

æ arbonne.



30 DAYS TO
HEALTHY LIVING RECIPES



WEEK 1



BLACK BEAN BUTTERNUT SQUASH CHILI

INGREDIENTS

- 2 tbsp olive oil
- 1 small butternut squash, peeled and cubed
- Salt and pepper
- 1 large yellow onion, chopped
- 1 yellow bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 2 medium cloves garlic, minced or grated
- 100 g chipotle chilis
- 2 cups vegetable broth
- 2 cups cooked black beans
- 4 scallions
- 1 avocado, diced

DIRECTIONS

Heat the olive oil over medium heat in a large soup pot. Season butternut squash with salt and pepper and cook in olive oil, stirring occasionally, until lightly browned. Add the onion and peppers, cooking until softened. Add the cumin, oregano, and garlic and cook until aromatic. Add the chipotle peppers, stock, and beans and cook until the squash is tender. Mash the beans gently with a wooden spoon against the side of the pot to thicken, then season with salt and pepper.



POWER PROTEIN BREAKFAST BOWL

INGREDIENTS

- ⅔ 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, flavour of your choice

DIRECTIONS

Mix all ingredients in bowl and serve immediately!

MEDITERRANEAN QUINOA SALAD

INGREDIENTS

- ¾ cup quinoa
- 1¾ cups water
- 1 small cucumber cut in half, sliced or ½ cup diced celery from inner hearts
- ¼ cup kalamata olives
- 1 ripe avocado, diced
- 1 tbsp slivered fresh mint leaves
- 3 tbsp chopped fresh parsley
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- ¼ tsp dried mustard
- 1 small clove garlic, chopped fine
- 2 tbsp extra virgin olive oil
- Sea salt to taste
- Freshly ground pepper
- 170 g of organic mixed greens
- Grilled chicken or salmon



DIRECTIONS

Place quinoa in a strainer and rinse with cold water if from a bin, boxed quinoa typically does not need to be rinsed. Place in saucepan with water and a small amount of sea salt. Bring to a boil, cover and simmer for 15 minutes or until grains show a thread-like spiral and water is absorbed. Remove from heat, remove the lid, and place a dish towel over the pan. Return the lid to the pan and let sit for 10 minutes or longer, undisturbed. Transfer to a salad bowl and fluff with fork. Allow to cool. Add cucumbers, olives, avocado, mint, and parsley to the bowl. Whisk together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Just before serving, toss greens with 3 tablespoons dressing. Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix. Also good topped with grilled chicken or salmon.



SPINACH & MUSHROOM 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

DIRECTIONS

Sauté veggies in olive oil or coconut oil. Add two beaten eggs, nutritional yeast, no-salt seasoning or salt, and pepper. Scramble and top with avocado slices and fresh pico de gallo.



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

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.



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

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 350°F 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 ¼ of mixture into each shell. Sprinkle with nuts and nutritional yeast. Return to oven and bake, uncovered, for 10 minutes.

CLEAN EATING COCONUT CHICKEN WITH ALMONDS

INGREDIENTS

- ½ cup almonds, chopped
- 1 (425 g) can light coconut milk
- 4 cups raw spinach leaves, tightly packed when measuring
- 3 chicken breasts (about 200 g each), chopped into bite-sized pieces
- ½ tsp finely grated fresh ginger (grate on a micro plane for best results)
- ½ tsp cinnamon

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.





WEEK #2



SUNDAY 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 (225 g) sliced cremini mushrooms
- ½ cup fresh chives, finely chopped
- ½ cup fresh basil leaves, finely chopped
- ⅓ cup oil-packed sun-dried tomatoes, finely chopped
- 1 cup spinach
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- ¼-1 tsp fine grain sea salt black pepper, to taste red pepper flakes, to taste

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 350°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 350° for 30-40 min until top is browned and bubbling.



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

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.



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

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.



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

DIRECTIONS

Preheat oven to 450°F. 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, large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with sea salt and pepper. If using one baking dish, 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 in between the chicken and vegetables. If using two pans, use one for the chicken and one for the vegetables. Bake for about 25–30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.



BUDDHA BOWLS

INGREDIENTS

Kale
450 g 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

DIRECTIONS

Line plates with kale, top with chicken, one scoop sweet potatoes, one scoop brown rice, and corn. Top with cilantro, avocado, almond butter, liquid aminos, and then add red pepper flakes, olive oil, sesame oil, fresh lime juice to taste.



TURKEY & VEGGIE MEATLOAF MINIS

INGREDIENTS

½ cup grated onion
680 g 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
¾ cup plus 3 tbsp of a 170 g can organic tomato paste

DIRECTIONS

Add all the ingredients, except for the turkey, and ¾ 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 350°F for 30 minutes. Let stand for five minutes before serving.



TURKEY BURGERS WITH SAUTÉED MUSHROOMS & SPINACH

INGREDIENTS

- 226 g extra lean ground organic turkey burger
- 1½ tsp no-salt seasoning
- Dash salt and pepper
- 1 tomato, sliced
- 3 cups fresh spinach
- 1½ cups fresh, raw mushroom slices
- 1 tsp minced garlic
- 1 tbsp olive oil

DIRECTIONS

Shape the meat into two round, flat patties and season as well. Set aside. Grab a sauté pan and a medium-sized saucepan. Drizzle some olive oil in the sauté pan and cook the burgers for 3–4 minutes on each side until they are cooked through. Simultaneously, drizzle olive oil in the medium-sized saucepan and heat over medium heat. Toss in minced garlic, spinach and mushrooms. Add a dash of salt and pepper and cook, stirring occasionally for 3–5 minutes until spinach is wilted and mushrooms are tender. Turn off heat under both pans. Top each turkey burger with several tomato slices and a heaping spoonful of the sautéed spinach and mushrooms.



WEEK 3



SEARED SALMON SALAD

INGREDIENTS

- Two salmon filets (grilled or pan seared)
- Chopped romaine lettuce
- Peeled carrots
- Snow peas
- Radishes
- 1 avocado

DRESSING

- ¼ cup olive oil
- Juice from ½ lemon
- Salt and pepper to taste
- 1 tbsp Brown's Organic Apple Cider Vinegar Mustard

DIRECTIONS

Arrange on platter or in bowls and drizzle with dressing.



POWER PROTEIN BREAKFAST BOWL

INGREDIENTS

- ¾ cup cooked quinoa or cooked brown rice
- ½ green apple
- 1 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon to taste
- Nutmeg to taste
- Almond milk, unsweetened
- ¼-1 scoop FeelFit Pea Protein Shake, flavour of your choice

DIRECTIONS

Mix all ingredients in bowl and serve immediately.





PUMPKIN QUINOA STEW

INGREDIENTS

- Olive oil
- Onion
- Garlic
- Fresh sage
- Cumin
- 1 can fresh diced tomatoes
- 2 cups cooked pumpkin or squash
- 3 cups veggie stock
- 1 cup cooked quinoa
- 2 cups black beans

DIRECTIONS

Heat oven to 400°F. Cut pumpkin in half, rub with olive oil and place on roasting pan cut side down and pierce with a fork. Cook for 40 minutes or until a fork easily pokes through the pumpkin. Sauté the onion, garlic, and sage in olive oil. Add spices, tomatoes, pumpkin, and stock. Bring to a boil. Add the quinoa and black beans to the pot, reduce heat and simmer uncovered for 1 minute.

SLOW COOKER CURRIED VEGETABLE AND CHICKPEA STEW

INGREDIENTS

- 1 tsp olive oil
- 1 large onion, diced
- 1 tbsp kosher salt, divided
- 2 medium sweet potatoes
- 1 tbsp curry powder
- 1 tbsp coconut aminos
- 1 tbsp grated fresh ginger
- 3 cloves garlic, minced
- ½ tsp cayenne pepper
- 2 cups low-sodium vegetable broth, divided
- 2 cans chickpeas, drained and rinsed
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 1 medium head cauliflower, cut into bite-sized florets
- 1 can diced tomatoes with their juices
- ¼ tsp freshly ground black pepper
- 1 (285 g) bag baby spinach
- 1 cup coconut milk

DIRECTIONS

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent. Add the potatoes or squash and 1 teaspoon of the salt, and sauté until just translucent around the edges. Stir in the curry, coconut amino, ginger, garlic, and cayenne and cook until fragrant. Pour in ¼ cup of the broth and scrape up any browned bits from the bottom of the pan. Transfer this onion potato mixture into the bowl of a 6-quart slow cooker. Add the remaining 1¾ cups broth, chickpeas, bell peppers, cauliflower, tomatoes with their juices, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as needed. Cover and cook for on the HIGH setting for 4 hours. Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over brown rice or quinoa. TIP: Halve this recipe for a smaller slow cooker.

LEMON CHICKEN WITH SWEET POTATOES AND BROCCOLI

INGREDIENTS

2-3 chicken breasts
Olive oil
Lemon juice
Turmeric
Salt
Pepper
Cayenne pepper
Rosemary
Thyme
Steamed broccoli
2 large sweet potatoes
2 tsp fresh thyme leaves, plus extra for serving
¼ tsp kosher salt
¼ tsp fresh ground black pepper
3 tbsp olive oil

DIRECTIONS

Marinate chicken in olive oil, lemon juice, turmeric, sea salt, black and cayenne pepper, fresh rosemary and thyme. Bake or grill the chicken breasts. Arrange a rack in the middle of the oven and heat to 375°F. Wash the sweet potatoes and cut the sweet potato into rough ¼-inch slices, leaving 1/8 inch intact at the bottom. Place in a roasting pan. Carefully tuck the thyme leaves in between the fans of the sweet potatoes. Sprinkle with salt and pepper, then drizzle the olive oil on top, using a brush to spread evenly and into the fans as well. Roast in the oven until the sweet potatoes are soft in the middle and easily pierced with a paring knife, 45-55 minutes depending on the size of your sweet potatoes. Serve immediately while hot.



BUTTERNUT SQUASH & KALE SOUP

INGREDIENTS

8 cups butternut squash, peeled and cubed
2 tbsp olive oil
Salt
Pepper
2 tbsp coconut oil
1 onion, diced
3 garlic cloves, diced
4 cups vegetable broth
1 tbsp cinnamon
1 tbsp smoked paprika
¼ cup unsweetened almond milk
1 bunch kale

DIRECTIONS

Heat oven to 400°F. Combine olive oil, squash, and sprinkle with salt and pepper. Place on a roasting pan and roast for about 40 minutes or until a fork easily pokes through the squash. Add coconut oil and onion to large pot. Sauté until onion is translucent, about 5 minutes. Add garlic and sauté another 2-3 minutes. Add squash, broth, cinnamon and paprika to pot. Bring to a boil, then simmer another 10-15 minutes. Add almond milk, then blend until smooth. Add kale and re-blend or stir. Add salt and pepper to taste, then serve warm.



VEGGIE EGG SCRAMBLE

INGREDIENTS

- 6–8 eggs
- 2 sweet potatoes, peeled, diced, roasted
- 2 medium zucchinis, sliced
- 2 handfuls spinach
- 1 red bell pepper, diced
- 10 cherry tomatoes, halved
- 3 garlic cloves, minced
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp paprika
- 3 tbsp olive oil
- Fresh parsley (for garnish)
- ½ avocado
- Salsa
- Sea salt and freshly ground black pepper

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.



WEEK 4



BURRITO BOWLS WITH AVOCADO-LIME SAUCE

INGREDIENTS

- 1 cup dry brown rice
- 1 tbsp coconut oil
- Salsa
- Sliced green onion, for garnish
- Sliced cherry tomatoes, for garnish
- Spicy Black Beans
- 2 tbsp coconut oil or olive oil
- 1 cup diced sweet onion
- 4 medium garlic cloves, minced
- ¼–1 cup chopped fresh tomatoes
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- Salt
- 2½ tbsp tomato paste
- 1 can black beans, drained and rinsed
- ½ cup unpacked cilantro, large stems removed and finely chopped

AVOCADO-LIME SAUCE

- 1 large garlic clove
- 1 large avocado, pitted
- 3 tbsp fresh lime juice
- 1 tbsp water
- ¼ tsp fine sea salt, or to taste

DIRECTIONS

Add the rice and 1 tablespoon of oil into a medium pot along with 2 cups of water. Increase heat to medium-high and bring to a simmer. Immediately reduce the heat to low-medium and cover with a lid. Cook the rice until it's tender and the water is absorbed.

Spicy Black Beans: In a large wok or skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 5–6 minutes, until softened. Stir in the chopped tomatoes, chili powder, garlic powder, dried oregano, cayenne, and ½ teaspoon of salt. Continue sautéing for another 3–5 minutes until the tomato softens. Stir in the tomato paste and drained and rinsed black beans. Cook for a few more minutes until heated throughout. Taste and add more salt if desired. Stir in the cilantro.

Avocado-Lime Sauce: Mince the garlic clove in a food processor. Add the avocado, lime juice, water, and salt. Process until smooth. Taste and adjust lime juice if desired. Divide the rice between 2–3 bowls. Top each with a couple scoops of the hot black bean mixture, and a large spoonful of both the salsa and the avocado-lime sauce. Garnish with sliced green onion and optional sliced cherry tomatoes. Serve over a bed of greens.



MASON JAR TACO SALAD

INGREDIENTS

- 1 tbsp olive oil
- 230 g chicken breast cut into bite-sized pieces
- 2 cup large carrots, sliced
- 1 large red bell pepper, sliced
- ½ cup large onion, roughly chopped
- 2 tsp garlic minced
- 2 tsp cumin seed
- Salt
- 1 large avocado
- 1 large lime, juiced
- 1 cup salsa
- 2 cups Roma tomatoes, chopped
- ½ cup cucumber, chopped
- ½ cup cilantro, roughly chopped
- Fresh spinach
- 2 quart wide-mouth sized mason jars

DIRECTIONS

Heat ½ tbsp of olive oil in a large skillet over medium heat. Cook the chicken breast until golden brown, and no longer pink on the inside. Set aside in a small bowl. Add the remaining ½ tbsp of olive oil into the pan and turn to medium/high heat. Cook the carrots until they begin to just soften. Turn the heat down to medium and add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred. While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2 minutes. Transfer them to a cutting board and crush. Add the crushed seeds into the pan with the veggies and season with salt. Mix well and turn off the heat. Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. Place ½ cup of salsa in the bottom of each jar, spreading evenly. Divide the avocado-lime mixture on top, gently spreading out. Then, divide the cumin roasted veggies, followed by the chicken. You may need to lightly pack everything in to get it all to fit. After the chicken, place the chopped tomatoes, and then the cucumbers. Finish off by dividing the cilantro and then as much spinach as you can fit. Seal and refrigerate.



CHICKEN HERB SOUP

INGREDIENTS

- 230 g diced chicken breast
- 2 tbsp olive oil or coconut oil
- 2 garlic cloves
- 3 celery stalks, sliced
- ½ diced onion
- 1 carrot, peeled and diced
- 1 cup water
- 5 cups bone broth
- 1 tsp onion powder
- ½ tsp dried marjoram
- ½ tbsp dried sage
- 1½ cups shredded green cabbage
- Salt and pepper to taste
- 2 tbsp chopped fresh parsley

DIRECTIONS

In a large pot, heat oil over med-high heat. Add garlic, celery, onion, and carrots and sauté for 2–3 minutes. Stirring frequently.

Add chicken and cook for 4 more minutes. Stir in water, broth, onion powder, marjoram, and sage. Bring to a boil, then reduce heat to simmer for 15–20 min. Add cabbage and simmer for another 5 minutes. Season with salt and pepper.

HIPPIE BOWLS WITH SECRET SAUCE

INGREDIENTS

- 1 cup dry quinoa
- 1 small sweet potato, scrubbed clean and cut into ½-inch chunks
- 1 small head of broccoli, cut into small florets
- 1 cup cooked chickpeas (if canned rinsed and drained)
- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- ¼ cup almonds, roughly chopped
- 1 small avocado, diced

SAUCE

- ¼ cup tahini
- ¼ cup water
- 1 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- Pinch of cayenne pepper
- 3 tbsps nutritional yeast
- Salt to taste

DIRECTIONS

Preheat the oven to 425°F. In a large bowl combine the sweet potato, broccoli and chickpeas. Toss with a little olive oil, salt and pepper. Place on a prepared baking sheet and roast in the oven until lightly browned on all sides. Toss veggies halfway through cooking time. While veggies roast, cook the quinoa. Prepare the “hippie sauce” by combining all ingredients and processing until smooth with an immersion blender or regular blender. Once veggies are done roasting toss them with the cooked quinoa. Add the shredded cabbage, carrots, avocado, and almonds. Drizzle with creamy sauce and serve warm.



SALMON & CAULIFLOWER RICE BOWLS

INGREDIENTS

- 1 salmon filet
- 10–12 brussels sprouts, chopped in half
- 1 bunch kale, washed and shredded
- ½ head cauliflower, pulsed or chopped into cauliflower rice
- 3 tbsp olive or coconut oil
- 1 tsp curry powder
- Salt

MARINADE

- ¼ cup tamari sauce
- 1 tsp Dijon mustard
- 1 tsp sesame oil
- 1 tbsp sesame seeds

DIRECTIONS

Preheat oven to 350°F. Line a baking tray and add chopped brussels sprouts. Coat with 1 tablespoon oil and season with salt. Add to oven and roast for 20 minutes. Meanwhile, make marinade by combining all ingredients in a bowl and whisking until combined. Remove brussels sprouts after 20 minutes and add salmon filet to the baking tray. Spoon marinade over salmon filet and return to oven for a further 13–15 minutes. While salmon is cooking, heat a pan over medium-high heat and add 1 tablespoon oil. Add kale and sauté until wilted. Remove from pan and set aside. Heat remaining oil in pan and add cauliflower rice. Season with 1 teaspoon curry powder and salt and sauté until cooked. Remove salmon and brussels sprouts from oven and divide into two bowls. Add sautéed kale and cauliflower rice to bowls.



PROTEIN BOOSTED BLUEBERRY PECAN QUINOA BREAKFAST BOWL

INGREDIENTS

- ¼ cup cooked quinoa
- ¼ cup coconut milk
- 2 scoops FeelFit Pea Protein Shake
- Sprinkle of cinnamon
- 2–3 tbsp pecan pieces
- 2–3 tbsp shredded coconut
- ½ cup blueberries

DIRECTIONS

Mix ingredients together in a bowl and enjoy!



CLASSIC VEGAN CAESAR

WITH AVOCADO & 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

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.

