat	10g	Fiber	16g
Saturated	0g	Sugar	12g
Polyunsat...	1g	Protein	27g
Monounsa...	2g		



# Apple Slices & Hummus

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Apple  
1/2 cup Hummus

## DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	241	Carbs	34g
Fat	11g	Fiber	8g
Saturated	2g	Sugar	19g
Polyunsat...	6g	Protein	5g
Monounsa...	3g		

# Rice Cakes with Peanut Butter & Banana

1 SERVING 5 MINUTES



## INGREDIENTS

1 Plain Rice Cake  
1 tbsp All Natural Peanut Butter  
1/2 Banana (medium, sliced)

## DIRECTIONS

01 Spread peanut butter on the rice cake and top with sliced banana. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	183	Carbs	24g
Fat	9g	Fiber	3g
Saturated	2g	Sugar	9g
Polyunsat...	2g	Protein	5g
Monounsa...	4g		

# Dark Chocolate & Walnuts

4 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Walnuts  
100 grams Dark Organic Chocolate (at least 70% cacao)

## DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	334	Carbs	15g
Fat	29g	Fiber	4g
Saturated	8g	Sugar	7g
Polyunsat...	14g	Protein	6g
Monounsa...	3g		



# Peanut Butter & Jelly Banana Rolls

4 SERVINGS 1 HOUR



## INGREDIENTS

1 cup Strawberries (halved)  
1 tbsp Maple Syrup  
1 tbsp Chia Seeds  
4 Brown Rice Tortillas  
4 Banana (peeled)  
1/2 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	488	Carbs	69g
Fat	21g	Fiber	9g
Saturated	3g	Sugar	26g
Polyunsat...	4g	Protein	12g
Monounsa...	8g		

## DIRECTIONS

- 01 Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
- 02 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 03 Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
- 04 Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

# Blueberry Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Vanilla Protein Powder  
1 tbsp Ground Flax Seed  
1 cup Frozen Blueberries  
1 cup Baby Spinach  
1 cup Water (cold)

## DIRECTIONS

01 Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Carbs	23g
Fat	4g	Fiber	7g
Saturated	0g	Sugar	13g
Polyunsat...	2g	Protein	22g
Monounsa...	1g		

# Crispy Prosciutto-Wrapped Asparagus

4 SERVINGS 15 MINUTES



## INGREDIENTS

3 cups Asparagus (woody ends trimmed)  
142 grams Prosciutto (thinly sliced strips)

## NUTRITION

### AMOUNT PER SERVING

Calories	96	Carbs	4g
Fat	5g	Fiber	2g
Saturated	2g	Sugar	2g
Polyunsat...	0g	Protein	11g
Monounsat...	0g		

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 02 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 03 Divide onto plates and enjoy!