



Stress & Anxiety Support Program

JESSICA MCALLISTER, RDN

Stress & Anxiety Support Program

DIETITIAN APPROVED NUTRITION

Hi,

Welcome to your own personal cookbook! On the next pages you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

~Jessica, RD



MON



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



SNACK 2
Cucumbers with Beef Liver Pate



DINNER
Spaghetti Squash, Turkey & Broccoli

TUE



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



SNACK 2
Cucumbers with Beef Liver Pate



DINNER
Spaghetti Squash, Turkey & Broccoli

WED



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
White Bean, Spinach & Tomato Salad, Lemon Garlic Tahini Dressing



SNACK 2
Toasted Trail Mix



DINNER
Ground Beef, Asparagus & Mashed Sweet Potatoes

THU



BREAKFAST
Warm Peas with Eggs, Avocado



SNACK 1
Cucumber Hummus Bites



LUNCH
White Bean, Spinach & Tomato Salad, Lemon Garlic Tahini Dressing



SNACK 2
Toasted Trail Mix



DINNER
Kale & White Bean Caesar Salad

FRI



BREAKFAST
Warm Peas with Eggs, Avocado



SNACK 1
Cucumber Hummus Bites



LUNCH
Ground Beef, Asparagus & Mashed Sweet Potatoes



SNACK 2
Toasted Trail Mix



DINNER
Pea & Basil Buckwheat Risotto

SAT



BREAKFAST
Chocolate Banana Cauliflower N'Oats



SNACK 1
Hard Boiled Eggs, Avocado



LUNCH
Kale & White Bean Caesar Salad



SNACK 2
Cucumber Hummus Bites



DINNER
Pea & Basil Buckwheat Risotto

SUN



BREAKFAST
Chocolate Banana Cauliflower N'Oats



SNACK 1
Hard Boiled Eggs



LUNCH
Kale & White Bean Caesar Salad



SNACK 2
Toasted Trail Mix



DINNER
Chickpea Flatbread Pizza, Steamed Asparagus

MON**FAT 48%** **CARBS 34%** **PROTEIN 18%**

Calories 1801 Sugar 49g
 Fat 101g Protein 83g
 Carbs 162g Cholesterol 440mg
 Fiber 47g Sodium 2397mg

TUE**FAT 48%** **CARBS 34%** **PROTEIN 18%**

Calories 1801 Sugar 49g
 Fat 101g Protein 83g
 Carbs 162g Cholesterol 440mg
 Fiber 47g Sodium 2397mg

WED**FAT 44%** **CARBS 39%** **PROTEIN 17%**

Calories 1974 Sugar 62g
 Fat 101g Protein 87g
 Carbs 203g Cholesterol 260mg
 Fiber 63g Sodium 959mg

THU**FAT 48%** **CARBS 34%** **PROTEIN 18%**

Calories 2090 Sugar 36g
 Fat 116g Protein 97g
 Carbs 189g Cholesterol 397mg
 Fiber 73g Sodium 1602mg

FRI**FAT 45%** **CARBS 35%** **PROTEIN 20%**

Calories 1818 Sugar 44g
 Fat 95g Protein 94g
 Carbs 168g Cholesterol 446mg
 Fiber 50g Sodium 2278mg

SAT**FAT 48%** **CARBS 35%** **PROTEIN 17%**

Calories 1605 Sugar 22g
 Fat 90g Protein 72g
 Carbs 149g Cholesterol 397mg
 Fiber 53g Sodium 1976mg

SUN**FAT 55%** **CARBS 26%** **PROTEIN 19%**

Calories 2093 Sugar 40g
 Fat 133g Protein 101g
 Carbs 142g Cholesterol 473mg
 Fiber 51g Sodium 1667mg

FRUITS

- 2 Avocado
- 4 Banana
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 3/4 cup Strawberries

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1 1/4 cups Buckwheat Groats

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 2/3 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tsp Cinnamon
- 1 1/2 tpsps Dried Thyme
- 1/16 tsp Garlic Powder
- 1/2 cup Hemp Seeds
- 1/8 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1/16 tsp Red Pepper Flakes
- 2 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Peas

VEGETABLES

- 4 1/2 cups Asparagus
- 6 cups Baby Spinach
- 2 1/16 cups Basil Leaves
- 2 cups Broccoli
- 2 cups Cauliflower Rice
- 3 stalks Celery
- 1 1/2 Cucumber
- 2 cups Fresh Peas
- 6 1/2 Garlic
- 6 cups Kale Leaves
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1/4 cup Shallot
- 1/2 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 3/4 Yellow Onion

BOXED & CANNED

- 3 cups Organic Vegetable Broth
- 4 cups White Navy Beans

BAKING

- 2 tbsps Cacao Nibs
- 2 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1/3 cup Nutritional Yeast
- 1/2 cup Organic Raisins

BREAD, FISH, MEAT & CHEESE

- 4 1/16 ozs Beef Liver
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/4 cups Hummus
- 3 ozs Mozzarella Cheese
- 5 1/2 slices Organic Bacon
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 1/4 tbsps Avocado Oil
- 3 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 2/3 tbsps Tomato Sauce

COLD

- 11 Egg
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

OTHER

- 3/4 cup Dried Apricots
- 4 cups Water

Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Unsweetened Coconut Yogurt
3/4 cup Chia Seeds
1 tbsp Cinnamon
3/4 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	368	Sugar	3g
Fat	23g	Protein	9g
Carbs	37g	Cholesterol	0mg
Fiber	17g	Sodium	50mg

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Sugar	14g
Fat	0g	Protein	1g
Carbs	27g	Cholesterol	0mg
Fiber	3g	Sodium	1mg

NOTES

MORE PROTEIN

Dip in almond butter.

Warm Peas with Eggs

1 SERVING 15 MINUTES



INGREDIENTS

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	341	Sugar	12g
Fat	10g	Protein	25g
Carbs	38g	Cholesterol	372mg
Fiber	11g	Sodium	611mg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	161	Sugar	1g
Fat	15g	Protein	2g
Carbs	9g	Cholesterol	0mg
Fiber	7g	Sodium	7mg

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Chocolate Banana Cauliflower N'Oats

1 SERVING 20 MINUTES



INGREDIENTS

1 cup Cauliflower Rice
3/4 cup Unsweetened Almond Milk
1 1/2 tbsps Chia Seeds
1 tbsp Cacao Powder
2 tbsps All Natural Peanut Butter (divided)
1/8 tsp Sea Salt
1/2 Banana (sliced)
1 tbsp Cacao Nibs

NUTRITION

AMOUNT PER SERVING

Calories	457	Sugar	13g
Fat	30g	Protein	16g
Carbs	38g	Cholesterol	0mg
Fiber	15g	Sodium	443mg

DIRECTIONS

- 01 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 02 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NUT-FREE

Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

MORE FLAVOR

Add cinnamon or maple syrup.

MORE PROTEIN

Add collagen or protein powder.

NO CACAO POWDER

Use cocoa powder instead.

NO BANANA

Top with berries instead.

Hard Boiled Eggs with Apricots

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
3/4 cup Dried Apricots

NUTRITION

AMOUNT PER SERVING

Calories	150	Sugar	18g
Fat	5g	Protein	7g
Carbs	21g	Cholesterol	186mg
Fiber	2g	Sodium	74mg

DIRECTIONS

- 01 Place eggs 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.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Peel the eggs and serve with apricots. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

EASIER TO PEEL

Add salt to the water while boiling.

Cucumber Hummus Bites

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cucumber (large)
3/4 cup Hummus
1/3 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	158	Sugar	2g
Fat	11g	Protein	5g
Carbs	12g	Cholesterol	0mg
Fiber	4g	Sodium	264mg

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

NOTES

MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Hard Boiled Eggs

2 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	143	Sugar	0g
Fat	10g	Protein	13g
Carbs	1g	Cholesterol	372mg
Fiber	0g	Sodium	142mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla (large)
1/2 cup Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Sugar	5g
Fat	23g	Protein	11g
Carbs	39g	Cholesterol	0mg
Fiber	13g	Sodium	526mg

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Cream of Celery & Asparagus Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
1/2 Yellow Onion (chopped)
3 stalks Celery (chopped)
1 1/2 Garlic (cloves, minced)
2 cups Water
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 1/2 cups Asparagus (woody ends snapped off)
1/4 cup Hemp Seeds
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	222	Sugar	5g
Fat	17g	Protein	10g
Carbs	12g	Cholesterol	0mg
Fiber	5g	Sodium	671mg

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

White Bean, Spinach & Tomato Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/4 cup Shallot (diced)
2 Garlic (cloves, minced)
2 cups White Navy Beans (cooked, drained and rinsed)
4 cups Baby Spinach (chopped)
1 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	356	Sugar	3g
Fat	8g	Protein	18g
Carbs	56g	Cholesterol	0mg
Fiber	22g	Sodium	74mg

DIRECTIONS

- 01 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 02 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

NOTES

NO WHITE BEANS

Use chickpeas or lentils instead.

EXTRA FLAVOUR

Add avocado, lemon juice and/or feta cheese.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Lemon Garlic Tahini Dressing

2 SERVINGS 5 MINUTES



INGREDIENTS

2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tps Nutritional Yeast
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	103	Sugar	0g
Fat	8g	Protein	4g
Carbs	5g	Cholesterol	0mg
Fiber	2g	Sodium	172mg

DIRECTIONS

01 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately two and a half tablespoons.

DRESSING CONSISTENCY

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

Cucumbers with Beef Liver Pate

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 slices Organic Bacon
1/4 Yellow Onion (small, minced)
1 Garlic (cloves, minced)
4 1/16 ozs Beef Liver
1 1/2 tsps Dried Thyme
2 tbsps Coconut Oil (melted)
1/8 tsp Sea Salt
1/4 Cucumber (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	296	Sugar	2g
Fat	23g	Protein	15g
Carbs	6g	Cholesterol	170mg
Fiber	1g	Sodium	346mg

DIRECTIONS

- 01 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 02 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 03 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 04 Spread onto cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

Each serving equals approximately 1/4 cup of beef pate.

MORE FLAVOR

Use fresh instead of dried herbs.

NO CUCUMBERS

Use carrot sticks or plantain chips instead.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds (raw)
1/4 tsp Sea Salt (omit if using salted nuts)
1 cup Raw Peanuts
1/2 cup Pumpkin Seeds
1/2 cup Organic Raisins

NUTRITION

AMOUNT PER SERVING

Calories	551	Sugar	17g
Fat	42g	Protein	21g
Carbs	32g	Cholesterol	0mg
Fiber	11g	Sodium	162mg

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Spaghetti Squash, Turkey & Broccoli

2 SERVINGS 1 HOUR



INGREDIENTS

1/2 Spaghetti Squash (medium)
8 ozs Extra Lean Ground Turkey
1 cup Water
2 cups Broccoli (chopped into florets)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	278	Sugar	2g
Fat	10g	Protein	30g
Carbs	20g	Cholesterol	84mg
Fiber	6g	Sodium	729mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 02 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 03 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 04 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup of each ingredient.

MORE FLAVOR

Season the turkey with minced onion or garlic while it cooks.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro or your favorite hot sauce.

MAKE IT VEGAN

Use chickpeas or lentils instead of ground turkey.

Ground Beef, Asparagus & Mashed Sweet Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 Sweet Potato (medium, peeled and chopped)
2 cups Asparagus (woody ends trimmed, chopped in half)
1/4 tsp Sea Salt (divided)
1 1/2 tsps Avocado Oil
8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	341	Sugar	7g
Fat	15g	Protein	27g
Carbs	25g	Cholesterol	74mg
Fiber	6g	Sodium	426mg

DIRECTIONS

- 01 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 02 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 03 Add half the salt to the sweet potatoes and mash until creamy.
- 04 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 05 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

NOTES

NO SWEET POTATOES

Use regular potatoes, eddo, jicama or kohlrabi instead.

NO AVOCADO OIL

Use coconut oil, olive oil, ghee or butter instead.

STORAGE

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

VEGAN & VEGETARIAN

Omit the ground beef and use cooked lentils instead.

EXTRA CREAMY POTATOES

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

Kale & White Bean Caesar Salad

3 SERVINGS 25 MINUTES



INGREDIENTS

4 slices Organic Bacon
1/4 cup Hemp Seeds
2 tbsps Water
1 tbsp Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
6 cups Kale Leaves (chopped)
2 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	420	Sugar	1g
Fat	22g	Protein	22g
Carbs	37g	Cholesterol	25mg
Fiber	16g	Sodium	312mg

DIRECTIONS

- 01 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 02 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 03 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 04 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

NOTES

VEGAN AND VEGETARIAN

Omit the bacon, or use coconut bacon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Pea & Basil Buckwheat Risotto

4 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
3 cups Organic Vegetable Broth (divided)
2 cups Fresh Peas (or frozen, divided)
2 cups Basil Leaves (stems removed)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	266	Sugar	5g
Fat	2g	Protein	14g
Carbs	52g	Cholesterol	0mg
Fiber	11g	Sodium	808mg

DIRECTIONS

- 01 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 02 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 03 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cup.

MORE FLAVOR

Add a splash of apple cider vinegar and/or your desired herbs and spices.

ADDITIONAL TOPPINGS

Top with red pepper flakes and/or a dollop of yogurt.

Chickpea Flatbread Pizza

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

1/2 cup Chickpea Flour
1/2 cup Water
2 1/4 tsps Avocado Oil (divided)
1/8 tsp Sea Salt
2 2/3 tbsps Tomato Sauce
1/8 tsp Oregano
1/16 tsp Garlic Powder
1/16 tsp Red Pepper Flakes
3 ozs Mozzarella Cheese (shredded)
1 tbsp Basil Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	495	Sugar	6g
Fat	29g	Protein	26g
Carbs	29g	Cholesterol	76mg
Fiber	6g	Sodium	605mg

DIRECTIONS

- 01 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 02 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 03 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 04 Reduce the oven temperature to 350°F (176°C).
- 05 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 06 Slice and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

SERVING SIZE

One serving is equal to approximately three slices of pizza.

DAIRY-FREE

Use a dairy-free shredded cheese instead.

MORE FLAVOR

Add minced garlic and Italian seasoning to the tomato sauce.

ADDITIONAL TOPPINGS

Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

Steamed Asparagus

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Asparagus (woody ends trimmed, chopped in half)

NUTRITION

AMOUNT PER SERVING

Calories	27	Sugar	3g
Fat	0g	Protein	3g
Carbs	5g	Cholesterol	0mg
Fiber	3g	Sodium	3mg

DIRECTIONS

- 01 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of cooked asparagus.