

Heart Spring Health

October Plan_1

Created by Heart Spring Health



October Plan_1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sheet Pan Cheesy Red Pepper Eggs	Sheet Pan Cheesy Red Pepper Eggs	Eggs & Grapefruit Breakfast Box	Zucchini Bread	Cottage Cheese Breakfast Bowl	Zucchini Bread Overnight Oats	Sheet Pan Cheesy Red Pepper Eggs
	Banana	Banana					Banana
Lunch	Slow Cooker Sweet Potato Chili	Slow Cooker Sweet Potato Chili	Beet, Fennel & Carrot Slaw	Beet, Fennel & Carrot Slaw	Beet, Fennel & Carrot Slaw	Turkey & Cheese Apple Sandwich	Slow Cooker Sweet Potato Chili
	Avocado Toast with Hemp Seeds	Avocado Toast with Hemp Seeds	Salmon Burger	Salmon Burger	Salmon Burger	Crackers & Hummus	Avocado Toast with Hemp Seeds
Snack 2	Apple & Brazil Nuts	Strawberry Banana Chia Pudding	Strawberry Banana Chia Pudding	Apple with Macadamia Nut Butter	Apple	Sunbutter Oat Cookies	Strawberry Banana Chia Pudding
					Almonds		
Dinner	Chicken & Broccoli Shirataki Noodle Soup	Chicken & Broccoli Shirataki Noodle Soup	One Pot Sausage & Veggie Couscous	Southwest Sheet Pan Dinner	Pesto & Potato Pizza	Thai Red Curry Chickpeas, Rice & Broccoli	Chicken & Broccoli Shirataki Noodle Soup
				Brown Rice	Lemon Oregano Chicken		
Snack 3	Vanilla Date Smoothie	Mini Fruit Pizzas	Dried Apricots	Vanilla Date Smoothie	Mini Fruit Pizzas	Dried Apricots	Vanilla Date Smoothie
			Macadamia Nuts				

October Plan_1

97 items

Fruits

- 19 Apple
- 8 Avocado
- 29 1/2 Banana
- 2 cups Blueberries
- 4 Grapefruit
- 2 1/2 Lemon
- 1 1/3 Lime
- 5 cups Strawberries

Breakfast

- 1/2 cup Macadamia Nut Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 1 cup Brazil Nuts
- 1 1/2 cups Chia Seeds
- 1/3 cup Chili Powder
- 2 1/4 tbsps Chipotle Powder
- 3/4 tsp Cinnamon
- 2 tbsps Cumin
- 2 tpsps Garlic Powder
- 2 1/2 tbsps Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 2/3 cups Macadamia Nuts
- 1 1/3 tpsps Moroccan Spice Blend
- 2 1/2 tpsps Oregano
- 1 tsp Paprika
- 1 1/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 8 cups Frozen Broccoli
- 1 1/3 cups Frozen Corn
- 36 Ice Cubes
- 12 ozs Pizza Dough

Vegetables

- 12 cups Baby Spinach
- 3 Beet
- 12 cups Broccoli
- 3 Carrot
- 3/4 cup Cilantro
- 1 Cucumber
- 1 1/2 bulbs Fennel
- 3 1/3 Garlic
- 1/3 cup Ginger
- 6 cups Green Cabbage
- 3 Jalapeno Pepper
- 3/4 cup Mini Potatoes
- 1 1/3 tbsps Mint Leaves
- 1 1/2 cups Parsley
- 1 1/2 cups Radishes
- 6 Red Bell Pepper
- 3 cups Red Onion
- 1/2 tsp Rosemary
- 4 1/3 Sweet Potato
- 3 Yellow Onion
- 2 3/4 Zucchini

Boxed & Canned

- 2 cups Black Beans
- 1 cup Brown Rice
- 4 1/2 cups Cannellini Beans
- 15 2/3 cups Chicken Broth
- 3 cups Chickpeas
- 1 cup Couscous
- 9 cups Fire Roasted Diced Tomatoes
- 1 cup Jasmine Rice
- 3 lbs Shirataki Noodles
- 7 1/16 ozs Whole Grain Crackers

Baking

- 1/2 cup Almond Flour
- 1/2 tsp Baking Soda

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Cheddar Cheese
- 4 lbs Chicken Thighs
- 1 lb English Muffin
- 3 lbs Lean Ground Beef
- 4 ozs Mozzarella Cheese
- 10 2/3 ozs Pork Sausage
- 8 ozs Sliced Turkey Breast
- 3 1/2 lbs Tofu
- 12 slices Whole Grain Bread
- 1 1/2 lbs Whole Wheat Bun

Condiments & Oils

- 1/8 oz Avocado Oil Spray
- 3/4 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 1/2 cup Sunflower Seed Butter
- 2 tbsps Thai Red Curry Paste

Cold

- 2 tpsps Butter
- 2 cups Cottage Cheese
- 1 cup Cow's Milk, Whole
- 41 1/2 Egg
- 1 cup Hummus
- 8 cups Oat Milk
- 6 cups Plain Coconut Milk
- 5 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

Other

- 4 cups Dried Apricots
- 1 1/2 cups Vanilla Protein Powder
- 2 1/2 cups Water

2 1/3 lbs Salmon Burger Patty

1/4 cup Coconut Flour

2 tbsps Coconut Sugar

2 cups Oats

3 cups Pitted Dates

1 1/3 tbsps Raisins

1/4 cup Vanilla Extract

Sheet Pan Cheesy Red Pepper Eggs

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C) and spray a baking sheet with avocado oil.
2. Crack the eggs into a blender. Add the milk, garlic powder, paprika, salt, pepper, and 3/4 of the cheese. Blend until smooth.
3. Pour onto the baking sheet. Add the diced pepper all over and top with the remaining cheese.
4. Bake for 18 to 20 minutes or until the eggs are set. Let it cool for five minutes before cutting into squares. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to two square pieces. An 18 x 13-inch (46 x 33 cm) baking sheet was used to make six servings.

More Flavor

Sauté the peppers before adding them to the baking sheet. Use roasted red peppers from a jar instead.

Additional Toppings

Add onions and/or mushrooms before baking.

Dairy-Free

Use an unsweetened dairy-free milk alternative.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

1/16 oz Avocado Oil Spray

8 Egg

1/3 cup Cow's Milk, Whole

2/3 tsp Garlic Powder

1/3 tsp Paprika

Sea Salt & Black Pepper (to taste)

4 ozs Cheddar Cheese (shredded, divided)

2/3 Red Bell Pepper (medium, diced)

Banana

1 ingredient · 1 minute · 4 servings



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

4 Banana

Eggs & Grapefruit Breakfast Box

4 ingredients · 10 minutes · 4 servings



Directions

1. Crack the eggs into a bowl and whisk well.
2. Heat a skillet or non-stick pan over medium-low heat and melt the butter. Add the eggs and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your liking.
3. Arrange the scrambled eggs, grapefruit, and avocado to a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add paprika, salt, pepper, or your choice of herbs/spices to the scrambled eggs and avocado. Drizzle honey over top the grapefruit.

Dairy-Free

Use olive oil, coconut oil or avocado oil instead of butter.

Ingredients

- 12 Egg
- 2 **tsps** Butter
- 4 Grapefruit (peeled, cut into sections)
- 2 Avocado (medium, halved)

Zucchini Bread

11 ingredients · 1 hour 20 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the dry ingredients together in a bowl (flours, baking soda, sea salt, cinnamon and flax seed).
3. In a separate bowl, mash your banana. Add in olive oil, eggs, maple syrup and grated zucchini. Mix well to combine. Add in your dry ingredients and mix again.
4. Line a loaf pan with parchment paper and press the dough evenly across the pan. Bake in the oven for 1 hour. Test to see if it is done by inserting a toothpick into the centre. If it comes out clean, the bread is finished. Remove from oven and let cool. Lift parchment paper out of loaf pan and slice into pieces. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

On-the-Go

Make it more portable by turning it into muffins. Bake in a muffin tin instead of a loaf pan. Cut the baking time to 35 - 45 minutes.

Chocolate Lovers

Stir 1/3 cup dark chocolate chips into the dough before baking.

Vegan

Replace eggs with chia eggs. Mix 2 tbsp chia seed with 6 tbsp warm water and mix until it forms a gel.

Ingredients

- 1/2 cup Almond Flour
- 1/4 cup Coconut Flour
- 1/2 tsp Baking Soda
- 1/8 tsp Sea Salt
- 1/4 tsp Cinnamon
- 1 1/2 tps Ground Flax Seed
- 1/2 Banana (ripe and mashed)
- 1 1/2 tps Extra Virgin Olive Oil
- 1 Egg (whisked)
- 2 tbsps Maple Syrup
- 1/2 Zucchini (grated)

Cottage Cheese Breakfast Bowl

3 ingredients · 15 minutes · 4 servings



Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
3. Top the cottage cheese with the egg halves and cucumber slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

More Flavor

Add sea salt, black pepper, everything bagel seasoning, or a dash of tamari.

Additional Toppings

Sautéed mushrooms, zucchini, or chopped bacon.

Ingredients

- 4 Egg
- 1 Cucumber (sliced)
- 2 cups Cottage Cheese

Zucchini Bread Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1 Zucchini (grated)
- 1/4 cup Hemp Seeds
- 2 Banana (sliced)

Slow Cooker Sweet Potato Chili

11 ingredients · 4 hours 15 minutes · 4 servings



Directions

1. Heat a large pan over medium heat. Once hot, add the beef and cook until mostly browned and cooked through, breaking it up as it cooks. Add the onion, chili powder, chipotle powder, cumin, salt, and pepper. Cook for about five minutes or until the onion has softened.
2. Use a slotted spoon to transfer everything to the slow cooker, discarding any fat.
3. Add the sweet potato, jalapeño, tomatoes, beans, and chicken broth to the slow cooker. Cover and cook for four hours on high, or six to eight hours on low.
4. To serve, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately 2 3/4 cups.

Additional Toppings

Top with sour cream, yogurt, cilantro, and/or green onion.

Ingredients

- 1 lb Lean Ground Beef
- 1 Yellow Onion (medium, diced)
- 1 tbs^p Chili Powder
- 2 t^{sp}s Chipotle Powder
- 2 t^{sp}s Cumin
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (large, cut into chunks)
- 1 Jalapeno Pepper (finely diced)
- 3 cups Fire Roasted Diced Tomatoes (from the can, with juices)
- 1 1/2 cups Cannellini Beans (cooked)
- 3/4 cup Chicken Broth

Avocado Toast with Hemp Seeds

4 ingredients · 5 minutes · 4 servings



Directions

1. Mash the avocado onto the toast. Top with hemp seeds and salt. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

More Flavor

Add a squeeze of lemon or lime juice and top with cilantro.

Gluten-Free

Use gluten-free bread instead.

Ingredients

- 2 Avocado (medium)
- 4 slices Whole Grain Bread (toasted)
- 1 1/3 tbsps Hemp Seeds
- 1 tsp Sea Salt (flaky)

Beet, Fennel & Carrot Slaw

10 ingredients · 10 minutes · 4 servings



Directions

1. Add the cabbage and fennel to a large bowl. Add half of the oil and season with salt. Massage with hands to soften the vegetables.
2. Add the beets, carrots, apples, radishes, and parsley to the bowl. Add the remaining oil and lemon juice. Season with salt and pepper and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add red onion.

Ingredients

- 2 cups Green Cabbage (thinly sliced)
- 1/2 bulb Fennel (medium, thinly sliced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Beet (medium, peeled, thinly sliced)
- 1 Carrot (medium, peeled, thinly sliced)
- 1 Apple (small, thinly sliced)
- 1/2 cup Radishes (medium, thinly sliced)
- 1/2 cup Parsley (chopped)
- 1/2 Lemon (medium, juiced)

Salmon Burger

5 ingredients · 20 minutes · 4 servings



Directions

1. Cook the salmon burger patty according to package instructions.
2. Add the baby spinach, salmon patty, yogurt, and red onions to the bottom bun. Add the top bun, serve immediately and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Add pineapple, avocado, and cilantro.

Salmon Burger Patty

One salmon burger patty is 90 grams or 3.2 ounces.

Whole Wheat Bun

One bun is equal to approximately 57 grams or two ounces.

Ingredients

- 12 2/3 ozs Salmon Burger Patty
- 4 cups Baby Spinach
- 1 cup Plain Greek Yogurt
- 1 cup Red Onion (sliced)
- 8 ozs Whole Wheat Bun (toasted)

Turkey & Cheese Apple Sandwich

3 ingredients · 10 minutes · 4 servings



Directions

1. Top one slice of apple with cheese then with a folded-up slice of turkey.
2. Top with another apple slice and enjoy!

Notes

Leftovers

Best enjoyed fresh and assembled when ready to eat. Refrigerate in an airtight container for up to one day.

Serving Size

One serving is equal to two sandwiches.

More Flavor

Use your favorite cheese and deli meat. Add a spread of honey, dijon, yellow or grain mustard. Try with hummus.

Ingredients

4 Apple (large, cored, cut into 1/4-inch thick slices)

8 ozs Cheddar Cheese (sliced)

8 ozs Sliced Turkey Breast

Crackers & Hummus

2 ingredients · 5 minutes · 4 servings



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

- 7 1/16 ozs Whole Grain Crackers
- 1 cup Hummus

Apple & Brazil Nuts

2 ingredients · 5 minutes · 4 servings



Directions

1. Add the apple slices and Brazil nuts to a plate. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one apple and 1/4 cup Brazil nuts.

Ingredients

4 Apple (cored, sliced)

1 cup Brazil Nuts

Strawberry Banana Chia Pudding

5 ingredients · 3 hours · 4 servings



Directions

1. Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
2. To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor

Add cinnamon or liquid sweetener of choice.

Additional Toppings

Add other fresh berries or chopped fruit.

More Protein

Top with a dollop of greek yogurt.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

2 cups Plain Coconut Milk (unsweetened, from the carton)

1/2 cup Vanilla Protein Powder

1/2 cup Chia Seeds

1 cup Strawberries (chopped)

1 Banana (sliced)

Apple with Macadamia Nut Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Serve the apple slices with the macadamia nut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Macadamia Nut Butter

Use sunflower seed butter, tahini, almond butter, or pumpkin seed butter instead.

Ingredients

4 Apple (cored, sliced)

1/2 cup Macadamia Nut Butter

Apple

1 ingredient · 2 minutes · 4 servings



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

4 Apple

Almonds

1 ingredient · 2 minutes · 4 servings



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

More Flavor

Roast, toast and/or season with salt.

Ingredients

1 cup Almonds (raw)

Sunbutter Oat Cookies

4 ingredients · 15 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
3. For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

Notes

No Sunflower Seed Butter

Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

No Coconut Sugar

Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

Storage

Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

Serving Size

One serving is equal to approximately two cookies.

Ingredients

1/2 cup Sunflower Seed Butter

1/2 Egg

2 tbsps Coconut Sugar

1/3 cup Oats (large flake)

Chicken & Broccoli Shirataki Noodle Soup

5 ingredients · 20 minutes · 4 servings



Directions

1. Add the broth, ginger, and chicken thighs to a large pot. Bring to a boil then simmer for 10 minutes.
2. Add the broccoli and continue to cook for five minutes more or until the chicken thighs are cooked through.
3. Divide the noodles evenly between bowls. Distribute the broth, ginger, chicken, and broccoli between the bowls, and enjoy!

Ingredients

- 4 cups** Chicken Broth
- 2 tbsps** Ginger (sliced)
- 1 lb** Chicken Thighs (skinless, boneless)
- 4 cups** Broccoli (cut into florets)
- 16 ozs** Shirataki Noodles (rinsed)

Notes

Leftovers

Refrigerate in an airtight container for three days.

Serving Size

One serving is approximately one cup of broth with chicken, broccoli, and noodles.

Make it Vegan

Use vegetable broth instead of chicken broth. Omit the chicken and use tofu or other vegan protein.

More Flavor

Add minced garlic, snap peas and/or chopped carrots to the broth while it heats.

Additional Toppings

Top with hot sauce, chopped cilantro, chilli flakes and/or sesame seeds.

No Shirataki Noodles

Use kelp noodles or cooked noodles of choice.

One Pot Sausage & Veggie Couscous

10 ingredients · 35 minutes · 4 servings



Directions

1. Divide the sausage meat evenly into small meatballs, approximately half an inch (1.5 cm) in diameter.
2. Heat the oil in a large pan over medium-high heat and cook the sausage meatballs for six to eight minutes until cooked through.
3. Add the zucchini and bell pepper, and cook for five minutes until tender. Add the garlic and Moroccan spice blend, and cook for one more minute.
4. Add the broth and raisins (if using) and stir. Bring to a boil, then simmer for one minute. Add the couscous, stir, cover, and turn off the heat. Let sit for five minutes, then stir in the mint.
5. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/3 cups.

Make It Vegan

Use chickpeas or plant-based sausage instead of pork sausage. Use vegetable broth instead of chicken broth.

More Flavor

Add harissa and/or lemon juice.

Serve It With

A cucumber salad or warm pita bread.

Ingredients

- 10 2/3 ozs Pork Sausage (casings removed)
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 Zucchini (medium, chopped)
- 1 1/3 Red Bell Pepper (medium, chopped)
- 1 1/3 Garlic (clove, finely chopped)
- 1 1/3 tsp Moroccan Spice Blend
- 1 1/3 cups Chicken Broth
- 1 1/3 tbsps Raisins (optional)
- 1 cup Couscous (dry)
- 1 1/3 tbsps Mint Leaves (chopped)

Southwest Sheet Pan Dinner

10 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a bowl, add the sweet potato, half of the oil, half of the chili powder, half of the chipotle powder, salt, and pepper. Toss to combine.
3. Add the sweet potato to the baking sheet and spread out into an even layer. Place in the oven and cook for 10 minutes.
4. In the same bowl, add the bell peppers, corn, remaining oil, remaining chili powder, remaining chipotle powder, salt and pepper. Toss to combine.
5. Remove the sweet potato from the oven and toss them around before adding the bell peppers and corn. Spread out into an even layer. Place back in the oven and cook for another 10 to 15 minutes.
6. Lastly, remove the baking sheet from the oven and add the black beans. Place back in the oven for another five to ten minutes or until the vegetables are fork tender and slightly browned.
7. Divide evenly between bowls and top with lime juice and cilantro. Enjoy!

Ingredients

- 1 1/3 Sweet Potato (large, cubed)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 2 2/3 tbsps Chili Powder (divided)
- 2/3 tsp Chipotle Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 2 2/3 Red Bell Pepper (medium, chopped)
- 1 1/3 cups Frozen Corn
- 2 cups Black Beans (cooked)
- 1 1/3 Lime (juiced)
- 2/3 cup Cilantro (chopped)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Serve with guacamole. Use as a taco or burrito filling.

Brown Rice

2 ingredients · 45 minutes · 4 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 1 cup** Brown Rice (uncooked)
- 2 cups** Water

Pesto & Potato Pizza

6 ingredients · 55 minutes · 4 servings



Directions

1. Place the dough in a large bowl and cover it with a tea towel. Leave it on counter for at least 30 minutes to rise and come to room temperature.
2. Preheat the oven to 500°F (260°C).
3. Place the dough in a cast-iron pan and stretch it slightly to fill the pan.
4. In a small bowl, combine the sliced potato with half the oil and rosemary. Mix well.
5. Dollop the pesto on the dough and spread it out evenly. Sprinkle the cheese all over. Top with the potato and rosemary mixture. Drizzle the remaining oil over the crust. Transfer to the oven and bake for 15 to 18 minutes or until the cheese has melted and the dough is browned and cooked through.
6. Transfer to a cutting board. Slice, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two slices. A 10-inch (25 cm) pan was used to make four servings.

More Flavor

Chili flakes or chili oil for serving.

Gluten-Free

Use gluten-free dough.

Dairy-Free

Use dairy-free cheese.

Ingredients

- 12 ozs** Pizza Dough (store bought)
- 3/4 cup** Mini Potatoes (very thinly sliced)
- 2 tsps** Extra Virgin Olive Oil (divided)
- 1/2 tsp** Rosemary (finely chopped)
- 1/3 cup** Pesto
- 4 ozs** Mozzarella Cheese (shredded)

Lemon Oregano Chicken

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.
3. Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Marinate the chicken for at least 30 minutes up to overnight before cooking.

Serve it With

Salad or wilted leafy greens.

Ingredients

- 1 lb Chicken Thighs (bone-in, skin removed)
- 2 Garlic (clove, minced)
- 1 Lemon (zest and juice divided)
- 2 1/2 **tsps** Oregano
- 1/2 **tsp** Sea Salt

Thai Red Curry Chickpeas, Rice & Broccoli

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
2. Cook the rice according to the package directions.
3. Mix the curry paste with the water and toss with the chickpeas. Put the chickpeas into the baking dish and cook in the oven for 20 minutes or until just starting to brown.
4. Meanwhile, steam the broccoli for three to five minutes, or until bright green and tender-crisp.
5. Serve the chickpeas with the rice and broccoli. Garnish with the cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 3/4 cup of chickpeas, 1/2 cup cooked rice, and two cups of broccoli.

Additional Toppings

Sliced avocado and/or radish.

Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 2 tbsps Thai Red Curry Paste
- 1/2 cup Water
- 3 cups Chickpeas (cooked)
- 8 cups Frozen Broccoli
- 2 tbsps Cilantro (chopped)

Vanilla Date Smoothie

6 ingredients · 5 minutes · 4 servings



Directions

1. In a blender, combine all ingredients and blend until smooth. Serve immediately and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add cacao powder for a chocolatey twist.

Ingredients

- 1 1/8 lbs Tofu (soft)
- 4 Banana (medium)
- 2 2/3 cups Oat Milk
- 1 cup Pitted Dates
- 1 1/3 tbsps Vanilla Extract
- 12 Ice Cubes

Mini Fruit Pizzas

6 ingredients · 5 minutes · 4 servings



Directions

1. In a small bowl, mix the yogurt and maple syrup until smooth.
2. Divide the yogurt mixture between the English muffin halves and top with strawberries, blueberries, and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately but the yogurt mix can be refrigerated for up to three days.

Serving Size

One serving is one English muffin.

Make it Vegan

Use a plant-based yogurt alternative.

Additional Toppings

Chia seeds, shredded coconut and/or nut butter.

Gluten-Free

Use a gluten-free English muffin.

English Muffin

One English muffin is roughly two ounces or 57 grams.

Ingredients

- 1 cup Plain Greek Yogurt
- 1 1/3 tbsps Maple Syrup
- 8 ozs English Muffin (cut in half, toasted)
- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 2 2/3 tbsps Hemp Seeds

Dried Apricots

1 ingredient · 2 minutes · 4 servings



Directions

1. Place the apricots into a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry for up to one week.

Serving Size

One serving is 1/2 cup.

Ingredients

2 cups Dried Apricots

Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



Directions

1. Divide between bowls and enjoy!

Ingredients

1 1/3 cups Macadamia Nuts