



I'm so excited you decided to grab this collection of quick and easy, energizing recipes!

This recipe booklet includes simple recipes that you can use as you work through the 5-Day Fatigue Fix. You'll find tasty options that will inspire and delight you, even if you don't fancy yourself a skilled kitchen maven.

You'll notice that this collection of recipes is scaled to feed 1 person for most recipes. For those that work well as leftovers, like soups, I've scaled them to serve more. You can always adjust the recipes up or down as you need.

Needless to say that these are tried and true recipes my clients and students love. I know you'll love them, too!

Enjoy Powering Your Plate with these!

**Be Well,**

*Paula*





## Chicken, Lettuce & Tomato Egg Wrap

**1 serving****15 minutes**

### Ingredients

1 Egg  
1/16 tsp Sea Salt  
1/4 tsp Extra Virgin Olive Oil (divided)  
1 leave Romaine (large, whole)  
1/4 Tomato (sliced)  
1 3/4 ozs Chicken Breast, Cooked  
(thinly sliced)

### Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

### Notes

**Leftovers:** Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

**Pan Size:** This recipe was tested in a 8-inch non-stick pan.

**Serving Size:** One serving is approximately one egg wrap with topping evenly divided.

**More Flavor:** Add garlic powder or dried herbs to the eggs.

**Additional Toppings:** Add cheese or avocado slices.

**No Chicken:** Use cooked turkey or additional vegetables and/or avocado instead.



## Almond Butter & Jam Chia Pudding

2 servings

30 minutes

### Ingredients

1/4 cup Chia Seeds  
1 cup Unsweetened Almond Milk  
1 cup Raspberries  
2 tbsps Almond Butter

### Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate covered for up to five days.

**Nut-Free:** Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

**More Protein:** Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

**Additional Toppings:** Add cacao nibs for crunch.





## 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

### Directions

- 1 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.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 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.
- 4 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.



## Eggs, Arugula & Smoked Salmon Plate

1 serving  
10 minutes

### Ingredients

2 Egg  
Sea Salt & Black Pepper (to taste)  
1 cup Arugula  
2 ozs Smoked Salmon (sliced)  
1/2 Avocado (sliced)

### Directions

- 1 Heat a skillet over medium heat and crack two eggs in the pan. Cook until whites are set and yolks are cooked to your liking. Season with sea salt and pepper.
- 2 Plate the eggs with the arugula, salmon, and avocado. Enjoy!

### Notes

**No Arugula:** Use another green such as baby spinach or baby kale.

**No Smoked Salmon:** Replace with roasted chickpeas or smoked trout.

**More Flavor:** Drizzle everything with lemon juice before serving.





## Scrambled Eggs with Peppers & Kale

1 serving  
15 minutes

### Ingredients

3/4 tsp Extra Virgin Olive Oil  
1/2 Red Bell Pepper (sliced)  
1 cup Kale Leaves (chopped)  
3 Egg  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs:** Serve with toast, roasted potatoes, or sweet potatoes.

**Egg-Free:** Use mashed tofu instead of eggs.





## Smoked Salmon Salad

1 serving  
15 minutes

### Ingredients

1 Egg  
1 1/2 cups Mixed Greens  
1 3/4 ozs Smoked Salmon (sliced)  
1/4 Avocado (sliced)  
1 tbsp Avocado Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

### Notes

**Extra Topping Suggestions:** Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

**No Smoked Salmon:** Replace with the protein of your choice.

**No Avocado Oil:** Use Extra Virgin Olive Oil instead.



## Eggs in a Butternut Squash Nest

1 serving  
15 minutes

### Ingredients

3/4 cup Butternut Squash (spiralized into noodles)  
1 tsp Coconut Oil  
2 Egg  
Sea Salt & Black Pepper (to taste)  
2 tbsps Microgreens (optional)

### Directions

- 1 Form the spiralized squash noodles into nests, making a small well in the center for the egg.
- 2 Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
- 3 Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
- 4 Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Garnish with microgreens (optional) and enjoy!

### Notes

**No Squash:** Use spiralized sweet potato, beets or zucchini instead.

**Save Time:** Use storebought spiralized veggies.

**Spiralizing Squash:** Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.



## Raspberry Chia Collagen Pudding

2 servings

30 minutes

### Ingredients

1/4 cup Chia Seeds  
1 cup Unsweetened Almond Milk  
1 serving Vital Proteins Collagen Peptides  
3/4 cup Raspberries (divided)  
2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Nut-Free:** Use coconut milk instead of almond milk.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Berry Beet Collagen Smoothie Bowl

1 serving  
10 minutes

### Ingredients

1/2 cup Unsweetened Almond Milk  
1/2 Beet (medium, peeled and diced)  
1 serving Vital Proteins Collagen Peptides  
1/4 Lemon ((juice only))  
1 cup Frozen Raspberries (May substitute mixed berries.)

### Directions

- 1 In your blender or food processor, combine the beet, collagen protein powder, lemon juice and almond milk. Blend for 15-30 seconds.
- 2 Next, add in the frozen berries and blend until smooth and thick.
- 3 Transfer to a bowl and add toppings. Enjoy!

### Notes

**Topping Ideas:** Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

**No Schisandra Berry Powder:** Leave it out, or use acai powder instead.



## Simple Spiced Avocado

1 serving

5 minutes

### Ingredients

1 Avocado (halved)  
1/4 tsp Paprika  
1/4 tsp Chili Powder  
1/8 tsp Sea Salt

### Directions

1

Roughly scoop out the avocado flesh. Sprinkle with paprika, chili powder and sea salt. Enjoy!

### Notes

**Leftovers:** Best enjoyed the same day. For best results, slice and serve the avocado just before enjoying.

**Additional Toppings:** Extra virgin olive oil, hemp seeds, sesame seeds, red pepper flakes or nutritional yeast.





## Pineapple with Cinnamon

1 serving

5 minutes

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### Ingredients

1 cup Pineapple (cored and sliced into rounds)

1/2 tsp Cinnamon

### Directions

- 1 Put pineapple on a plate and sprinkle with cinnamon. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days.





## Apple with Sunflower Seed Butter

1 serving  
5 minutes

### Ingredients

1 Apple (medium, cored and sliced)  
2 tbsps Sunflower Seed Butter

### Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up four days.



## Cilantro Lime Dressing

4 servings

5 minutes

### Ingredients

1/4 Avocado (sliced)  
1 tbsp Extra Virgin Olive Oil  
1/2 tsp Sea Salt  
1/2 tsp Ground Ginger  
1 tbsp Lime Juice  
2 tbsps Cilantro (finely chopped)  
1/4 cup Canned Coconut Milk

### Directions

- 1 Add all of the ingredients into a blender and blend until completely smooth.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is equal to 2 tablespoons of dressing.

**No Coconut Milk:** Use almond milk or unsweetened oat milk instead.

**Serve it With :** Raw vegetables, on salads or on burgers.



## Roasted Acorn Squash with Lime Dressing

2 servings  
40 minutes

### Ingredients

1/2 Acorn Squash (peeled, seeds removed)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
3/4 tsp Cinnamon  
3/4 tsp Turmeric  
1/2 tsp Sea Salt (divided)  
1/4 Avocado (sliced)  
1/2 tsp Ground Ginger  
1 tbsp Lime Juice  
2 tbsps Cilantro (finely chopped)  
1/4 cup Canned Coconut Milk (full fat)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Slice the acorn squash into 1/4-inch slices and toss in a bowl with half of the olive oil.
- 3 Add in the cinnamon, turmeric and half of the sea salt. Toss together until evenly combined.
- 4 Add the spiced acorn squash slices to the baking sheet and bake for 30 minutes.
- 5 While the squash cooks, prepare the dressing by adding the remaining olive oil, remaining sea salt, avocado, ginger, lime juice, cilantro and coconut milk to a blender. Blend together until smooth.
- 6 Remove the squash from the oven to let cool. Top with the lime dressing, and additional cilantro. Enjoy!

### Notes

**Leftovers:** For best results, store the squash and dressing separately. Refrigerate the squash in an airtight container for up to two days. Refrigerate the dressing in an airtight container for up to five days.

**No Coconut Milk :** Use almond milk instead.





## Olive & Tahini Plate

1 serving

5 minutes

### Ingredients

2 tbsps Tahini  
2 tbsps Water  
1/8 tsp Sea Salt  
1/2 Tomato (cut into wedges)  
1/4 Cucumber (sliced)  
1/3 cup Black Olives

### 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.



## Tahini Honey Chicken Salad

**1 serving****25 minutes**

### Ingredients

1 1/2 tsps Tahini  
3/4 tsp Raw Honey (divided)  
4 ozs Chicken Thighs (boneless, skinless)  
3/4 tsp Extra Virgin Olive Oil  
1/16 tsp Sea Salt  
1 1/2 tsps Sesame Oil  
1 1/2 tsps Coconut Aminos  
1/4 tsp Lime Juice  
1 cup Green Cabbage (chopped)  
1/4 Red Bell Pepper (thinly sliced)  
1 tbsp Cilantro (optional, chopped)

### Directions

- 1 Mix the tahini with half of the honey in a small bowl.
- 2 Rub the chicken thighs with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through. Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
- 3 Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
- 4 Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken and cilantro, if using. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** For best results, refrigerate the salad, chicken and dressing in separate containers. Refrigerate for up to three days.

**Additional Toppings:** Sesame seeds, slivered onions, peanuts, cashews, sunflower seeds, hemp seeds and/or pumpkin seeds.

**No Coconut Aminos:** Use tamari or soy sauce instead.





## Meal Prep Mixed Greens Salad

1 serving  
10 minutes

### Ingredients

- 1 cup Mixed Greens
- 1/8 Cucumber (large, sliced)
- 1/4 Carrot (shredded)
- 1/8 Yellow Bell Pepper (sliced)
- 1/8 Red Bell Pepper (sliced)

### Directions

1

Mix all ingredients in a large bowl. Divide between containers or store in a zipper-lock bag for the week. Serve with your choice of dressing.

### Notes

**Leftovers:** Refrigerate in a large airtight container or bag until ready to serve for up to seven days. Add as a side, or combine with any leftover protein to make it a meal.

**Serving Size:** One serving equals approximately 2 1/2 cups of salad.

**More Flavor:** Drizzle with olive oil, balsamic vinegar or any choice of dressing.

**Additional Toppings:** Avocado, tomato, olives, capers and/or cheese.





## Blueberry Kale Salad

1 serving  
20 minutes

### Ingredients

1 2/3 cups Kale Leaves (chopped)  
1/8 Cucumber (chopped)  
2/3 stalk Celery (chopped)  
1/3 cup Blueberries  
1/3 Beet (peeled and spiralized)  
1 1/3 tbsps Pumpkin Seeds  
1 1/3 tbsps Extra Virgin Olive Oil  
1/2 Lemon (medium, juiced)  
1/8 tsp Dijon Mustard  
1/8 tsp Sea Salt  
1/16 tsp Black Pepper

### Directions

- 1 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 2 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 3 Before serving, pour dressing over the salad and toss well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 4 days.

**More Protein:** Add a salmon fillet, grilled chicken breast, or lentils.

**More Carbs:** Add cooked quinoa.



## Summer Buddha Bowl

1 serving  
20 minutes

### Ingredients

2 1/4 tsp Tahini  
2 1/4 tsp Lemon Juice  
1 1/2 tsp Extra Virgin Olive Oil  
1/4 tsp Maple Syrup  
1 1/2 tbsps Water  
1/16 tsp Sea Salt  
1 1/2 cups Arugula  
1/2 Carrot (large, shredded)  
1/4 cup Strawberries (halved)  
1/2 Avocado  
1/4 cup Chickpeas (roasted)

### Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water, and sea salt to a jar. Cover with lid and shake well until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

**No Arugula:** Use another green such as baby spinach or kale.

**More Fiber:** Add brown rice or quinoa to increase the fiber.



## Mediterranean Buddha Bowl

1 serving  
10 minutes

### Ingredients

1/4 cup Quinoa (dry, uncooked)  
1/4 head Romaine Hearts (chopped)  
1/4 cup Chickpeas (cooked, from the can)  
1/4 Cucumber (chopped)  
1/4 Red Bell Pepper (chopped)  
2 tbsps Red Onion (finely chopped)  
2 tbsps Hummus  
2 tbsps Pitted Kalamata Olives  
1 tbsp Extra Virgin Olive Oil  
2 1/4 tsps Apple Cider Vinegar  
1/8 tsp Italian Seasoning  
1/16 tsp Sea Salt

### 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 bell pepper, 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.





## Chicken Pot Pie Soup

4 servings  
 30 minutes

### Ingredients

3 1/2 cups Organic Chicken Broth (or vegetable broth)  
 1 cup Organic Coconut Milk (or use coconut milk)  
 2 2/3 tbsps Butter  
 2 Carrots (slices)  
 3 stalks Celery (sliced)  
 1 Sweet Potato (medium, diced)  
 1 Yellow Onion (diced)  
 1 lb Chicken Breast (shredded)  
 1 tsp Dried Thyme  
 1 tsp Dried Sage (ground)  
 Top With Parsley (optional)  
 Salt And Pepper  
 1 Bay Leaf

### Directions

- 1 Melt the butter over medium heat in a big pot.
- 2 Add the onions, carrots, potato and celery.
- 3 Let cook until onions are soft.
- 4 Add the broth and cover the pot, letting it simmer for about twenty minutes, or until the carrots have softened.
- 5 Add the chicken and herbs and bay leaf.
- 6 Let them heat through.
- 7 Add the coconut milk last.

### Notes

**Will this recipe work with chicken?:** This recipe works great with chicken or turkey! You can easily use leftover chicken or turkey for this or use ground chicken or turkey for a quick meal.



## Classic Sugar-Free Virgin Sangria

1 serving

2 minutes

### Ingredients

1/16 tsp Stevia Extract  
1/4 Lemon (juiced, plus slices for garnish)  
1/4 cup Frozen Berries  
2 Ice Cubes  
2 fl ozs Unsweetened Cranberry Juice  
3 fl ozs Soda Water

### Directions

1

Add all of the ingredients into a glass and stir to combine. Garnish with lemon slices, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate leftovers in a pitcher for up to two days. To ensure a fizzy drink, add more soda water just before serving.

**Serving Size:** One serving is roughly 9 fl oz or 266 mL.

**More Flavor:** Add orange juice.

**Additional Toppings:** Add any in-season fruit.

**No Cranberry Juice:** Use any juice of choice.



## Lemon Ginger Tea

1 serving  
10 minutes

### Ingredients

1 1/4 cups Water  
1 1/2 tbsps Ginger (peeled, sliced)  
1/4 Lemon

### Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

**Serving Size:** One serving equals approximately 2 cups.

**More Flavor:** Add mint leaves, honey or your sweetener of choice.

**Enjoy it Cold:** Add ice cubes.





## Classic Virgin Mojito

1 serving  
10 minutes

### Ingredients

1 1/2 tsps Maple Syrup  
2 tbsps Mint Leaves  
3 3/4 Ice Cubes  
1 1/2 tsps Lime Juice  
10 fl ozs Soda Water

### Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

### Notes

**Leftovers:** Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

**More Flavor:** Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.



## Ginger Lemon Juice

**1 serving****5 minutes**

### Ingredients

2 1/4 tps Ginger (peeled, chopped)  
1/2 Lemon (peeled, seeds removed)  
1/2 Navel Orange (peeled, seeds removed)

### Directions

- 1 Combine all ingredients in a high-speed blender. Blend until very smooth.
- 2 Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

### Notes

**Leftovers:** Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

**Serving Size:** One serving is approximately 1/3 cup.

**More Flavor:** Add turmeric root or powder.

**Make it Thinner:** Add water as needed to thin the juice or to make more.



## Ginger Lemonade

**1 serving****5 minutes**

### Ingredients

3/4 Lemons (juiced)  
1 1/2 tsps Ginger (peeled and finely  
grated)  
1/16 tsp Stevia Powder (to taste)  
1 pint Water

### Directions

- 1 Peel then grate the ginger root over a bowl.  
:
- 2 Squeeze ginger mash with fingers to extract juice and discard mash.  
:
- 3 Bring water to a boil on the stove-top.  
:
- 4 Remove from heat and add ginger and juice of 3 lemons.  
:
- 5 Add Stevia and stir well.  
:
- 6 Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

### Notes

**Garnish:** Serve with lemon slices and fresh ginger.

**Cut the Sweetness:** Add a pinch of sea salt.

**Add Berries for a Twist:** Add a few berries to this when chilled for a twist on a hot afternoon.





## Green Tea Collagen Latte

1 serving  
10 minutes

### Ingredients

1 1/4 cups Unsweetened Almond Milk  
1/3 oz Collagen Powder  
1 tsp Green Tea Powder (Matcha)  
1 tsp Maple Syrup  
1 tsp Coconut Oil

### Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

### Notes

**Nut-Free:** Use a nut-free milk instead, like coconut or oat.

**More Flavor:** Adjust the maple syrup according to preference.

**Additional Toppings:** Sprinkle with additional green tea powder to serve.

**Make it Vegan:** Omit the collagen powder.



## Tropical Ginger-Berry Smoothie

1 serving  
10 minutes

### Ingredients

3/4 cup Pineapple (diced)  
1 tbsp Ground Flax Seed  
1 1/2 tsps Ginger (peeled and grated)  
2 cups Baby Spinach  
1/2 cup Water  
4 Ice Cubes  
1/4 cup Blueberries  
1/2 serving Vital Protein Collagen  
Peptides

### Directions

- 1 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 2 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 3 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!



## Beef & Broccoli

2 servings

15 minutes

### Ingredients

2 2/3 fl ozs Bone Broth  
2 tbsps Coconut Aminos  
2 Garlic (cloves, minced)  
1 tsp Ginger (fresh, minced)  
1 tbsp Arrowroot Powder  
1/2 tsp Avocado Oil  
10 ozs Flank Steak (sliced against the grain)  
3 cups Broccoli (florets, chopped)

### Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add toasted sesame oil once finished cooking.

**Additional Toppings:** Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

**No Coconut Aminos:** Use tamari instead.

**No Arrowroot Powder:** Use cornstarch or tapioca flour instead.

**No Bone Broth:** Use chicken, beef or vegetable broth instead.





## Quinoa

2 servings

15 minutes

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### Ingredients

1/2 cup Quinoa (uncooked)

3/4 cup Water

### Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



## Citrus Spiced Turkey Bowls

2 servings

30 minutes

### Ingredients

2 cups Green Beans (trimmed)  
1/2 Navel Orange  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Sesame Oil  
8 ozs Extra Lean Ground Turkey  
1 1/2 tsps Ginger (peeled and grated)  
2 tbsps Orange Juice  
1/2 Red Hot Chili Pepper (minced)  
1 Garlic (cloves, minced)  
2 tbsps Coconut Aminos (or tamari)  
2 stalks Green Onion (sliced)

### Directions

- 1 Preheat your oven to 375°F (191°C).
- 2 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 4 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days.

**Vegetarian:** Use scrambled eggs instead of turkey.



## Five Spice Chicken & Veggies

2 servings  
25 minutes

### Ingredients

12 ozs Chicken Breast (boneless, skinless)  
1 tsp Chinese Five Spice  
1 tsp Avocado Oil  
1/4 cup Shallot (finely chopped)  
2 Garlic (clove, minced)  
1 tsp Orange Zest  
4 cups Green Beans (washed, trimmed)  
2 tbsps Orange Juice  
2 tbsps Coconut Aminos

### Directions

- 1 Coat the chicken in the Chinese Five Spice and heat a pan over medium heat. Add the avocado oil and chicken to the pan. Cover and cook for 7 to 8 minutes per side or until it is cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the shallot. Cook for 1 to 2 minutes, then add the garlic and cook for 30 seconds. Add the orange zest and green beans and cook for 5 minutes. Add the orange juice and coconut aminos and cook for 1 more minute.
- 3 Slice the chicken into thick slices and add to a plate along with the green beans. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Use broccoli or other greens such as kale instead of green beans or in addition to it.

**No Coconut Aminos:** Use tamari or soy sauce instead.

**No Avocado Oil:** Use coconut oil or extra virgin olive oil instead.





## Mashed Cauliflower & Spinach

2 servings

15 minutes

### Ingredients

1/2 head Cauliflower (chopped into florets)  
1/4 tsp Sea Salt  
2 cups Baby Spinach

### Directions

- 1 Bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft.
- 2 Remove from heat and blend in a food processor until smooth. If needed, add water until your desired consistency is reached.
- 3 Divide the mashed cauliflower and spinach onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** Each serving equals approximately 3/4 cup of mashed cauliflower and one cup of spinach.

**More Flavor:** Add garlic and/or butter to the mashed cauliflower. Blend with oil or your choice of milk instead of water for desired consistency.

**Additional Toppings:** Top with freshly chopped chives or green onions.



## Turkey & Cabbage Stir Fry

2 servings

20 minutes

### Ingredients

10 2/3 ozs Extra Lean Ground Turkey  
 2 tsps Coconut Oil  
 5 1/3 cups Green Cabbage (thinly sliced)  
 2/3 Carrot (large, julienned)  
 2 2/3 tsps Water  
 2 2/3 tsps Coconut Aminos  
 2/3 Lime (juiced, plus more for garnish)  
 2 Garlic (clove, minced)  
 2 tsps Ginger (fresh, minced or grated)  
 1/3 cup Cilantro (chopped)

### Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

**Additional Toppings:** Top with additional cilantro.

**No Turkey:** Use ground chicken or pork instead.



## Bison Pumpkin Chili

2 servings  
 30 minutes

### Ingredients

1 1/2 tsps Extra Virgin Olive Oil  
 8 ozs Ground Bison  
 1/2 Yellow Onion (diced)  
 1 1/2 Garlic (cloves, minced)  
 1 tbsp Chili Powder  
 1 1/2 tsps Cumin  
 1/2 tsp Paprika  
 1/2 cup Crushed Tomatoes  
 1/2 cup Pureed Pumpkin  
 1/2 cup Water  
 3/4 tsp Maple Syrup  
 1/2 tsp Sea Salt  
 2 cups Coleslaw Mix

### Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

### Notes

**Optional Toppings:** Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

**More Veggies:** Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

**No Bison:** Use extra lean ground beef, chicken, turkey, lamb or venison.

**Vegan or Vegetarian:** Use mixed beans and/or tofu instead of ground meat.

**Leftovers:** Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.





## Mixed Greens with Lemon & Olive Oil

2 servings

5 minutes

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### Ingredients

4 cups Mixed Greens  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tbsps Hemp Seeds

### Directions

- 1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

### Notes

**On-the-Go:** Keep dressing in a separate container on the side. Add just before serving.  
**No Mixed Greens:** Use spinach, kale or romaine instead.



## Balsamic Dijon Chicken Thighs with Broccoli

2 servings

30 minutes

### Ingredients

8 ozs Chicken Thighs (skinless, boneless)  
3 cups Broccoli (chopped into florets)  
1 tbsp Extra Virgin Olive Oil  
1/2 tsp Sea Salt (divided)  
1/2 tsp Black Pepper  
1/2 tsp Garlic Powder  
1 tbsp Dijon Mustard  
1/4 cup Balsamic Vinegar  
1 tsp Oregano (dried)

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
- 3 Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
- 4 After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
- 5 After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
- 6 Remove from oven and serve immediately.

### Notes

**Leftovers:** Keeps well in the fridge for 3 days.

**No Chicken Thighs:** Use chicken breasts or drumsticks instead.





## Herb Roasted Turnip

2 servings  
20 minutes

### Ingredients

1 1/2 Turnip (peeled, diced)  
1 tbsp Avocado Oil  
1 tbsp Rosemary (chopped)  
1 tbsp Parsley (chopped, divided)  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a baking dish, coat the turnip in avocado oil, rosemary, half the parsley, and salt. Bake for 20 to 25 minutes, or until golden and tender.
- 3 Divide onto plates and garnish with remaining parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 1/2 to 3/4 of a cup of roasted diced turnips.

**Additional Toppings:** Roast the turnips with onions, garlic, peppers, bacon or parmesan.





## Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

### Ingredients

1/4 cup Walnuts (very finely chopped)  
 1 stalk Green Onion (very finely chopped)  
 1/4 tsp Sea Salt  
 1/2 tsp Italian Seasoning  
 1/2 tsp Lemon Juice  
 1 tbsp Extra Virgin Olive Oil (divided)  
 8 ozs Salmon Fillet  
 2 cups Asparagus (trimmed)

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

**No Green Onion:** Use yellow or red onion instead.

**Salmon:** Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

**Asparagus:** Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



## Steamed Broccoli, Cauliflower & Carrots

2 servings  
25 minutes

### Ingredients

- 1 Carrot (peeled, chopped)
- 1/4 head Cauliflower (cut into florets)
- 1 cup Broccoli (chopped)

### Directions

1

Set the carrots, cauliflower and broccoli in a steaming basket over boiling water and cover. Steam for 7 to 10 minutes or until cooked through. Remove from the basket and divide between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1 cup of steamed vegetables.

**More Flavor:** Add salt and pepper.





## Steak, Butternut Squash & Broccoli

2 servings  
40 minutes

### Ingredients

3 cups Butternut Squash (peeled, seeds removed, chopped)  
1 tbsp Extra Virgin Olive Oil  
1 tsp Sea Salt  
1 lb NY Striploin Steak  
1 tsp Thyme  
2 cups Broccoli (chopped into florets)  
1 tbsp Nutritional Yeast

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add garlic and your favorite herbs to the steak.





## Paleo Tacos

2 servings  
25 minutes

### Ingredients

4 Siete Almond Flour Tortilla ((May substitute plantain tortillas or jicama tortillas))  
1 1/2 tsps Avocado Oil  
8 ozs Extra Lean Ground Beef  
1/2 tsp Onion Powder  
1/4 tsp Garlic Powder  
1/4 tsp Sea Salt  
1/4 tsp Cumin  
1/4 head Green Lettuce (small, finely chopped)  
1 Tomato (medium, diced)

### Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

### Notes

**Serving Size:** One serving is equal to two tacos.

**Storage:** Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

**More Toppings:** Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

**No Ground Beef:** Use ground turkey, chicken, pork or lamb instead.

**Vegan & Vegetarian:** Use lentils instead of ground meat.



## Beef & Bean Minestrone

2 servings

1 hour 15 minutes

### Ingredients

1 tsp Extra Virgin Olive Oil  
 2 2/3 ozs Extra Lean Ground Beef  
 1/3 Yellow Onion (medium, finely chopped)  
 2/3 Carrot (medium, chopped)  
 2/3 stalk Celery (finely chopped)  
 1 1/3 Garlic (cloves, minced)  
 1 1/3 tsps Italian Seasoning  
 1/3 tsp Sea Salt  
 1 1/3 tbsps Tomato Paste  
 1 1/3 cups Beef Broth  
 1 1/8 cups Diced Tomatoes (from the can)  
 2/3 cup Mixed Beans (cooked)  
 1/3 Bay Leaf  
 1/3 Zucchini (medium, chopped)  
 2/3 cup Baby Spinach

### Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Store in the freezer for longer.

**Serving Size:** One serving is roughly 1 1/2 cups.

**No Ground Beef:** Use ground turkey or ground chicken instead.

**More Carbs:** Stir in cooked pasta or noodles before serving.

**Likes it Cheesey:** Sprinkle with parmesan or nutritional yeast.





## Turkey Taco Lettuce Wraps

2 servings  
25 minutes

### Ingredients

1 1/2 tsps Avocado Oil  
1/2 Yellow Onion (diced)  
8 ozs Extra Lean Ground Turkey  
1 tbsp Chili Powder  
1 1/2 tsps Cumin  
1 tsp Smoked Paprika  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt  
1/4 tsp Red Pepper Flakes  
1/2 Lime (juiced)  
1 1/2 Tomato (finely chopped and divided)  
1/2 Jalapeno Pepper (seeds removed and chopped)  
1/2 head Iceberg Lettuce (leaves pulled apart and washed)  
1 Avocado (diced)

### Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

### Notes

**Leftovers:** Refrigerate the ingredients separately in airtight containers for up to three days.

**Serving Size:** One serving is approximately three tacos.

**Optional Toppings:** Salsa, cheese, cilantro, black beans, sour cream or guacamole.

**No Iceberg Lettuce:** Use romaine leaves, green lettuce or Boston lettuce instead.

**Vegans & Vegetarians:** Omit the ground meat and use cooked lentils instead.





## Cauliflower Tacos with Lime Crema

2 servings

50 minutes

### Ingredients

2 1/4 tsps Avocado Oil  
1/2 tsp Cumin  
1/2 tsp Smoked Paprika  
1/4 tsp Garlic Powder  
1/4 tsp Sea Salt (divided)  
1/2 head Cauliflower (medium sized, chopped into florets)  
2 2/3 tsps Cashews (soaked, drained and rinsed)  
3/4 Lime (juiced)  
2 tsps Water  
4 Corn Tortilla  
1/2 cup Purple Cabbage (thinly sliced)  
1/2 Avocado (sliced)  
2 tsps Cilantro (chopped, for garnish, optional)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.
- 2 Meanwhile, add the soaked and rinsed cashews to a blender along with the lime juice, water and remaining sea salt. Blend on high until smooth and creamy.
- 3 Divide the tortillas between plates. Add the cabbage, roasted cauliflower and avocado to each tortilla. Drizzle the cashew lime sauce over each taco and garnish with cilantro, if using. Enjoy!

### Notes

**Leftovers:** This recipe is best stored with ingredients kept separately. Store everything in their own airtight container for up to three days.

**Serving Size:** One serving is two tacos.

**More Flavor:** Season the cabbage with extra lime juice and sea salt.

**Additional Toppings:** Top with thinly sliced radish and/or chili flakes.

**Nut-Free:** Use plain coconut yogurt mixed with lime juice instead of cashew cream.



## Mediterranean Mixed Bean Salad

2 servings

10 minutes

### Ingredients

1 1/3 cups Mixed Beans (cooked)  
1 1/3 cups Cherry Tomatoes (halved)  
2/3 cup Parsley (finely chopped)  
2 tsps Maple Syrup  
2 tsps Apple Cider Vinegar

### Directions

- 1 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 1 1/2 cups of salad.

**More Flavor:** Add minced garlic, olive oil, cumin or dried herbs.

**Additional Toppings:** Top with feta, olives, mixed greens, spinach or avocado.

**No Mixed Beans:** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.





## Roasted Broccoli & Pecans

2 servings

30 minutes

### Ingredients

2 cups Broccoli (cut into florets)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Nutritional Yeast  
1/8 tsp Sea Salt  
2 2/3 tbsps Pecans (chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
- 3 Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
- 4 Remove from the oven and divide between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one cup.

**No Pecans:** Use almonds or walnuts instead.

**More Flavor:** Add garlic powder or chilli powder.