



Gluten & Dairy Free Meal Plan

Created by Brooke Archer of Evolved Nutrition



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This 7-day gluten and dairy free meal plan has been designed to show you just how delicious your meals can be while avoiding gluten and dairy. Whether you are just starting out on this journey, or you've been doing it for a while and need some new inspiration, this meal plan is packed with yummy, healthy, easy to make recipes that the whole family can enjoy.

The 7-day plan is not designed specifically to assist with a medical condition or for weight loss, though it may assist with these health goals and more.

Your free plan includes breakfast, lunch, dinner, and two snacks per day, with all recipes included. Ingredients used in your plan can be found at most major supermarkets and health food stores, so you don't have to worry about searching high and low for that unusual food item.

Notes:

- Please check the serving sizes and adjust if necessary e.g. halve or double.
- Shaded meals on the meal plan are to indicate leftovers.
- The shopping list is comprised of ALL ingredients from ALL recipes and should be used as a guide - please check what you might already have first.
- Most meals don't take a long time to prepare, and many can be made in advance.

As a qualified clinical nutritionist and naturopath, I specialise in food intolerances/allergies and gut health, but work with a range of clients with varied needs. If you would like a more individualised meal plan created or to work with me 1:1 you can learn more at www.evolvednutrition.com.au or contact me directly at brooke@evolvednutrition.com.au.



Gluten & Dairy Free Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pear & Pistachio Sorghum Porridge	Strawberry Almond Protein Smoothie	Bacon, Eggs & Mixed Greens	Berry Quinoa Flake Bowl	Post Workout Green Smoothie	Apple Pie Pancakes	Bacon, Eggs, Avocado & Sauerkraut
Snack 1	Lemon Poppy Seed Muffins	DF Chocolate Chip Banana Bread	Oil-Free Roasted Chickpeas	Lemon Poppy Seed Muffins	Hummus Dippers	Cranberry Energy Bars	Chocolate Coconut Yogurt
Lunch	Salmon & Rice Bowl (DF)	Salmon & Rice Bowl (DF)	Sesame Chicken & Noodle Jars	Pork & Cabbage Soup	Turkey, Cranberry, & Apple Wrap	Mediterranean Chickpea Quinoa Bowls	Roasted Red Capsicum & Tomato Lentil Soup
Snack 2	Oil-Free Roasted Chickpeas	Olive & Tahini Plate	DF Chocolate Chip Banana Bread	Apple with Almond Butter	Cranberry Energy Bars	Avocado Rice Cake	GF Crackers & Hummus
Dinner	Bok Choy & Mushroom Omelette	Grilled Chicken & Mango Slaw Tacos	Pork & Cabbage Soup	Garlic Butter Chicken Thighs	Healthy Fish n' Chips	Spicy Miso Steak	Roasted Chicken
				Mashed Potatoes	Apple & Beet Quinoa Salad	Broccoli Slaw with Noodles & Peanut Sauce	Roasted Veggies
Additional							Poultry Seasoning



Gluten & Dairy Free Meal Plan

137 items

Fruits

- 4 1/4 Apple
- 4 Avocado
- 5 Banana
- 1 3/4 Lemon
- 15 milliliters Lemon Juice
- 1 Lime
- 15 milliliters Lime Juice
- 1/2 Mango
- 1 Pear
- 123 grams Raspberries
- 264 grams Strawberries

Breakfast

- 97 grams All Natural Peanut Butter
- 86 grams Almond Butter
- 380 grams Maple Syrup
- 1 Plain Rice Cake

Seeds, Nuts & Spices

- 36 grams Almonds
- 3 grams Black Pepper
- 34 grams Cashews
- 3 grams Chili Powder
- 5 grams Cinnamon
- 1 gram Coriander
- 3 grams Cumin
- 1 gram Dried Marjoram
- 2 grams Dried Rosemary
- 3 grams Dried Thyme
- 3 grams Garlic Powder
- 46 grams Ground Flax Seed
- 900 milligrams Ground Ginger
- 3 grams Ground Sage
- 30 grams Hemp Seeds
- 500 milligrams Italian Seasoning
- 2 grams Nutmeg
- 2 grams Oregano

Vegetables

- 368 grams Baby Spinach
- 2 Beet
- 70 grams Bok Choy
- 273 grams Broccoli
- 6 Carrot
- 4 stalks Celery
- 170 grams Coleslaw Mix
- 12 Cremini Mushrooms
- 1 1/4 Cucumber
- 11 Garlic
- 6 grams Ginger
- 200 grams Green Beans
- 445 grams Green Cabbage
- 1/2 Green Capsicum
- 6 stalks Green Onion
- 21 grams Kale Leaves
- 113 grams Mixed Greens
- 192 grams Mushrooms
- 89 grams Purple Cabbage
- 4 Red Capsicum
- 80 grams Red Onion
- 1 head Romaine Hearts
- 4 Russet Potato
- 73 grams Shiitake Mushrooms
- 11 grams Sunflower Sprouts
- 1 Sweet Onion
- 2 Sweet Potato
- 2 1/2 Tomato
- 1 1/2 Yellow Capsicum
- 1 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 278 grams Brown Rice
- 224 grams Brown Rice Spaghetti
- 1.6 liters Chicken Broth
- 492 grams Chickpeas

Bread, Fish, Meat & Cheese

- 8 slices Bacon
- 1 Brown Rice Tortilla
- 170 grams Chicken Breast
- 280 grams Chicken Thighs
- 454 grams Chicken Thighs With Skin
- 4 Corn Tortilla
- 431 grams Hummus
- 454 grams Lean Ground Pork
- 340 grams Ny Striploin Steak
- 963 grams Salmon Fillet
- 43 grams Sliced Turkey Breast
- 1.8 kilograms Whole Roasting Chicken

Condiments & Oils

- 73 milliliters Apple Cider Vinegar
- 35 milliliters Balsamic Vinegar
- 45 grams Black Olives
- 15 milliliters Coconut Aminos
- 116 milliliters Coconut Oil
- 83 grams Df Mayonnaise
- 15 grams Dijon Mustard
- 301 milliliters Extra Virgin Olive Oil
- 36 grams Miso Paste
- 67 grams Pitted Kalamata Olives
- 7 milliliters Rice Vinegar
- 71 grams Sauerkraut
- 2 milliliters Sesame Oil
- 98 grams Sriracha
- 64 grams Sunflower Seed Butter
- 30 grams Tahini
- 80 grams Tamari

Cold

- 14 grams Butter
- 20 Egg
- 59 milliliters Orange Juice



- 9 grams** Paprika
- 50 grams** Pecans
- 15 grams** Pistachios
- 9 grams** Poppy Seeds
- 4 grams** Poultry Seasoning
- 32 grams** Pumpkin Seeds
- 37 grams** Raw Peanuts
- 900 milligrams** Red Pepper Flakes
- 40 grams** Sea Salt
- 0** Sea Salt & Black Pepper
- 57 grams** Sesame Seeds
- 32 grams** Sunflower Seeds

- 17 grams** Cranberry Sauce
- 208 grams** Dry Red Lentils
- 50 grams** Gf Whole Grain Crackers
- 255 grams** Quinoa
- 77 grams** Quinoa Flakes
- 113 grams** Rice Vermicelli Noodles
- 713 milliliters** Vegetable Broth

Baking

- 14 grams** Almond Flour
- 64 grams** Arrowroot Powder
- 21 grams** Baking Powder
- 1 gram** Baking Soda
- 184 grams** Chickpea Flour
- 16 grams** Cocoa Powder
- 112 grams** Coconut Flour
- 120 grams** Df Dark Chocolate Chips
- 71 grams** Dried Unsweetened Cranberries
- 67 grams** Honey
- 84 grams** Raw Honey
- 68 grams** Sorghum Flour
- 60 grams** Unsweetened Coconut Flakes
- 12 milliliters** Vanilla Extract

- 900 milliliters** Unsweetened Almond Milk
- 450 grams** Unsweetened Coconut Yogurt

Other

- 49 grams** Vanilla Protein Powder
- 1.8 liters** Water

Pear & Pistachio Sorghum Porridge

7 ingredients · 10 minutes · 2 servings



Directions

1. In a reusable container, mix the sorghum flour with 1/7th of the amount of water to form a paste. Seal and leave out at room temperature overnight.
2. In the morning, bring the remaining water to a boil in a pot. Whisk in sorghum mixture. Cook for five to seven minutes until the mixture thickens and warms through.
3. Stir in the honey, cinnamon, and salt.
4. Portion into bowls, top with pear slices, chopped pistachios, and an extra drizzle of honey. Serve immediately and enjoy!

Notes

Leftovers

Keep the sorghum paste at room temperature for up to two days.

Serving Size

One serving is equal to approximately one cup.

Nut-Free

Omit pistachios and top with hemp seeds.

More Flavor

Serve with milk of choice for a creamy porridge.

Additional Toppings

Top with chia jam or fresh berries.

Make it Vegan

Use maple syrup instead of honey.

Ingredients

- 68 grams** Sorghum Flour
- 415 milliliters** Water (divided)
- 42 grams** Honey (plus extra for drizzling)
- 1 gram** Cinnamon
- 750 milligrams** Sea Salt
- 1** Pear (cored, sliced)
- 15 grams** Pistachios (shelled, chopped)

Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk

Use coconut milk or cashew milk instead.

Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

216 grams Strawberries (frozen)

1 Banana (small, frozen)

24 grams Vanilla Protein Powder

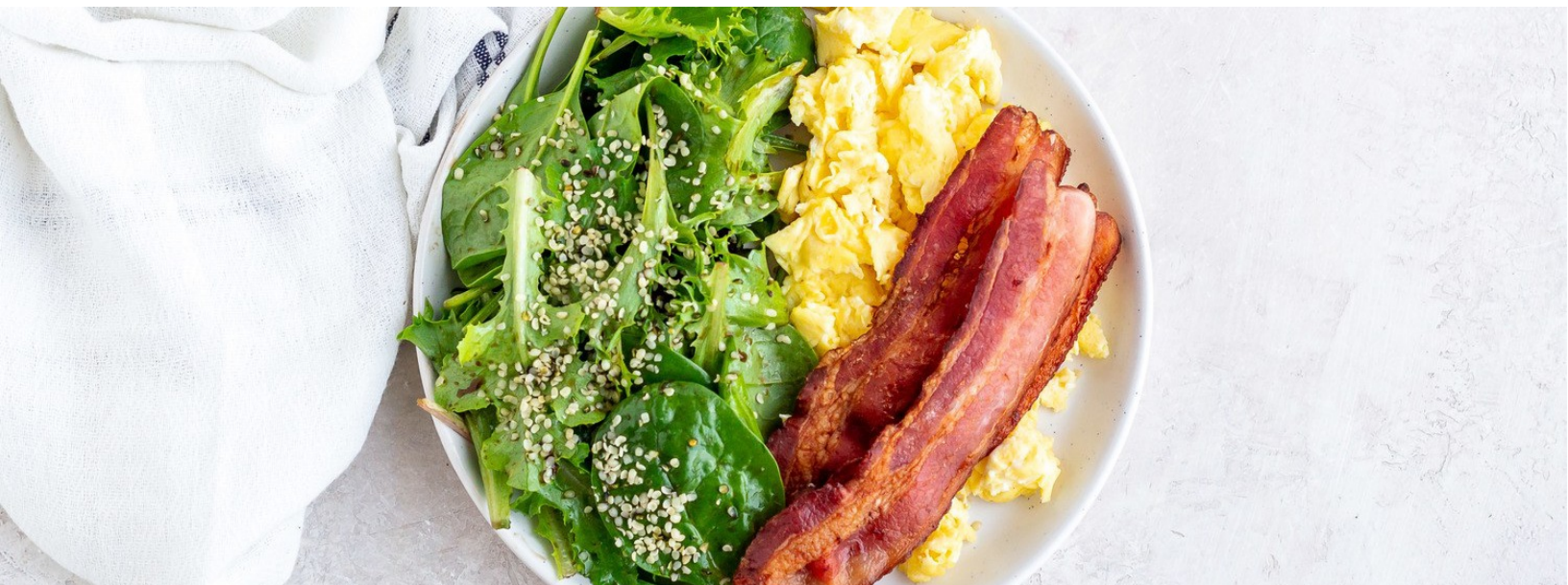
23 grams Almond Butter

7 grams Ground Flax Seed

300 milliliters Unsweetened Almond Milk

Bacon, Eggs & Mixed Greens

7 ingredients · 15 minutes · 2 servings



Directions

1. Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside.
2. Clean the bacon grease from the pan, reserving a small amount to cook the eggs in. Add the whisked eggs to the pan and stir the eggs frequently as they cook. Season with salt and pepper to taste.
3. Divide the mixed greens between plates and dress with oil and balsamic vinegar. Top with the hemp seeds (if using). Divide the cooked bacon and eggs between the plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store mixed greens separately and dress just before serving.

Additional Toppings

Add hot sauce or ketchup to the eggs. Serve with toast.

No Balsamic Vinegar

Use red wine vinegar, apple cider vinegar, or favorite salad dressing instead.

No Mixed Greens

Use baby spinach, romaine lettuce, or other salad green instead.

Ingredients

- 4 slices Bacon
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 113 grams Mixed Greens
- 15 milliliters Extra Virgin Olive Oil (divided)
- 5 milliliters Balsamic Vinegar
- 10 grams Hemp Seeds (optional)

Berry Quinoa Flake Bowl

6 ingredients · 15 minutes · 2 servings



Directions

1. In a small saucepan over medium heat, combine the raspberries, water, and maple syrup. Bring to a simmer, reduce the heat to medium-low and cook uncovered for seven to nine minutes, until thickened. Remove and set aside.
2. In the same saucepan, over medium heat, combine the quinoa flakes, almond milk, and vanilla.
3. Bring to a boil and then reduce the heat to low and simmer for three minutes.
4. Divide into bowls and top with raspberry sauce.

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Likes it Sweet

Add some maple syrup.

Nut-Free

Use another type of milk such as oat or coconut.

More Protein

Add vanilla protein powder.

Ingredients

- 123 grams** Raspberries
- 30 milliliters** Water
- 20 grams** Maple Syrup
- 77 grams** Quinoa Flakes
- 300 milliliters** Unsweetened Almond Milk
- 2 milliliters** Vanilla Extract

Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

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

Notes

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds.

Ingredients

24 grams Vanilla Protein Powder

474 milliliters Water (cold)

1/2 Avocado

1 Banana (frozen)

60 grams Baby Spinach

Apple Pie Pancakes

15 ingredients · 30 minutes · 6 servings



Directions

1. In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
2. In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
3. Mix in baking powder, baking soda, and salt.
4. Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
5. Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
6. Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
7. Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
8. Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour

Use tapioca flour or cornstarch.

Leftovers

Store pancakes in the fridge and reheat them in the toaster.

Ingredients

- 3 Egg
- 180 milliliters Unsweetened Almond Milk
- 60 grams Maple Syrup (divided)
- 3/4 Lemon (juiced and divided)
- 5 milliliters Vanilla Extract
- 56 grams Coconut Flour
- 64 grams Arrowroot Powder
- 7 grams Baking Powder
- 1 gram Baking Soda
- 2 grams Sea Salt
- 15 milliliters Extra Virgin Olive Oil
- 15 milliliters Coconut Oil
- 1 Apple (cored and diced)
- 1 gram Cinnamon
- 14 grams Almond Flour

Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 2 servings



Directions

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

Ingredients

- 4 slices Bacon
- 4 Egg
- 1 Avocado
- 71 grams Sauerkraut

Lemon Poppy Seed Muffins

7 ingredients · 45 minutes · 9 servings



Directions

1. Preheat oven to 350°F (177°C) and line a muffin tray with liners.
2. In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
3. Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
4. Remove from oven and let cool. Enjoy!

Notes

Make it sweeter

Serve with a drizzle of raw honey.

Ingredients

- 56 grams** Coconut Flour
- 120 grams** Maple Syrup
- 6** Egg
- 74 milliliters** Coconut Oil (melted)
- 2 grams** Sea Salt
- 1** Lemon (zested and juiced)
- 9 grams** Poppy Seeds

DF Chocolate Chip Banana Bread

8 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and brush a loaf pan with a bit of the olive oil.
2. In a large bowl, combine the remaining oil, banana, maple syrup, almond milk, and ground flax.
3. In a separate bowl, combine the chickpea flour and baking powder. Add the dry ingredients to the wet batter and mix until combined. Fold in 3/4 of the chocolate chips.
4. Pour the batter into the loaf pan and top with the remaining chocolate chips. Bake for 30 to 35 minutes, or until a knife inserted into the middle comes out clean.
5. Let cool completely before slicing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight wrap or container for up to one week.

Serving Size

One serving is equal to one slice of banana bread.

Additional Toppings

Serve with maple syrup, a dab of butter or coconut oil, ice cream or whipped coconut cream.

More Flavor

Add vanilla extract, sea salt and/or chopped nuts.

No Chickpea Flour

Use all purpose gluten-free flour instead.

Chickpea Flour

This recipe was developed and tested using Bob's Red Mill Garbanzo Bean (Chickpea) Flour. Results may vary if using another type of flour.

Ingredients

- 79 milliliters** Extra Virgin Olive Oil (divided)
- 3** Banana (ripe, mashed)
- 80 grams** Maple Syrup
- 120 milliliters** Unsweetened Almond Milk (unsweetened)
- 13 grams** Ground Flax Seed
- 184 grams** Chickpea Flour
- 14 grams** Baking Powder
- 120 grams** Df Dark Chocolate Chips (divided)

Hummus Dippers

4 ingredients · 15 minutes · 4 servings



Directions

1. Slice your capsicum, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up

Substitute in different veggies like cucumber or zucchini.

Ingredients

- 1 Yellow Capsicum
- 1 Carrot
- 4 stalks Celery
- 246 grams Hummus

Chocolate Coconut Yogurt

7 ingredients · 10 minutes · 4 servings



Directions

1. In a bowl, combine the coconut yogurt, vanilla extract, maple syrup, cocoa powder and cinnamon. Whisk together until evenly combined.
2. Divide evenly into bowls and top with strawberries and almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to 1/2 cup of yogurt.

Nut-Free

Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

Additional Toppings

Top with blueberries or raspberries.

Ingredients

450 grams Unsweetened Coconut Yogurt

5 milliliters Vanilla Extract

80 grams Maple Syrup

16 grams Cocoa Powder

3 grams Cinnamon

48 grams Strawberries (sliced)

36 grams Almonds (chopped)

Salmon & Rice Bowl (DF)

9 ingredients · 25 minutes · 6 servings



Directions

1. Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
2. Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
3. In a small bowl, mix together the mayonnaise and sriracha.
4. Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add more sriracha, or sesame oil to the mayo.

Additional Toppings

Top with nori, or serve with a side of kimchi.

Ingredients

- 278 grams** Brown Rice (dry)
- 12 grams** Tamari
- 10 milliliters** Extra Virgin Olive Oil
- 680 grams** Salmon Fillet (skin removed)
- Sea Salt & Black Pepper (to taste)
- 74 grams** Df Mayonnaise
- 20 grams** Sriracha
- 2** Avocado (cubed)
- 3 grams** Sesame Seeds (optional)

Sesame Chicken & Noodle Jars

10 ingredients · 15 minutes · 2 servings



Directions

1. Cook the noodles according to package directions and set aside.
2. In a small bowl, whisk together the peanut butter, tamari, sesame oil, rice vinegar, and honey. Add the water to thin and set aside.
3. Divide the noodles into jars, followed by the chicken, cabbage, and capsicum. Seal and store in the fridge separate from the dressing.
4. When ready to eat, toss everything together in a bowl. Enjoy!

Notes

Leftovers

Store jars in the fridge for up to three days.

Nut-Free

Use tahini or sunflower seed butter.

More Flavor

Add sriracha or chili flakes to the dressing.

Additional Toppings

Add chopped peanuts and/or cilantro.

No Rice Vinegar

Use lime juice.

Ingredients

- 113 grams** Rice Vermicelli Noodles (dry)
- 32 grams** All Natural Peanut Butter
- 18 grams** Tamari
- 2 milliliters** Sesame Oil
- 7 milliliters** Rice Vinegar
- 4 grams** Honey
- 22 milliliters** Water
- 170 grams** Chicken Breast (shredded, Cooked)
- 89 grams** Purple Cabbage (thinly sliced)
- 1/2** Yellow Capsicum (chopped)

Turkey, Cranberry, & Apple Wrap

7 ingredients · 5 minutes · 1 serving



Directions

1. Spread the mayonnaise onto the tortilla. Add the cranberry sauce, baby spinach, sliced turkey breast, apple, and sunflower sprouts, if using. Roll up the tortilla tightly and enjoy!

Notes

Leftovers

Best enjoyed fresh. Store in an airtight container for up to one day.

More Flavor

Add mustard. Use your favorite salad dressing in place of mayonnaise.

Ingredients

- 9 grams** Df Mayonnaise
- 1** Brown Rice Tortilla
- 17 grams** Cranberry Sauce (homemade or canned)
- 8 grams** Baby Spinach
- 43 grams** Sliced Turkey Breast
- 1/4** Apple (small, sliced)
- 11 grams** Sunflower Sprouts (optional)

Mediterranean Chickpea Quinoa Bowls

12 ingredients · 10 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red capsicum, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

Leftovers

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

No Hummus

Use tzatziki instead.

More Protein

Top with crumbled feta cheese or cooked chicken breast.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper.

Ingredients

- 170 grams** Quinoa (dry, uncooked)
- 1 head** Romaine Hearts (chopped)
- 164 grams** Chickpeas (cooked, from the can)
- 1** Cucumber (chopped)
- 1** Red Capsicum (chopped)
- 80 grams** Red Onion (finely chopped)
- 123 grams** Hummus
- 67 grams** Pitted Kalamata Olives
- 59 milliliters** Extra Virgin Olive Oil
- 44 milliliters** Apple Cider Vinegar
- 500 milligrams** Italian Seasoning
- 750 milligrams** Sea Salt

Roasted Red Capsicum & Tomato Lentil Soup

12 ingredients · 45 minutes · 5 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red capsicums, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
2. Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
3. Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
4. Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
5. Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens

Top with chopped baby spinach.

Ingredients

- 2 Tomato (cut in half)
- 3 Red Capsicum (halved and seeds removed)
- 1 Sweet Onion (coarsley chopped)
- 3 Garlic (cloves)
- 15 milliliters Extra Virgin Olive Oil
- 208 grams Dry Red Lentils (uncooked)
- 711 milliliters Water
- 713 milliliters Vegetable Broth
- 6 grams Sea Salt
- 1 gram Black Pepper
- 1 gram Oregano
- 34 grams Cashews (raw, unsalted)

Oil-Free Roasted Chickpeas

8 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place chickpeas on the baking sheet and pat dry. Bake for 25 minutes.
3. In a bowl, add the remaining ingredients. Add the cooked chickpeas and toss to coat. Spread the chickpeas back on the baking sheet. Bake for an additional 20 minutes or until golden. Enjoy!

Notes

Leftovers

Store roasted chickpeas in an airtight container at room temperature for up to five days.

Serving Size

One serving is equal to approximately a 1/2 cup of chickpeas.

More Flavor

Add in lime zest for extra flavor!

Ingredients

328 grams Chickpeas (cooked, rinsed)

15 milliliters Water

15 milliliters Lime Juice

3 grams Paprika

3 grams Chili Powder

2 grams Cumin

3 grams Garlic Powder

3 grams Sea Salt

Olive & Tahini Plate

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings

Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.

Ingredients

- 30 grams** Tahini
- 30 milliliters** Water
- 750 milligrams** Sea Salt
- 1/2** Tomato (cut into wedges)
- 1/4** Cucumber (sliced)
- 45 grams** Black Olives

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 2 Apple
- 63 grams Almond Butter

Cranberry Energy Bars

10 ingredients · 30 minutes · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
2. Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
3. Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
4. Bake in oven for 15 minutes.
5. Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Leftovers

Store on the counter in an airtight container for up to one week. Refrigerate or freeze for longer.

Nut Allergy

Skip the pecans and double up on the sunflower and pumpkin seeds.

Ingredients

- 60 grams** Unsweetened Coconut Flakes
- 50 grams** Pecans (chopped)
- 54 grams** Sesame Seeds
- 32 grams** Pumpkin Seeds
- 32 grams** Sunflower Seeds
- 26 grams** Ground Flax Seed
- 30 grams** Dried Unsweetened Cranberries
- 2 grams** Sea Salt
- 84 grams** Raw Honey
- 64 grams** Sunflower Seed Butter

Avocado Rice Cake

2 ingredients · 5 minutes · 1 serving



Directions

1. Mash the avocado with a fork and spread over the rice cake. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

No Plain Rice Cake

Use brown rice cakes or crackers instead.

Ingredients

- 1/2 Avocado
- 1 Plain Rice Cake

GF Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Notes

Crackers

Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!

Ingredients

50 grams Gf Whole Grain Crackers

62 grams Hummus

Bok Choy & Mushroom Omelette

6 ingredients · 20 minutes · 1 serving



Directions

1. Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
2. In a bowl, whisk together eggs, tamari and green onion.
3. Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy

Whisk unsweetened almond milk into your egg mixture.

More Flavour

Whisk sesame oil into your egg mixture.

Mix it Up

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy

Serve with hot sauce.

Ingredients

- 7 milliliters** Coconut Oil
- 73 grams** Shiitake Mushrooms (sliced)
- 70 grams** Bok Choy (sliced into quarters)
- 3** Egg
- 14 grams** Tamari
- 2 stalks** Green Onion (sliced)

Grilled Chicken & Mango Slaw Tacos

9 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
2. Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
3. Meanwhile, in a mixing bowl combine the sliced cabbage, mango, coriander, and the remaining salt. Mix well.
4. Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

Notes

Leftovers

Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

Serving Size

One serving size is equal to two tacos.

No Chicken Thighs

Substitute chicken breast or ground chicken.

Save Time

Use bagged coleslaw mix and frozen mango chunks.

More Flavor

Top with red onions and additional cilantro.

Make It Spicy

Add sliced jalapenos.

Ingredients

- 5 milliliters Coconut Oil
- 280 grams Chicken Thighs (boneless, skinless)
- 1 gram Cumin
- 1 gram Paprika
- 3 grams Sea Salt (divided)
- 178 grams Green Cabbage (finely sliced)
- 1/2 Mango (diced)
- 1 gram Coriander (minced)
- 4 Corn Tortilla (medium)

Pork & Cabbage Soup

10 ingredients · 45 minutes · 4 servings



Directions

1. Heat a large pot over medium heat. Add the pork to the pan, breaking it up as it cooks. Once it is cooked through transfer it to a plate and set aside. Drain any excess drippings from the pan.
2. Add the coconut oil to the same pot. Add the onions and cook for about five minutes or until the onions begin to soften. Add the garlic and ginger. Continue to cook for another minute.
3. Add the browned pork back to the pot and then add the carrots and cabbage and stir to combine. Add the chicken broth and bring the soup to a gentle boil. Continue to cook for 15 to 20 minutes or until the carrots and cabbage are tender.
4. Stir in the coconut aminos and green onion. Season the soup with additional salt if needed. Divide between bowls and garnish with additional green onion (if desired). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately equal to two cups of soup.

More Flavor

Use fresh ginger instead or use sesame oil instead of coconut oil.

Additional Toppings

Bean sprouts, cilantro, and/or sriracha.

More Veggies

Add mushrooms, celery, and/or kale.

No Pork

Use ground chicken or turkey instead.

Ingredients

454 grams Lean Ground Pork

15 milliliters Coconut Oil

1 Yellow Onion (chopped)

2 Garlic (clove, minced)

900 milligrams Ground Ginger

1 Carrot (large, cut into matchsticks)

267 grams Green Cabbage (sliced thin)

1.4 liters Chicken Broth

15 milliliters Coconut Aminos

2 stalks Green Onion (chopped, plus more for garnish)

Garlic Butter Chicken Thighs

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken and season with salt and pepper.
2. Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for eight minutes, until browned, flip and cook for two minutes. Transfer to a plate skin side up and set aside, leaving the oil from the chicken in the skillet.
3. Toss the mushrooms in the skillet and cook undisturbed for three minutes, over medium heat. Lower the heat to medium-low and add in the garlic and butter and toss to combine. Cook for two to three more minutes.
4. Pour in the chicken broth and lemon juice and stir to release any browned bits on the skillet. Place the chicken on top and transfer to the oven and cook for 17 to 20 minutes, until the chicken is cooked through.
5. Remove the chicken and set aside. Return the skillet to medium heat and whisk until bubbling and the sauce has thickened, about two minutes. Add the spinach to the skillet and cook until wilted, about one to two minutes.
6. Divide the chicken and vegetables onto plates, drizzling the sauce over everything. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Omit the butter.

Ingredients

- 454 grams** Chicken Thighs with Skin
- 5 milliliters** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12** Cremini Mushrooms (roughly torn)
- 5** Garlic (cloves, smashed and roughly chopped)
- 14 grams** Butter
- 177 milliliters** Chicken Broth
- 15 milliliters** Lemon Juice
- 150 grams** Baby Spinach

Mashed Potatoes

2 ingredients · 20 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil. Stir in 2/3 of the salt.
2. Add the potatoes to the pot and boil for 15 minutes or until soft.
3. Drain the water and mash with a potato masher until creamy. Season with the remaining salt to your preference.
4. Divide onto plates with another protein or side(s). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Stir in coconut milk, dairy milk, butter or ghee after mashing the potatoes.

Serving Size

One serving is equal to approximately 1 cup of mashed potatoes.

Ingredients

9 grams Sea Salt (divided)

4 Russet Potato (medium, peeled and chopped)

Healthy Fish n' Chips

7 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
2. Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
3. Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
4. Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 283 grams** Salmon Fillet
- 20 grams** Maple Syrup
- 18 grams** Tamari
- 2** Sweet Potato
- 15 milliliters** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 60 grams** Baby Spinach

Apple & Beet Quinoa Salad

11 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Make it a Meal

Serve with your favorite protein on top.

Ingredients

- 85 grams** Quinoa (uncooked)
- 1** Apple (julienned)
- 2** Beet (small, peeled, grated)
- 2** Carrot (small, peeled, grated)
- 21 grams** Kale Leaves (chopped)
- 40 grams** Dried Unsweetened Cranberries
- 59 milliliters** Orange Juice
- 29 milliliters** Apple Cider Vinegar
- 15 grams** Dijon Mustard
- 20 grams** Hemp Seeds
- 3 grams** Sea Salt

Spicy Miso Steak

8 ingredients · 15 minutes · 4 servings



Directions

1. Season the steak with salt and pepper.
2. In a pan over medium-high heat, add half the oil. Add the steak and cook for three to four minutes per side, or until your desired doneness. Remove from heat.
3. Reduce the temperature to medium-low, and whisk in the remaining oil, miso, water, sriracha, and honey.
4. Slice the steak, drizzle with the spicy miso sauce, and top with green onions to garnish. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add more honey for a sweeter sauce or reduce sriracha for less spice.

Ingredients

- 340 grams** NY Striploin Steak
- Sea Salt & Black Pepper (to taste)
- 30 milliliters** Extra Virgin Olive Oil (divided)
- 36 grams** Miso Paste
- 59 milliliters** Water
- 78 grams** Sriracha
- 21 grams** Honey
- 2 stalks** Green Onion (thinly sliced)

Broccoli Slaw with Noodles & Peanut Sauce

14 ingredients · 20 minutes · 4 servings



Directions

1. Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
2. Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
3. In a large bowl, combine slaw, broccoli, green capsicum and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

Notes

Mix it Up

Use whatever vegetables you have on hand.

Dislike Broccoli?

Use chopped cauliflower florets instead.

Extra Thai Flavour

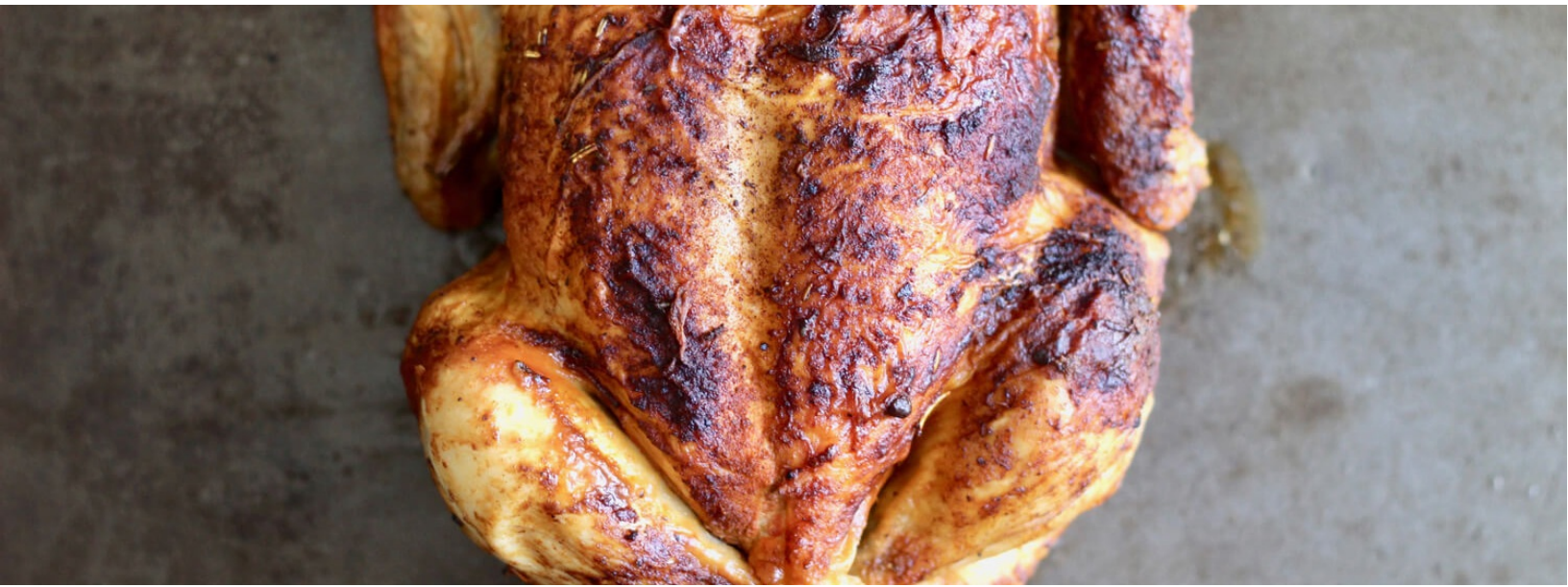
Garnish with chopped cilantro.

Ingredients

- 224 grams Brown Rice Spaghetti
- 65 grams All Natural Peanut Butter
- 18 grams Tamari
- 1 Lime (juiced)
- 30 milliliters Extra Virgin Olive Oil
- 900 milligrams Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 6 grams Ginger (grated)
- 30 milliliters Water
- 170 grams Coleslaw Mix
- 273 grams Broccoli (chopped into small florets)
- 1/2 Green Capsicum (de-seeded and finely sliced)
- 90 grams Baby Spinach (chopped)
- 37 grams Raw Peanuts (chopped)

Roasted Chicken

6 ingredients · 2 hours · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Notes

Roasting Times

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers

Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste

Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time

Buy a pre-roasted chicken.

Ingredients

1.8 kilograms Whole Roasting Chicken

15 milliliters Extra Virgin Olive Oil

6 grams Sea Salt

1 gram Black Pepper

4 grams Poultry Seasoning

5 grams Paprika

Roasted Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers

Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

Serving Size

One serving equals approximately two cups of veggies.

No Mushrooms

Swap in bell peppers or broccoli instead.

Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 192 grams Mushrooms (chopped)
- 200 grams Green Beans (trimmed)
- 15 milliliters Extra Virgin Olive Oil
- 30 milliliters Balsamic Vinegar
- 1 gram Oregano (dried)
- 3 grams Sea Salt
- 725 milligrams Black Pepper

Poultry Seasoning

5 ingredients · 5 minutes · 10 servings



Directions

1. Combine all spices into a jar or container with a lid and shake well to combine.

Notes

Leftovers

Store in an airtight container for up to three months.

Serving Size

One serving equals approximately one teaspoon.

More Flavor

Add salt and pepper to taste.

No Marjoram

Use oregano instead.

Ingredients

3 grams Ground Sage

3 grams Dried Thyme

1 gram Dried Marjoram

2 grams Dried Rosemary

2 grams Nutmeg (ground)