

The background of the entire image is a soft-focus photograph of several sliced avocado halves. The slices are arranged in a circular pattern, with the green flesh and dark pits clearly visible. The lighting is even, highlighting the texture of the fruit.

thirty days to health living
recipe ebook

volume one
fresh meals & bowls

kale & quinoa burrito bowls

- ½ cup quinoa
- ¾ cup water + 2 tbsp
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp red pepper flakes

Kale

- ½ bunch kale
- 1–2 limes

Chipotle Tahini

- 3 tbsp tahini
- 5 tbsp water, plus more as needed
- Juice from ½ a lime
- ¼ tsp chipotle powder
- Dash garlic & onion powder
- Pinch of salt

Pico de gallo

- 1 small yellow onion, diced
- 2 tomatoes, seeds removed and diced
- 1 jalapeno, seeds removed and diced (some seeds ok for heat)

To serve

- 1 can (425 g) black beans
- 1 avocado
- Sliced cilantro
- Chopped lime wedges



kale & quinoa burrito bowls

DIRECTIONS

Quinoa: In a medium pot, add quinoa, water, garlic and onion powder and salt, bring to a boil, cover, reduce heat to low & simmer for 15 minutes.

Remove cover and let set 10 minutes, fluff with fork.

Kale: Rinse kale, remove the hard center stem and julienne. In a large bowl, squeeze the juice of 1–2 limes over top and mix to coat, set aside to let the kale marinate.

Chipotle sauce: Place all ingredients in a small bowl and mix well. Taste for flavour adjusting as needed. To thicken, add a tad more tahini, to thin add more water.

Set aside, the flavours will develop over a few minutes.

Pico de gallo: Dice vegetables, place in medium size bowl, add juice of 1 lime over top and mix well. Keep covered in the refrigerator for up to a week. Makes about 3 cups.

Beans: Place beans with juices in small pan and heat over medium until warm. If not heating, drain and rinse beans well.

To serve: Toss all ingredients together in a bowl and enjoy!



buddah bowls

- Kale
- 1 lb cooked ground organic chicken breast with cumin
- 2 diced and roasted sweet potatoes
- 1 cup cooked brown rice
- 1 can organic corn
- Cilantro
- Avocado slices
- Almond butter
- Liquid aminos
- Red pepper flakes
- Olive oil
- Sesame oil
- Lime



buddah bowls

DIRECTIONS

Line plates with kale

top with chicken

one scoop sweet potatoes

one scoop brown rice and corn.

Top with cilantro

avocado slices

almond butter

liquid aminos

and then add red pepper flakes,
olive oil, sesame oil, fresh lime juice
to taste.

enjoy!



toasted coconut quinoa salad

- 1 cup quinoa
- 1 cup coconut milk
- 1 small bunch of kale, stems removed and leaves chopped
- ½ red onion, chopped
- 1/3 cup unsweetened coconut flakes



toasted coconut quinoa salad

DIRECTIONS

so easy when on the go!

toss together in a bowl.

squeeze of lime

enjoy!



power protein breakfast bowl

- 2/3 cup cooked quinoa or cooked brown rice
- ½ green apple
- 2 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon and nutmeg
- Almond milk, unsweetened
- ¼–1 scoop FeelFit Pea Protein Shake, Vanilla Flavour
- additional toppings like berries, GF granola, dried fruit



power protein breakfast bowl

DIRECTIONS

mix cooked quinoa,
almond milk,
and protein in a bowl

layer all the toppings

enjoy!



kale pad thai

INGREDIENTS

- 1 bunch of kale, shredded or chopped
- ½ shredded cabbage
- 1 cup garbanzo beans
- 1 cup cashews, roasted or plain
- 1 bunch of celery, chopped
- ¼ cup sunflower seeds
- ½ cup scallion, chopped fine
- 1 cup mung bean sprouts
- 1 cup shredded carrot
- ¼ cup cilantro
- 1 lime
- Chopped garlic
- Sesame oil
- Red pepper flakes
- Minced garlic
- 1 tbsp your favourite nut butter



kale pad thai

DIRECTIONS

Add oil to wok on high heat.

Toss in all veggies.

Add garlic, scallions, sprouts, and red pepper to taste.

Toss in wok and sauté for 3 minutes.

Add nut butter, garbanzo beans, nut and seeds.

Serve with cilantro on top



hummus crusted chicken

INGREDIENTS

- 4 boneless, skinless chicken breasts
- Sea salt and pepper
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 medium onion, chopped
- 1 cup hummus
- 1 tbsp olive oil
- 2 lemons
- 1 tsp smoked paprika



hummus crusted chicken

Preheat oven to 230°C Prepare one large baking dish or two smaller baking dishes with olive oil spray.

Pat the chicken dry.

Season the chicken breasts with generous pinches of sea salt and pepper.

In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with sea salt and pepper.

Place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top, then spread each chicken breast with the hummus so that the entire breast is covered.

Squeeze the juice of one lemon over the chicken and vegetables. Sprinkle the entire dish with smoked paprika. If desired, thinly slice one lemon and place the slices inbetween the chicken and vegetables.

Bake for about 25–30 minutes, until the chicken is cooked through and the vegetables are tender.

Serve & enjoy!



classic vegan caeser with avo & chickpeas

INGREDIENTS

Dressing

- ¼ cup tahini
- ¼ cup water
- 2 tsp fresh grated garlic
- 2 tbsp nutritional yeast flakes
- 2 tsp whole grain dijon mustard
- ¼ tsp salt

Salad

- 3 chopped romaine hearts, chopped
- Handful of baby arugula
- 425 g can chickpeas, rinsed and drained
- 1 avocado, diced
- Fresh black pepper to taste



classic vegan caeser with avo & chickpeas

DIRECTIONS

Stir together the dressing ingredients in a small bowl.

Use a fork to blend smooth.
Add additional tablespoons of water to thin, as needed.

Taste for salt and seasoning.

In a large mixing bowl, toss the greens with the dressing.

Add the avocado and chickpeas.

Serve with fresh black pepper sprinkled on top.



mushroom & spinach quiche

INGREDIENTS

Crust

- 1 tbsp ground flax + 3 tbsp water, mixed together
- 1 cup whole almonds, ground into flour
- 1 tsp dried parsley
- 1 tsp dried oregano
- ½ tsp kosher salt
- 1 tbsp coconut oil or olive oil
- 1–2½ tbsp water, as needed

Filling

- 6 eggs beaten
- 1 tbsp coconut oil or olive oil
- 1 yellow onion, thinly sliced
- 3 large garlic cloves, minced
- 3 cups (227 g) sliced cremini mushrooms
- ½ cup fresh chives, finely chopped
- ½ cup fresh basil leaves, finely chopped
- 1/3 cup oil-packed sun-dried tomatoes, finely chopped
- 1 cup spinach
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- ¾–1 tsp fine grain sea salt black pepper, to taste red pepper flakes, to taste



mushroom & spinach quiche

DIRECTIONS

Mix dry ingredients in food processor for crust.

Add oil and water, press into tart pan. Use a little almond milk to help form crust if ingredients seem too dry.

Bake the crust on 175°F for 15 minutes.

Sauté onion, garlic, mushrooms, add spinach just to wilt.

Add chives, basil, nutritional yeast and other ingredients and place in precooked crust.

Pour eggs over and bake on 175°F for 30–40 min until top is browned and bubbling.



asian lettuce wraps

INGREDIENTS

- 1 tbsp sesame oil
- 2 cups cooked quinoa
- 1 red pepper, seeded and cut into strips
- 4 scallions, trimmed and sliced
- 4 cloves garlic, minced
- 1 tsp liquid aminos
- 2 tbsp lime juice
- 2 tbsp apple cider vinegar
- ¼ tsp red pepper flakes
- ½ cup shredded carrots
- 1-2 heads lettuce, trimmed and separated
- ¼ cup toasted almonds, chopped



asian lettuce wraps

DIRECTIONS

Heat oil to medium in a large skillet.

Add quinoa, red pepper and scallions and cook for 6 minutes.

Add aminos, lime juice, vinegar, and red pepper flakes. Cook for two minutes.

Add garlic and cook for 30 seconds more.

Stir in carrots and scoop into lettuce leaves.

Top with almonds and roll up.



curried chicken salad

INGREDIENTS

- 1 tsp tahini
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 garlic clove, minced
- ½ tsp salt
- 1½–2 cups cooked chickpeas
- 1½ tsp black pepper
- 3 cups cooked brown rice, short grain
- 2 chicken breasts cooked and chopped
- 1 cup nutritional yeast (or to taste)
- ¼–1 tsp turmeric powder (optional)
- Pinch of dried or fresh dill, and smoky paprika



curried chicken salad

DIRECTIONS

Mix tahini with spices and garlic.

Add the rest of ingredients to big bowl, mix together, and add the already mixed tahini and spices.

enjoy!



turkey veggie mini meatloves

INGREDIENTS

- ½ cup grated onion
- 1¼ lbs raw lean organic ground turkey
- 1 cup chopped, dry broccoli
- ½ cup cooked brown rice
- 3 cloves garlic, minced
- ½ tsp liquid aminos
- 1 egg
- ¼ cup plus 3 tbsp of a 177 ml can organic tomato paste



turkey veggie mini meatloaves

DIRECTIONS

Add all the ingredients, except for the turkey, and $\frac{1}{4}$ cup of the tomato paste into a large bowl and mix well.

Add the turkey.

Line 12 cups of a muffin pan with baking cups or nonstick spray.

With a teaspoon, evenly distribute turkey-veggie mixture among the muffin cups, and top each with 1 teaspoon of tomato paste.

Bake in the oven at 175°C for 30 minutes.

Let stand for five minutes before serving.



spaghetti squash italiano

INGREDIENTS

- 2 small spaghetti squash
- 4 cups zucchini, eggplant, and mushroom slices
- 1 cup spinach
- 4 medium green onions, sliced
- ¼ cup fresh basil and parsley
- 1 tbsp olive oil
- 2 cloves garlic
- 1 jar marinara or tomato sauce
- 3 medium tomatoes, seeded and chopped
- ½ cup pine nuts or walnuts, toasted
- 2 tbsp nutritional yeast



spaghetti squash italiano

DIRECTIONS

Halve squash lengthwise and remove the seeds.

Prick skin all over. Place halves, cut side down, in a 3-quart rectangular baking dish.

Cover and bake in a 175°C oven for 60–70 minutes or until tender.

Using a fork, separate the squash pulp into strands, leaving strands in shell.

Meanwhile, sauté veggies, garlic, and herbs in oil, then add marinara sauce and tomatoes. Spoon $\frac{1}{4}$ of mixture into each shell.

Sprinkle with nuts and nutritional yeast. Return to oven and bake, uncovered, for 10 minutes.



coconut almond chicken

INGREDIENTS

- ½ cup almonds, chopped
- 1 (445 ml) can light coconut milk
- 4 cups raw spinach leaves, tightly packed when measuring
- 3 chicken breasts (about 198 g each), chopped into bite-sized pieces
- ½ tsp finely grated fresh ginger (grate on a micro plane for best results)
- ½ tsp cinnamon



coconut almond chicken

DIRECTIONS

Combine all ingredients in a large pan and cook until the chicken is fully cooked through.

Serve by itself or over brown rice, spaghetti squash, or fresh spinach.



veggie egg scramble

INGREDIENTS

- 2 eggs
- ¼ cup onion
- ½ cup spinach
- ¼ cup mushrooms
- 1 clove garlic
- 1 tbsp nutritional yeast
- 2 tsp olive oil or coconut oil
- Salt and pepper
- Avocado slices
- Fresh pico de gallo



veggie egg scramble

DIRECTIONS

Sauté zucchini, peppers and garlic, then add cherry tomatoes and sweet potato, add spinach.

Scramble eggs with spices, pour over veggies, stir until cooked, top with fresh parsley, avocado and salsa.



kale & quinoa pecan salad

INGREDIENTS

- Quinoa
- Shredded kale
- Shredded carrots
- Shredded broccoli
- Cherry tomatoes
- Chopped green onion
- Crushed pecans
- Avocado



kale & quinoa pecan salad

DIRECTIONS

Wash and prep all veggies

Massage kale

Toss together.

Top with Easy Salad Dressing.



easy lemon salad dressing

INGREDIENTS

- ½ cup good quality olive oil
- Few dashes liquid aminos
- ¼ cup fresh squeezed lemon or raw apple cider vinegar
- 1 tbsp dijon mustard
- No-salt seasoning
- Fresh sea salt and pepper



easy lemon salad dressing

DIRECTIONS

Mix all ingredients in jelly jar.

Makes enough for several salads.

Keep jar on counter for up to a week.



collard wraps

INGREDIENTS

- Avocado
 - Green onion
 - Mushrooms
 - Yellow bell peppers
 - Shredded carrots
 - Bean sprouts
 - Collard greens or hearty lettuce for wrap
 - Brown rice
 - Sesame seeds
 - Red pepper flakes
 - Liquid aminos
- Optional: grilled chicken, ground turkey or chicken breast



collard wraps

DIRECTIONS

Slice your favourite veggies and put in a wrap!

Place in collard wrap (or other hearty lettuce wrap)

Drizzle with liquid aminos and dash of red pepper flakes.

