

# A Little Nutrition

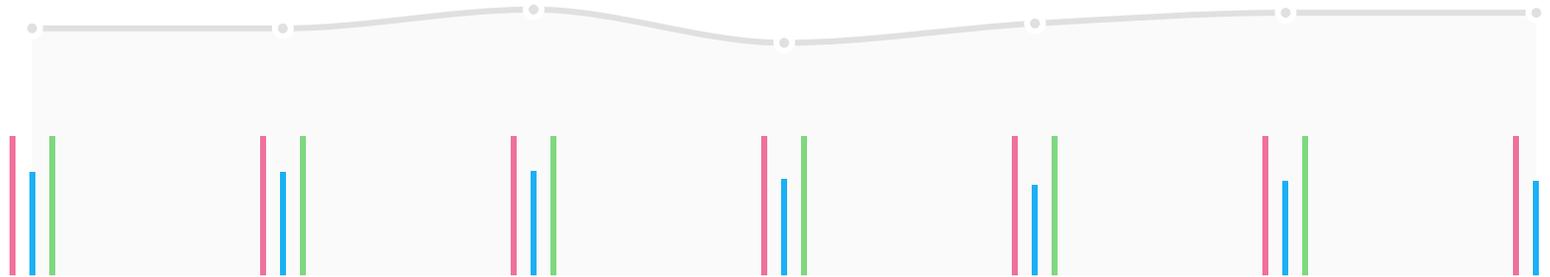
*Using Real Food To Manage Weight & Wellness*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	<p>One Pan Baco...</p>	<p>One Pan Baco...</p>	<p>One Pan Baco...</p>	<p>One Pan Baco...</p>	<p>Savoury Pesto...</p>	<p>Savoury Pesto...</p>	<p>Savoury Pesto...</p>
Snack 1	<p>Peanut Butter...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>
Lunch	<p>Cajun Chicken...</p>	<p>Cajun Chicken...</p>	<p>Baked Salmon...</p>	<p>One Pan Roas...</p>	<p>Turkey Pineap...</p>	<p>Chicken &amp; Bro...</p>	<p>Ginger Beef St...</p>
Snack 2	<p>Peanut Butter...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>	<p>Peanut Butter ...</p>	<p>Chocolate Alm...</p>	<p>Chocolate Alm...</p>	<p>Chocolate Alm...</p>
Dinner	<p>Baked Salmon...</p>	<p>Baked Salmon...</p>	<p>One Pan Roas...</p>	<p>Turkey Pineap...</p>	<p>Chicken &amp; Bro...</p>	<p>Ginger Beef St...</p>	<p>Chicken &amp; Bro...</p>

# A Little Nutrition

Using Real Food To Manage Weight & Wellness

● Calories ● Fat ● Carbs ● Protein



Mon

Tue

Wed

Thu

Fri

Sat

Sun

2225  
Calories

2225  
Calories

2395  
Calories

2095  
Calories

2269  
Calories

2366  
Calories

2366  
Calories

**Fat** 103g

**Carbs** 222g

Fiber 40g

Sugar 46g

**Protein** 113g

Cholesterol 516mg

Sodium 1817mg

Vitamin A 25399IU

Vitamin C 329mg

Calcium 812mg

Iron 18mg

**Fat** 103g

**Carbs** 222g

Fiber 40g

Sugar 46g

**Protein** 113g

Cholesterol 516mg

Sodium 1817mg

Vitamin A 25399IU

Vitamin C 329mg

Calcium 812mg

Iron 18mg

**Fat** 115g

**Carbs** 225g

Fiber 41g

Sugar 51g

**Protein** 133g

Cholesterol 593mg

Sodium 1462mg

Vitamin A 13351IU

Vitamin C 432mg

Calcium 793mg

Iron 17mg

**Fat** 95g

**Carbs** 208g

Fiber 34g

Sugar 61g

**Protein** 122g

Cholesterol 612mg

Sodium 1116mg

Vitamin A 15270IU

Vitamin C 300mg

Calcium 660mg

Iron 14mg

**Fat** 122g

**Carbs** 195g

Fiber 46g

Sugar 54g

**Protein** 120g

Cholesterol 417mg

Sodium 1752mg

Vitamin A 20534IU

Vitamin C 189mg

Calcium 811mg

Iron 17mg

**Fat** 121g

**Carbs** 203g

Fiber 47g

Sugar 64g

**Protein** 134g

Cholesterol 438mg

Sodium 2543mg

Vitamin A 17485IU

Vitamin C 193mg

Calcium 601mg

Iron 20mg

**Fat** 121g

**Carbs** 203g

Fiber 47g

Sugar 64g

**Protein** 134g

Cholesterol 438mg

Sodium 2543mg

Vitamin A 17485IU

Vitamin C 193mg

Calcium 601mg

Iron 20mg

# A Little Nutriti<sup>o</sup>n

*Using Real Food To Manage Weight & Wellness*

## High Energy Diet

### Fruits

- 2 3/4 Avocado
- 8 Banana
- 2 Lemon
- 3/4 Lime
- 1/2 cup Pineapple
- 1 1/2 cups Strawberries

### Vegetables

- 1/2 cup Baby Spinach
- 3/4 cup Basil Leaves
- 9 cups Broccoli
- 3 cups Broccoli Slaw
- 4 cups Brussels Sprouts
- 1/2 Carrot
- 1 1/2 stalks Celery
- 3 tbsps Cilantro
- 3 1/4 Garlic
- 1 3/4 tbsps Ginger
- 2 1/4 stalks Green Onion
- 7 cups Kale Leaves
- 1 1/2 cups Mushrooms
- 3/4 Red Bell Pepper
- 1 1/2 cups Snap Peas
- 2 Sweet Potato
- 1/4 Yellow Onion
- 4 Yellow Potato
- 1/2 Zucchini

### Bread, Fish, Meat & Cheese

- 8 ozs Beef Tenderloin
- 25 ozs Chicken Breast
- 1/2 lb Extra Lean Ground Chicken
- 1/2 lb Extra Lean Ground Turkey
- 4 slices Organic Bacon
- 15 ozs Salmon Fillet

### Breakfast

- 1 1/2 cups All Natural Peanut Butter
- 1/4 cup Almond Butter
- 1/2 cup Maple Syrup

### Boxed & Canned

- 4 1/2 cups Organic Vegetable Broth
- 1 cup Quinoa

### Condiments & Oils

- 2 tbsps Avocado Oil
- 1 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Tahini
- 3 1/4 tbsps Tamari

### Seeds, Nuts &

### Baking &

### Cold

## Spices

- 1 tbsp Cajun Spice
- 1/8 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1 1/2 tsps Curry Powder
- 3 tbsps Raw Peanuts
- Sea Salt & Black Pepper
- 3 tbsps Sunflower Seeds

3 2/3 tbsps Cocoa Powder

4 1/4 cups Oats

11 Egg

3 cups Unsweetened Almond Milk

## Frozen

6 Brown Rice Tortillas

## Other

2 1/2 cups Water

# A Little Nutritin

*Using Real Food To Manage Weight & Wellness*

# One Pan Bacon, Eggs & Brussels Sprouts

#breakfast #lunch #dinner #paleo #glutenfree #dairyfree #nutfree #anticandida #nightshade-free

🛒 6 ingredients ⌚ 1 hour 🍴 4 servings

## Directions

1. Preheat oven to 390 degrees F and brush a sheet pan with some oil.
2. Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
3. Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
4. To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

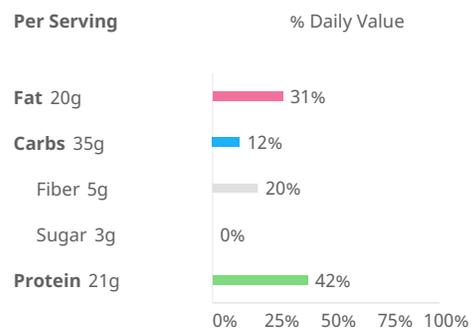
## Notes

**Vegetarian**     Omit the bacon.

## Ingredients

- 4 Yellow Potato (medium, diced)
- 4 cups Brussels Sprouts (halved)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 4 slices Organic Bacon (cut into 1 inch pieces)
- 8 Egg

## 398 Calories



# Peanut Butter & Jelly Banana Rolls

#snack #dessert #breakfast #vegetarian #vegan #eggfree #glutenfree #dairyfree #lowfodmap #nightshadefree

🛒 6 ingredients ⌚ 1 hour 🍴 6 servings

## Directions

1. Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
4. Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

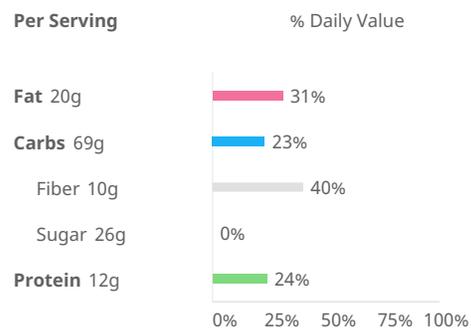
## Notes

**No Strawberries** Use any type of berry instead.

## Ingredients

- **1 1/2 cups** Strawberries (halved)
- **1 1/2 tbsps** Maple Syrup
- **1 1/2 tbsps** Chia Seeds
- **6** Brown Rice Tortillas
- **6** Banana (peeled)
- **3/4 cup** All Natural Peanut Butter

## 488 Calories



# Chicken & Broccoli Slaw with Peanut Sauce

#lunch #dinner #eggfree #glutenfree #dairyfree

 14 ingredients  35 minutes  3 servings

## Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

## Notes

**Vegan & Vegetarian** Use roasted chickpeas instead of diced chicken.

**Slow Cooker Version** Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

**Prep Ahead** The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

**Leftovers** Store in an airtight container in the fridge up to 3 days.

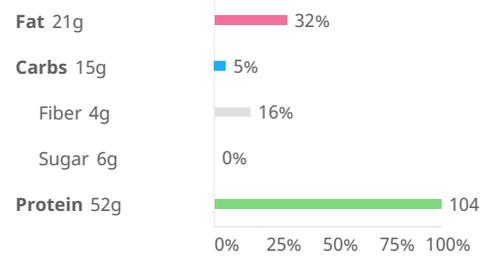
## Ingredients

- **15 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **3 tbsps** All Natural Peanut Butter
- **2 1/4 tsp** Tamari
- **3/4** Lime (juiced)
- **2 1/4 tps** Extra Virgin Olive Oil
- **2 1/4 tps** Ginger (peeled and grated)
- **3/4** Garlic (clove, minced)
- **3 tbsps** Water
- **3 cups** Broccoli Slaw
- **3/4** Red Bell Pepper (sliced)
- **2 1/4 stalks** Green Onion (chopped)
- **3 tbsps** Cilantro (chopped, optional)
- **3 tbsps** Raw Peanuts (chopped)

## 441 Calories

Per Serving

% Daily Value



# Ginger Beef Stir Fry

#dinner #lunch #paleo #nightshadefree #eggfree #glutenfree #nutfree #dairyfree

 10 ingredients  30 minutes  2 servings

## Directions

1. Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

## Notes

**Alternative Vegetables** Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

**More Carbs** Serve with brown rice or quinoa.

**Vegan & Vegetarian** Use cooked chickpeas or tofu instead of beef.

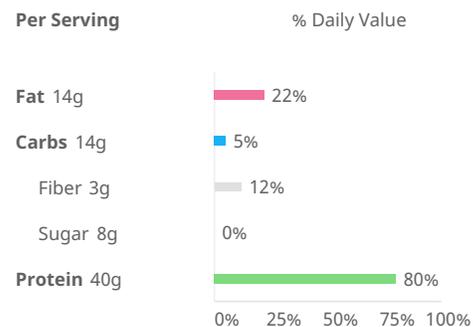
**No Beef** Use diced chicken breast instead.

**More Greens** Stir in kale or baby spinach until wilted.

## Ingredients

- **2 tbsps** Tamari
- **1** Garlic (cloves, minced)
- **1 1/2 tpsps** Ginger (peeled and grated)
- **1 1/2 tpsps** Maple Syrup
- **1 1/2 tpsps** Coconut Oil
- **8 ozs** Beef Tenderloin (sliced into strips)
- **1/4** Yellow Onion (diced)
- **1 1/2 stalks** Celery (chopped)
- **1 1/2 cups** Snap Peas
- **1 1/2 cups** Mushrooms (sliced)

## 340 Calories



# Savoury Pesto Oatmeal Bowl

#lunch #breakfast #glutenfree #anticandida #nightshadefree #dairyfree #vegetarian #nutfree

 12 ingredients  20 minutes  3 servings

## Directions

1. Hard boil the eggs then put them in a bowl of ice water to cool.
2. Make the pesto by combining the kale, basil, sunflower seeds, garlic, olive oil, lemon juice, salt and pepper in a food processor. Process until smooth, and set aside.
3. In a small saucepan, combine the oats and vegetable broth. Place on high heat and bring to a boil. Once boiling, reduce to a simmer. Stir and cook until thickened. (Note: If your broth is low sodium, add extra salt to the oats to taste.)
4. Divide the oatmeal between bowls and top with avocado and pesto.
5. Peel the eggs, slice in half and add them to the bowls. Sprinkle with chia seeds. Enjoy!

## Notes

**Vegan** Omit the egg and add some chopped tofu.

**Save Time** Hard boil eggs in advance or do fried eggs.

## Ingredients

- 3 Egg
- 3 cups Kale Leaves
- 3/4 cup Basil Leaves
- 3 tbsps Sunflower Seeds
- 1 1/2 Garlic (clove)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 1/4 cups Oats (rolled)
- 4 1/2 cups Organic Vegetable Broth
- 3/4 Avocado (sliced)
- 1 1/2 tbsps Chia Seeds

## 669 Calories

Per Serving

% Daily Value

Fat 34g

52%

Carbs 69g

23%

Fiber 17g

68%

Sugar 6g

0%

Protein 22g

44%

0% 25% 50% 75% 100%

# Peanut Butter Cup Overnight Oats

#breakfast #snack #vegetarian #vegan #eggfree #glutenfree #dairyfree #lowfodmap #nightshadefree

 7 ingredients  8 hours  3 servings

## Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## Notes

**Storage** Refrigerate up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

**Toppings** Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

**Warm it Up** Heat in microwave for 30 to 60 seconds before eating.

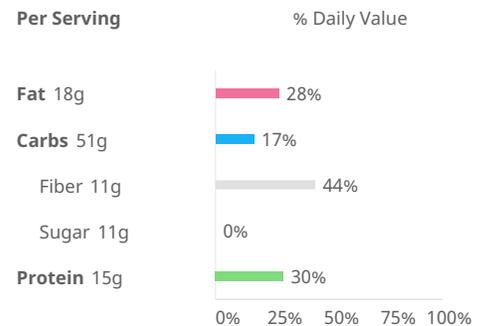
**No Maple Syrup** Use honey instead.

**More Fiber** Add ground flaxseed.

## Ingredients

- **1 1/2 cups** Oats (quick or rolled)
- **1 1/2 cups** Unsweetened Almond Milk
- **1/4 cup** All Natural Peanut Butter
- **2 tbsps** Chia Seeds
- **2 tbsps** Maple Syrup
- **1 tbsp** Cocoa Powder
- **1/2 cup** Water

## 412 Calories





# Cajun Chicken, Sweet Potatoes & Kale

#dinner #lunch #paleo #eggfree #glutenfree #nutfree #dairyfree

7 ingredients 35 minutes 2 servings

## Directions

1. Preheat the oven to 430 degrees F. Line a baking sheet with parchment paper.
2. Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
3. Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
4. Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
5. Divide cajun turkey, sweet potatoes and sauteed kale between plates. Enjoy!

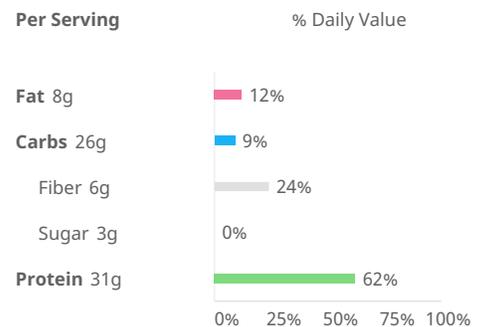
## Notes

- No Ground Chicken** Use any type of ground meat.
- Vegan & Vegetarian** Use lentils or chickpeas instead of chicken.
- Storage** Store in an airtight container in the fridge up to 3 days.

## Ingredients

- 1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Cajun Spice (divided)
- 1 1/2 tsps Coconut Oil (divided)
- 1/2 lb Extra Lean Ground Chicken
- 4 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

## 308 Calories



# One Pan Roasted Chicken, Broccoli & Sweet Potato

#dinner #lunch #paleo #glutenfree #nutfree #dairyfree

 9 ingredients  30 minutes  2 servings

## Directions

1. Preheat oven to 410 degrees F and line a large baking sheet with parchment paper.
2. Place chicken breasts on the baking sheet and season with sea salt and black pepper.
3. Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
4. Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets overtop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
5. Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
6. Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

## Notes

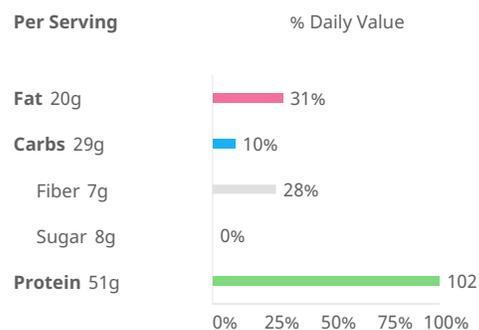
**Storage** Store in an airtight container in the fridge up to 3 days.

**Vegan & Vegetarian** Replace the chicken breast black beans.

## Ingredients

- **10 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **1** Sweet Potato (medium, diced)
- **1 tbsp** Extra Virgin Olive Oil (divided)
- **3 cups** Broccoli (chopped into small florets)
- **2 tbsps** Tahini
- **1 1/2 tsps** Maple Syrup
- **2 tbsps** Water
- **1/8 tsp** Cayenne Pepper

## 478 Calories



# Baked Salmon with Broccoli & Quinoa

#dinner #lunch #vegetarian #eggfree #glutenfree #nutfree #dairyfree #lowfodmap #anticandida #elimination #nightshade-free

 7 ingredients  20 minutes  3 servings

## Directions

1. Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## Notes

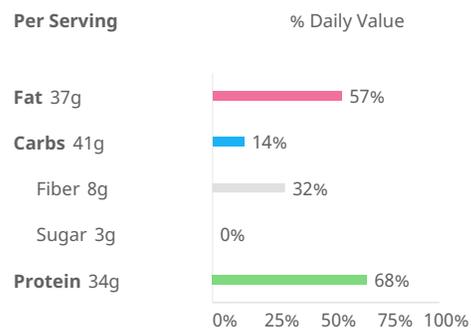
**Leftovers** Store covered in the fridge up to 2 days.

**Speed it Up** Cook the quinoa ahead of time.

## Ingredients

- **15 ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- **6 cups** Broccoli (sliced into small florets)
- **1 1/2 tbsps** Extra Virgin Olive Oil
- **3/4 cup** Quinoa (uncooked)
- **1 1/8 cups** Water
- **1/3** Lemon (sliced into wedges)

## 619 Calories



# Chocolate Almond Butter Pudding

#snack #vegan #vegetarian #paleo #glutenfree #dairyfree #dessert #eggfree #nightshade-free

 5 ingredients  5 minutes  3 servings

## Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

## Notes

**No Cocoa Powder** Use cacao powder instead.

**No Almond Butter** Use peanut butter or any type of nut butter.

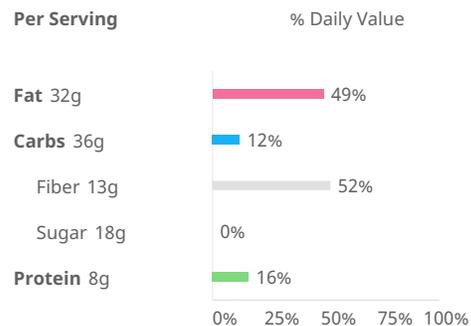
**Optional Toppings** Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

**More Fibre** Add ground flax seeds before blending.

## Ingredients

- 2 Avocado (peeled and pits removed)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 2 2/3 tbsps Cocoa Powder
- 1/4 cup Almond Butter

## 428 Calories



# Peanut Butter Banana Oat Smoothie

#breakfast #snack #vegetarian #vegan #smoothie #glutenfree #dairyfree #lowfodmap #nightshade-free

 4 ingredients  5 minutes  2 servings

## Directions

1. Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

## Notes

**No Banana** Sweeten with raw honey, maple syrup or a few soaked dates.

**No Peanut Butter** Use any nut or seed butter.

**Storage** Store in a mason jar with lid in the fridge up to 48 hours.

**More Protein** Add hemp seeds or a scoop of protein powder.

**More Fibre** Add ground flax seed.

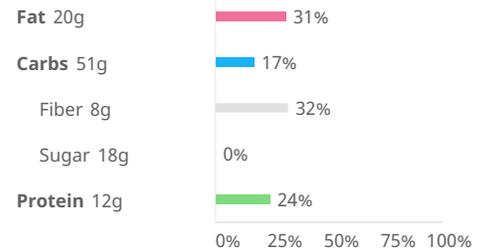
## Ingredients

- **1/2 cup** Oats (quick or traditional)
- **1/4 cup** All Natural Peanut Butter
- **2** Banana
- **1 cup** Unsweetened Almond Milk

## 407 Calories

Per Serving

% Daily Value



# Turkey Pineapple Quinoa Bowl

#dinner #lunch #eggfree #nutfree #glutenfree #dairyfree #lowfodmap

 13 ingredients  30 minutes  2 servings

## Directions

1. Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
3. When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
4. Spoon into bowls and enjoy!

## Ingredients

- **1/4 cup** Quinoa
- **1/2 cup** Water
- **1 1/2 tsps** Extra Virgin Olive Oil
- **1/2 lb** Extra Lean Ground Turkey
- **1 1/2 tsps** Curry Powder
- **1/16 tsp** Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- **1 1/2 tsps** Ginger (peeled and grated)
- **1/2 cup** Pineapple (cored and sliced into chunks)
- **1/2** Carrot (grated)
- **1/2** Zucchini (grated)
- **1 1/2 tsps** Tamari
- **1/2 cup** Baby Spinach

## 324 Calories

Per Serving

% Daily Value

