



## Appetizers & Savoury Snacks



Live Fit Live Well

Jen Grossi







Health Rating

Prep	Cook	Ready in	Servings
10 min	40 min	50 min	5

# Spicy, Salty and Sweet Roasted Chickpea Mix

## Ingredients

3 can (15oz)	Chickpeas, canned, drained
2 tbsp	Extra virgin olive oil
2 tsp	Chili powder
1 tbsp	Liquid aminos
1/2 tbsp	Honey, raw
1 tbsp	Sesame seeds
2 tsp	Maple syrup, pure

## Instructions

1. Preheat oven to 350°F.
2. Drain and rinse chickpeas. Take one third of the chickpeas and place into bowl. Add 1 tbsp olive oil and 2 tsp chili powder. Mix until well coated and then spread onto half of a parchment lined cookie sheet.
3. Take another third of the chickpeas and place into a second bowl. Add 1 tbsp olive oil, 1 tbsp liquid aminos and ½ tbsp honey. Mix until well coated and then spread onto the empty half of the cookie sheet.
4. Sprinkle these chickpeas generously with sesame seeds.
5. Bake in the oven for 38-40 minutes, stirring the chickpeas every 10 minutes to ensure even roasting.
6. In a bowl, mix the final third of the chickpeas and 2 tsp maple syrup.
7. Remove other two batches of chickpeas once crunchy and allow to cool. About 25 minutes total.
8. Mix cooled chickpeas together and enjoy!

## Notes:

*Chickpeas*  
are a great source of protein and fibre!

Nutrition Facts	
Per Portion	
<b>Calories</b>	449
Calories from fat	116
Calories from saturated fat	13.1
<b>Total Fat</b>	12.9 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	5.6 g
<b>Cholesterol</b>	0
<b>Sodium</b>	798 mg
<b>Potassium</b>	314 mg
<b>Total Carbohydrate</b>	64 g
Dietary Fiber	16.7 g
Sugars	13.6 g
<b>Protein</b>	18.9 g

## Dietary servings

Per Portion

Meat Alternative	1.5
Vegetables	2.0

## Energy sources

Carbohydrates	57%
Fat	26%
Protein	17%

Recipe from:BEYourWELLSelf







Health Rating

Prep	Cook	Ready in	Servings
10 min	0 min	10 min	12

# Red Pepper Dip

## Ingredients

1/2 cup chopped	Red bell pepper
1/4 cup	Lemon juice
3 tbsp	Dill, fresh
1/2 tbsp	Nutritional yeast
2 clove(s)	Garlic
1/4 tsp	Sea salt
3 cup	Cashew nuts, raw (soaked at least 30 minutes, drained and rinsed)
1/2 cup	Water

## Instructions

1. In a food processor, process red pepper, lemon juice, dill, nutritional yeast, garlic, salt and cashew nuts until combined.
2. Add water slowly until mixture becomes smooth.
3. Serve immediately or store in an airtight container in the fridge for up to 4 days.
4. Dip can be eaten on almond crackers, manna bread or with collard wraps or with an assortment of vegetables.

## Notes:

Vegetables you can use to dip:

Bell Peppers

Carrots

Cherry Tomatoes

Celery

Cucumber

Red Peppers

are a great source of vitamin C

Nutrition Facts	
Per Portion	
<b>Calories</b>	201
Calories from fat	129
Calories from saturated fat	22.8
<b>Total Fat</b>	14.3 g
Saturated Fat	2.5 g
Trans Fat	0
Polyunsaturated Fat	2.6 g
Monounsaturated Fat	7.8 g
<b>Cholesterol</b>	0
<b>Sodium</b>	54 mg
<b>Potassium</b>	243 mg
<b>Total Carbohydrate</b>	11.8 g
Dietary Fiber	1.3 g
Sugars	2.4 g
<b>Protein</b>	6.3 g

Dietary servings  
Per Portion

Meat Alternative 1.1

Energy sources

Carbohydrates 23%  
Fat 64%  
Protein 13%

Recipe from:14-Day Raw-Food Meal Plan by Karen Gilman



Health Rating

Prep	Cook	Ready in	Servings
20 min	0 min	20 min	20

# Cucumber Feta Rolls

A delicious snack option that will please the whole family!

## Ingredients

2	Cucumber
cucumber(s)	
1/4 cup, crumbled	Feta cheese
3 tbsp	Greek yogurt, plain, 2% M.F.
2 1/2 tbsp	Sun-dried tomatoes (2 1/2 - 3 1/2 tbsp. - finely diced or can use bell pepper)
8 olive(s)	Kalamata olives (8-12, pitted, roughly chopped)
1 tbsp	Dill, fresh (roughly chopped or can use oregano)
2 tsp	Lemon juice
1 dash	Black pepper (or to taste)

## Instructions

1. Thinly slice the cucumbers lengthwise on a mandoline at a 2mm thick setting. Alternatively, you can use a vegetable peeler if you do not have a mandoline.
2. Lay the cucumbers on top of a paper towel-lined cutting board while you prepare the filling.
3. Add the feta and yogurt to a medium bowl. Mash to combine using a fork. Add the bell pepper or sun-dried tomatoes, olives, dill, lemon, and pepper to the bowl. Stir well to combine. In a bowl, mash the feta using a fork.
4. Place 1 - 2 teaspoons of the mixture at one end of a cucumber strip and roll-up. Secure with a toothpick. Repeat with remaining strips. If not serving immediately, chill until ready to serve.

Nutrition Facts	
Per Portion	
<b>Calories</b>	16.9
Calories from fat	6.7
Calories from saturated fat	3.3
<b>Total Fat</b>	0.7 g
Saturated Fat	0.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.3 g
<b>Cholesterol</b>	1.9 mg
<b>Sodium</b>	63 mg
<b>Potassium</b>	65 mg
<b>Total Carbohydrate</b>	1.8 g
Dietary Fiber	0.4 g
Sugars	0.8 g
<b>Protein</b>	0.8 g

Dietary servings  
Per Portion

Vegetables 0.6

Energy sources

Carbohydrates 42%  
Fat 40%  
Protein 19%

Recipe from:Good Life Eats





Health Rating



Prep	Cook	Ready in	Servings
10 min	25 min	35 min	18

# Gluten Free Quinoa Pizza Bites

## Ingredients

- 1 cup

Quinoa, cooked
- 3 large egg

Egg
- 1 cup, shredded

Mozzarella cheese, partially skimmed
- 1/3 cup slices

Pepperoni (cut into small pieces)
- 1/4 tsp

Salt

## Instructions

- Preheat oven to 350°F.
- Spray 18 mini muffin tins with nonstick spray. Set aside.
- Combine all ingredients and transfer to mini muffin tins.
- Bake for 25-30 minutes or until browned.
- Immediately transfer to cooling rack.
- Serve with pizza sauce.

Nutrition Facts	
Per Portion	
Calories	51
Calories from fat	27.1
Calories from saturated fat	11.3
Total Fat	3.0 g
Saturated Fat	1.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	1.0 g
Cholesterol	38 mg
Sodium	119 mg
Potassium	39 mg
Total Carbohydrate	2.5 g
Dietary Fiber	0.3 g
Sugars	0.1 g
Protein	3.5 g

## Dietary servings

Per Portion

Grain	0.2
Milk Alternative	0.1

## Energy sources

Carbohydrates	19%
Fat	53%
Protein	28%

Recipe from:Wonky Wonderful

# Quinoa Buffalo Bites

## Ingredients

1 cup	Quinoa, cooked
2 large egg	Egg
1/4 cup grated	Carrots
1/4 cup diced	Celery (finely diced)
3 tbsp	Buffalo Sauce
1/4 cup shredded	Cheddar cheese, reduced fat (18%)
1 pinch	Salt
1/2 cup	Greek yogurt, plain, fat-free (for blue cheese dip)
2 tbsp	Roquefort (blue) cheese (crumbled, for blue cheese dip)

## Instructions

To Prepare Quinoa Bites:  
Preheat oven to 350°F.

Spray 12 mini muffin tins with nonstick spray. Set aside.

Combine all ingredients and transfer to mini muffin tins. Bake for 30-35 minutes.

Immediately transfer to cooling rack.

**To Prepare Blue Cheese Dip**  
Combine Greek yogurt and blue cheese. Stir vigorously to incorporate.

## Nutrition Facts

Per Portion

<b>Calories</b>	57
Calories from fat	24.9
Calories from saturated fat	7.7
<b>Total Fat</b>	2.8 g
Saturated Fat	0.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.7 g
<b>Cholesterol</b>	37 mg
<b>Sodium</b>	218 mg
<b>Potassium</b>	69 mg
<b>Total Carbohydrate</b>	4.3 g
Dietary Fiber	0.5 g
Sugars	0.5 g
<b>Protein</b>	3.8 g

## Dietary servings

Per Portion

Grain	0.2
Milk Alternative	0.1
Vegetables	0.1

## Energy sources

Carbohydrates	30%
Fat	43%
Protein	26%

Recipe from: Wonky Wonderful, Nicole Harris





Prep	Cook	Ready in	Servings
10 min	25 min	35 min	24

## Crustless Jalapeño Mini Quiches

These Crustless Jalapeño Mini Quiches are the perfect bite-sized holiday appetizer to serve at your next gathering!

### Ingredients

3 spray (about 1/3 second)	Olive oil cooking spray (for greasing the pan)
1/2 cup	Broccoli, raw (chopped)
1/2 cup	Red bell pepper (chopped)
1/4 cup	Jalapeno pepper (deseeded, chopped)
1/2 cup	Red onion (chopped)
6 large egg	Egg
2 tbsp	Partly skimmed milk, 2% M.F. (or milk of choice)
1/2 tsp	Salt
1/4 tsp	Black pepper
1/4 cup, shredded	Cheddar cheese (or cheese of choice)

### Instructions

**Step 1:** Preheat oven to 350 degrees F and grease mini muffin pan with olive oil.

**Step 2:** Prepare all veggies by chopping as small as possible and add to a large mixing bowl.

**Step 3:** Whisk the eggs with the milk, salt, and pepper, then add the egg mixture to the large mixing bowl with the veggies. Add the shredded cheese and stir to combine all ingredients.

**Step 4:** Carefully pour the veggie and egg mixture into the mini muffin cups, filling a couple of millimetres from the top.

**Step 5:** Bake in the oven for 25 minutes.

**Step 6:** Let cool and serve on a large serving platter.

### Notes:

#### Tip:

Don't like the spice? Omit the jalapeno and add herbs of your choice for additional flavor!

Nutrition Facts	
Per Portion	
<b>Calories</b>	27.9
Calories from fat	16.4
Calories from saturated fat	6.1
<b>Total Fat</b>	1.8 g
Saturated Fat	0.7 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.7 g
<b>Cholesterol</b>	50 mg
<b>Sodium</b>	75 mg
<b>Potassium</b>	37 mg
<b>Total Carbohydrate</b>	0.9 g
Dietary Fiber	0.2 g
Sugars	0.5 g
<b>Protein</b>	2.0 g

### Dietary servings

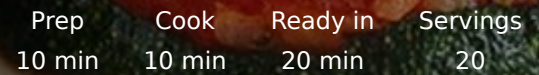
Per Portion

Meat Alternative	0.1
Vegetables	0.1

### Energy sources

Carbohydrates	12%
Fat	59%
Protein	29%

Recipe from:The Girl on Bloor



A light and tasty appetizer!

1/4 tsp	Italian herb seasoning, McCormick
1/4 cup	Marinara pasta sauce
1/2 cup, shredded	Mozzarella cheese, partially skimmed (or vegan cheese)
3 spray (about 1/3 second)	Olive oil cooking spray
1/4 cup slices	Pepperoni (halved, optional)
1/4 tsp	Salt and pepper
2 large	Zucchini (cut into 1/4-inch rounds)

1. Spray both sides of zucchini rounds lightly with nonstick cooking spray. Sprinkle with salt and pepper.
2. Broil or grill the zucchini rounds (grill pan set to medium-high) for 2 minutes on each side.
3. Place cooked zucchini rounds on a large lined baking sheet. Top with small amounts of sauce, cheese and pepperoni pieces, if desired.
4. Broil for an additional 1-3 minutes, or until cheese is melted, careful not to burn. Sprinkle with Italian seasoning and serve warm.

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Nutrition Facts	
Per Portion	
<b>Calories</b>	22.7
Calories from fat	11.4
Calories from saturated fat	4.9
<b>Total Fat</b>	1.3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.4 g
<b>Cholesterol</b>	3.4 mg
<b>Sodium</b>	74 mg
<b>Potassium</b>	101 mg
<b>Total Carbohydrate</b>	1.4 g
Dietary Fiber	0.4 g
Sugars	1.0 g
<b>Protein</b>	1.5 g

## Dietary servings

Per Portion

Vegetables 0.5

## Energy sources

Carbohydrates 24%

Fat 50%

Protein 26%

Recipe from: The Comfort of Cooking



## Vegan Nashville Hot Cauliflower Wings

These Nashville Style Hot Cauliflower wings are flavorful, hot and Delicious! Serve with vegan ranch or other dips. These can also be added to wraps or bowls.

### Ingredients

1 large head	Cauliflower (chopped into florets)	1 1/5 second spray	Cooking Spray, canola oil
1/3 cup	Almond milk, unsweetened (soy or cows (if not vegan) works too)	1 tbsp	Butter, vegan (melted; or oil of choice)
1 tsp	Hot sauce	1/2 tsp	Cayenne pepper (use 1/4 tsp for less heat)
1/2 tsp	Garlic powder	1 tsp	Black pepper (use 1/2 tsp for less heat))
1/2 tsp	Onion powder	1 tsp	Granulated sugar (or maple syrup)
1/2 tsp	Salt	1 tsp	Paprika (use more if omitting cayenne)
1/4 cup	All-purpose white flour (or use rice flour for gluten-free)	2 tbsp	Hot sauce
3 tbsp	Cornstarch (arrowroot and potato starch works too)	1/2 tsp	Garlic powder
1/2 tsp	Baking powder	1/2 tsp	Poultry seasoning, Trader's Choice (or use sage + onion powder)
1 tsp	Canola oil (or oil of choice)	1 tbsp	Vinegar, white
		1 tbsp	Water

# Instructions

**Step 1:** Chop the cauliflower into bite-sized florets and set aside. Line a baking sheet with parchment paper. Preheat the oven to 425 degrees F (220 C).

**Step 2:** To make the batter, whisk together the almond milk, hot sauce, garlic powder, onion powder, salt, flour, starch, baking powder, and oil. The batter will start to thicken after half a minute, so work quickly.

**Step 3:** Add cauliflower florets to the batter and toss well to coat. It will take a minute for the thick batter to coat the florets well. Some uncoated cauliflower edges are ok. Place the coated florets onto the parchment-lined baking sheet. Spray oil on top. (You can also sprinkle 2-3 tbsps breadcrumbs on the florets in the dish for extra crispiness).

**Step 4:** Bake for 25 mins (if planning to serve the homemade hot sauce on the side, **omit Steps 6 & 7** and bake for 35 minutes)

**Step 5:** In the meantime, make the Nashville hot sauce mixture. In a large bowl, add the melted vegan butter (or oil), cayenne, black pepper, sugar (or maple syrup), paprika, hot sauce, garlic powder, poultry seasoning, vinegar, and water. You can double this sauce easily for larger cauliflower.

**Step 6:** Remove the baking sheet from the oven and cool for 5 mins. Add the baked cauliflower to the sauce bowl and gently toss to coat.

**Step 7:** Drop back onto the baking sheet and bake for 15 mins at **400 degrees F**.

**Step 8:** Serve with cooling dips such as vegan ranch or sour cream and some pickles.

Nutrition Facts	
Per Portion	
Calories	83
Calories from fat	22.6
Calories from saturated fat	1.2
Total Fat	2.5 g
Saturated Fat	0.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.5 g
Cholesterol	0
Sodium	371 mg
Potassium	351 mg
Total Carbohydrate	12.5 g
Dietary Fiber	2.3 g
Sugars	2.6 g
Protein	2.6 g

## Dietary servings

Per Portion

Grain	0.3
Vegetables	2.0

## Energy sources

Carbohydrates	60%
Fat	27%
Protein	13%

Recipe from:Vegan Richa





Health Rating

Prep	Cook	Ready in	Servings
10 min	0 min	10 min	40

# Smoked Salmon and Cream Cheese Cucumber Bites

These simple yet fancy Smoked Salmon and Cream Cheese Cucumber Bites are the perfect crunchy, creamy finger food for any occasion!

## Ingredients

- 2 Cucumber (English, peeled and cut into cucumber(s)1" rounds)
- 454 gm Salmon, smoked (cut into bite sized pieces)
- 227 gm Cream cheese (1 package, softened)
- 3 tbsp Dill, fresh (chopped)
- 1 tbsp Horseradish, prepared (more or less to taste)

## Instructions

- Step 1:** Peel cucumbers and slice them into 1" circles. Arrange on a platter as desired. Place in the refrigerator while preparing the cream cheese.
- Step 2:** Place cream cheese, dill, and horseradish in a large bowl. Beat until well combined (a handheld mixer really helps).
- Step 3:** Spread 1 teaspoon of cream cheese on top of each cucumber slice (more or less to taste), then top each slice with a bite-sized piece of smoked salmon. Insert a toothpick down the center to keep in place.
- Step 4:** Serve immediately, or keep in the refrigerator until needed.

Nutrition Facts	
Per Portion	
<b>Calories</b>	35
Calories from fat	22.1
Calories from saturated fat	10.8
<b>Total Fat</b>	2.5 g
Saturated Fat	1.2 g
Trans Fat	0
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.7 g
<b>Cholesterol</b>	8.8 mg
<b>Sodium</b>	109 mg
<b>Potassium</b>	51 mg
<b>Total Carbohydrate</b>	0.8 g
Dietary Fiber	0.1 g
Sugars	0.5 g
<b>Protein</b>	2.5 g

## Dietary servings

Per Portion

Meat	0.2
Vegetables	0.2

## Energy sources

Carbohydrates	9%
Fat	62%
Protein	28%





Health Rating

Prep	Cook	Ready in	Servings
10 min	0 min	10 min	12

# White Bean and Sage Dip

## Ingredients

- 1 can (15oz)

Cannellini beans, canned (drained and rinsed)
- 1 can (15oz)

Navy beans, canned (drained and rinsed)
- 4 tbsp

Lemon juice (1 large lemon)
- 1 tbsp

Sage, fresh (finely chopped)
- 1/4 cup

Extra virgin olive oil
- 1/2 tsp

Sea salt
- 1 clove(s)

Garlic

## Instructions

1. In a food processor, combine all ingredients and blend until smooth.
2. Serve with carrot sticks, celery sticks and/or cherry tomatoes!

## Notes:

Yields 3 cups which equals 48 tablespoons - 12 servings = 4 tablespoons per person - depending on how many people eating it.

*Beans*

are a great source of fiber and protein!

Nutrition Facts	
Per Portion	
<b>Calories</b>	126
Calories from fat	43
Calories from saturated fat	6.3
<b>Total Fat</b>	4.8 g
Saturated Fat	0.7 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	3.3 g
<b>Cholesterol</b>	0
<b>Sodium</b>	260 mg
<b>Potassium</b>	272 mg
<b>Total Carbohydrate</b>	15.4 g
Dietary Fiber	3.6 g
Sugars	0.2 g
<b>Protein</b>	5.3 g

## Dietary servings

Per Portion

Meat Alternative	0.4
Vegetables	0.5

## Energy sources

Carbohydrates	49%
Fat	34%
Protein	17%

Recipe from:Aviva Allen, Kids' Nutritionist





Health Rating

Prep	Cook	Ready in	Servings
25 min	10 min	35 min	6

# Mini Pepper Nachos

## Ingredients

1 tbsp	Chili powder
1 tsp	Cumin
1 tsp	Garlic powder
1 tsp	Paprika
1/2 tsp	Kosher salt
1/2 tsp	Black pepper
1/2 tsp	Oregano, dried
1/4 tsp	Red pepper flakes (to taste)
454 gm	Beef, ground (grass-fed, organic)
454 gm	Green bell pepper (mini bell peppers; halved & seeded)
1 1/2 cup, shredded	Cheddar cheese (or vegan cheddar)
1/2 cup chopped	Tomato
1/2 cup	Sour cream, 14% M.F. (Topping - or use Greek yogurt)
1/4 cup	Black olives (pitted & sliced; Topping)
1/4 cup slices	Jalapeno peppers, sliced, canned (optional; Topping)
2 cup cubes	Avocado (Topping)

## Instructions

1. In a small bowl, combine chili powder, cumin, garlic powder, paprika, salt, pepper, oregano and red pepper flakes.
2. In a large skillet over medium heat, brown ground beef until just cooked through, about 7 to 10 minutes, breaking up any clumps with the back of a wooden spoon. Add spice mixture and sauté until well combined. Remove from heat.
3. Preheat oven to 400°F and line a large baking try with parchment paper or aluminum foil. Arrange mini peppers in a single layer, cut-side up but very close together.
4. Sprinkle with ground beef mixture and shredded cheese (make sure every mini pepper gets a little meat and cheese!). Bake 5 to 10 minutes, until cheese is melty.
5. Remove from oven and top with chopped tomatoes and any other desired toppings. Serve immediately.

Nutrition Facts	
Per Portion	
<b>Calories</b>	509
Calories from fat	365
Calories from saturated fat	153
<b>Total Fat</b>	41 g
Saturated Fat	17.0 g
Trans Fat	0.5 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	18.3 g
<b>Cholesterol</b>	88 mg
<b>Sodium</b>	634 mg
<b>Potassium</b>	732 mg
<b>Total Carbohydrate</b>	12.5 g
Dietary Fiber	5.9 g
Sugars	3.1 g
<b>Protein</b>	23.6 g

## Dietary servings

Per Portion

Meat	0.8
Milk Alternative	1.0
Vegetables	1.7

## Energy sources

Carbohydrates	10%
Fat	72%
Protein	19%

Recipe from:A Sweet Life



Health Rating

Prep	Cook	Ready in	Servings
15 min	25 min	40 min	12

# Healthy Stuffed Mushrooms

Make these healthy stuffed mushrooms for your next party or get together. They are packed with spinach, feta, and a little balsamic for delectable flavors!

## Ingredients

- 12

Cremini (Italian) mushroom (or white mushroom/button mushrooms, with stems)
- 1 tbsp

Coconut oil (or olive oil)
- 1/2 cup

Yellow onion (diced)
- 3 clove(s)

Garlic (minced)
- 2 cup

Baby spinach (cut into small pieces)
- 1 tbsp

Balsamic vinegar
- 1/4 tsp

Black pepper
- 1/4 cup

Feta cheese, low fat

## Instructions

- Step 1:

Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- Step 2:

Wash the mushrooms, remove the stems, and cut the stems into small diced pieces.
- Step 3:

In a medium skillet add oil, onion, garlic, diced mushrooms stems, and saute until tender (about 8-10 minutes).
- Step 4:

Add spinach and balsamic vinegar and saute until the spinach has wilted.
- Step 5:

Remove from heat and add the feta cheese.
- Step 6:

Stuff the mushrooms with the mixture and place on the parchment-lined baking sheet.
- Step 7:

Bake the stuffed mushrooms for 25-30 minutes.
- Step 8:

Enjoy warm or cold.

Nutrition Facts	
Per Portion	
<b>Calories</b>	26.9
Calories from fat	14.4
Calories from saturated fat	11.5
<b>Total Fat</b>	1.6 g
Saturated Fat	1.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.2 g
<b>Cholesterol</b>	2.8 mg
<b>Sodium</b>	40 mg
<b>Potassium</b>	108 mg
<b>Total Carbohydrate</b>	2.0 g
Dietary Fiber	0.3 g
Sugars	0.9 g
<b>Protein</b>	1.1 g

## Dietary servings

Per Portion

Vegetables 0.6

## Energy sources

Carbohydrates 30%

Fat 54%

Protein 16%

Recipe from:To Simply Inspire





Health Rating

Prep	Cook	Ready in	Servings
9 h 30 min	0 min	9 h 30 min	12

## Garlic & Herb Vegan Cheese

### Ingredients

2 cup	Cashew nuts, raw
2 tbsp	Dill, fresh (finely minced, for serving)
2 tbsp	Extra virgin olive oil
2 clove(s)	Garlic (minced)
1/2 tsp	Garlic powder (to taste)
2 whole lemon(s)	Lemon juice
1 whole lemon(s)	Lemon peel (zest)
2 tbsp	Nutritional yeast
1/2 tsp	Sea salt
3/4 cup	Water

### Instructions

Place cashews in a bowl and soak them by covering with boiling hot water and letting soak for 1.5 hours. Alternatively, soak in cool water, cover with plastic wrap and set in the refrigerator to soak for 12 hours. This process creates a creamier texture.

Once soaked, drain cashews thoroughly and add to food processor. Add minced garlic, garlic powder, lemon zest, lemon juice, water, nutritional yeast, salt and olive oil.

Process until very creamy and smooth, scraping down sides as needed. Then taste and adjust seasonings as needed, adding more lemon zest for tartness, nutritional yeast for cheesiness, garlic for zing, or salt for flavour.

Place a fine mesh strainer (or colander) over a large mixing bowl, and lay down two layers of cheesecloth (or a clean, fine, absorbent towel).

Use a spatula to scoop all cheese over the cheesecloth, then gather the corners and twist the top gently to form the cheese into a "disc." Secure with a rubber band.

Place in refrigerator to set for at least 6 hours, preferably 12, or until excess moisture has been wicked away, and it holds its form when released from the cheesecloth.

To serve, unwrap from cheesecloth and gently invert onto a serving platter. Reform with hands or cheesecloth as needed, then coat with chopped herbs and a bit more lemon zest (optional). It is fragile, so handle gently.

Cheese will hold its form for 1-2 hours out of the refrigerator, but best when chilled. Leftovers keep well covered in the refrigerator up to 5 days.

Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	163
Calories from fat	107
Calories from saturated fat	18.0
<b>Total Fat</b>	11.9 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	6.9 g
<b>Cholesterol</b>	0
<b>Sodium</b>	103 mg
<b>Potassium</b>	180 mg
<b>Total Carbohydrate</b>	9.1 g
Dietary Fiber	1.7 g
Sugars	1.7 g
<b>Protein</b>	5.1 g

Dietary servings  
Per Portion

Meat Alternative     0.7

### Energy sources

Carbohydrates     22%  
Fat                    65%  
Protein                12%



## Loaded Sweet Potato Nachos

### Ingredients

2 medium potato	Sweet potato (thinly sliced)
1 tsp	Extra virgin olive oil (for drizzling)
1 cup shredded	Dairy-free mozzarella cheese shreds, Daiya
1 cup	Black beans, canned (drained, rinsed)
1 mango	Mango (peeled, diced)
3 medium	Radish (sliced)
1 avocado(s)	Avocado (diced)
1 pepper(s)	Serrano pepper (thinly sliced)
1 fruit	Lime (sliced into wedges)
1/4 cup	Adobo sauce (from canned chipotles in adobo sauce)
1 pinch	Sea salt
1 dash	Black pepper

### Instructions

1. Preheat the oven to 400°F (200°C) and line a large baking sheet with parchment paper.
2. Toss the sweet potatoes with a drizzle of olive oil and a pinch of salt and pepper.
3. Spread in a thin layer on the baking sheet and bake for 15 minutes. Top with the cheese and bake for an additional 10 minutes or until the cheese is melted and the sweet potatoes are golden brown.
4. Remove the baking sheet from the oven and top the sweet potatoes with the black beans, mango, radishes, avocado, and serrano pepper.
5. Add a squeeze of lime, drizzle with the adobo sauce, and sprinkle with a few pinches of salt.
6. Serve straight from the pan with extra lime slices on the side.

Enjoy!

### Notes:

#### Quick Tips:

To make kid-friendly: omit adobo sauce and serrano peppers.

#### Nutritional Highlights:

##### *Sweet Potatoes*

are a good source of beta carotene which is converted to vitamin A in the body and is important for vision health and immunity!

Nutrition Facts	
Per Portion	
<b>Calories</b>	402
Calories from fat	175
Calories from saturated fat	37
<b>Total Fat</b>	19.4 g
Saturated Fat	4.1 g
Trans Fat	0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	8.5 g
<b>Cholesterol</b>	0
<b>Sodium</b>	3712 mg
<b>Potassium</b>	793 mg
<b>Total Carbohydrate</b>	49 g
Dietary Fiber	11.2 g
Sugars	11.8 g
<b>Protein</b>	7.6 g

## Dietary servings

Per Portion

Fruit	0.8
Meat Alternative	0.3
Milk Alternative	0.6
Vegetables	2.0

## Energy sources

Carbohydrates	49%
Fat	43%
Protein	8%

Recipe from: Jeanine Donofrio, The Love & Lemons Cookbook





## Cranberry Sweet Potato Turkey Poppers

These Cranberry Sweet Potato Turkey Popper are the ultimate holiday appetizer! They're paleo, whole30, gluten-free, and AIP compliant.

### Ingredients

454 gm	Ground turkey, extra lean
2 cup	Sweet potato (shredded or riced using a grater or food processor)
1 cup	Cranberries (fresh)
2 tbsp	Coconut flour
2 tbsp	Coconut oil
2 tsp	Rosemary, dried
2 tsp	Sage, ground
2 tsp	Parsley, dried
1 tsp	Sea salt

### Instructions

**Step 1:** Preheat the oven to 400 Degrees F and line a baking sheet with parchment paper.

**Step 2:** Add the fresh cranberries to a food processor and set it to shred or chop for 10-15 seconds. Remove the cranberries and use a paper towel to clean up any excess juice.

**Step 3:** Add the ground turkey, grated/riced sweet potato, chopped fresh cranberries, coconut flour, coconut oil, rosemary, sage, parsley, and salt to a large mixing bowl and stir to combine the ingredients.

**Step 4:** Roll the mixture into small, slightly flattened poppers (about one inch in diameter), and place them on the baking sheet. You'll have about 20-22 poppers.

**Step 5:** Bake for 25-28 minutes, flipping half way through. The internal temperature should read 165 degrees F. Crisp, further under the broiler for 1-2 minutes if desired.

**Step 6:** Remove from the oven and allow to cool slightly before serving with cranberry sauce or by themselves.

Nutrition Facts	
Per Portion	
<b>Calories</b>	143
Calories from fat	50
Calories from saturated fat	37
<b>Total Fat</b>	5.6 g
Saturated Fat	4.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.5 g
<b>Cholesterol</b>	31 mg
<b>Sodium</b>	345 mg
<b>Potassium</b>	306 mg
<b>Total Carbohydrate</b>	9.0 g
Dietary Fiber	2.1 g
Sugars	2.1 g
<b>Protein</b>	14.1 g

## Dietary servings

Per Portion

Fruit	0.3
Meat	0.6
Vegetables	0.5

## Energy sources

Carbohydrates	25%
Fat	35%
Protein	40%

Recipe from:Unbound Wellness



Health Rating

Prep 15 min Cook 30 min Ready in 45 min Servings 22

## Spinach Cheese balls

These Cheesy balls are the best easy appetizer to impress your guests. Prepared in minutes, using only a few ingredients!

### Ingredients

6 cup	Baby spinach (Fresh, trimmed and washed; or frozen spinach)	1 tsp	Garlic powder
3 large egg	Egg (beaten)	1 tsp	Salt
1 cup	Mozzarella cheese (Grated; or a combo of parmesan and mozzarella)	1 cup	Almond Flour
1/4 cup	Parsley, fresh (chopped; or herb of your choice)	2 tbsp (level)	Psyllium seed husk

### Instructions

**Step 1:** Preheat oven to 370°F (200°C) and line a non-stick baking sheet with parchment paper.

**Step 2:** Place the trimmed and washed spinach leaves in a large mixing bowl and cover with boiling water. Cover the bowl with a lid and set aside for 3 minutes.

**Step 3:** Once the spinach has sat for 3 minutes, rinse the spinach with cold tap water. Drain and using your hands squeeze out all the remaining water. You should measure 2/3 cup (160 g) of packed cooked spinach leaves.

- If you are using frozen spinach, defrost, and measure out 2/3 cup.

**Step 4:** Place the cooked spinach on a chopping board and finely chop. Transfer into an empty mixing bowl.

**Step 5:** Add beaten eggs, grated cheese, fresh herbs, salt, garlic powder, almond flour, and psyllium husk (or panko gluten-free crumbs) and combine with a spoon until it forms a batter from which you are able to form balls.

- If too moist, add slightly more almond flour or crumbs until easy to roll a ball with your hands.

**Step 6:** Form the spinach cheese balls (one ball is about 1 tablespoon of batter) and place each one on the baking sheet, leaving a half-thumb between each bite. You should be able to make approximately 22 spinach balls

**Step 7:** Bake for 20-30 minutes or until the balls are golden on the top.

**Step 8:** Serve warm with dips like sugar-free tomato sauce, guacamole, mustard, or tzatziki.

## Notes:

### Tips:

- If you are not following a ketogenic menu, then you may replace the **almond flour** and **psyllium husk** with 1 cup of **gluten-free Panko bread crumbs** and reduce the cheese to 3/4 or 1/2 cup (if preferred).
- If not following a gluten-free menu, you may replace the gluten-free bread crumbs with a gluten-containing option you may already have in the house.

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### Storage Instructions:

**If you do not intend to serve the spinach and cheese balls immediately**, freeze the uncooked balls on a plate covered with parchment paper. After 1 hour they are frozen enough to be transferred into an airtight container. Keep in the freezer for up to 3 months.

You don't need to defrost the balls before baking. Place them on a tray covered with parchment paper and bake as per instructions.

Nutrition Facts	
Per Portion	
<b>Calories</b>	65
Calories from fat	43
Calories from saturated fat	12.2
<b>Total Fat</b>	4.8 g
Saturated Fat	1.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	2.3 g
<b>Cholesterol</b>	32 mg
<b>Sodium</b>	149 mg
<b>Potassium</b>	102 mg
<b>Total Carbohydrate</b>	2.1 g
Dietary Fiber	1.2 g
Sugars	0.4 g
<b>Protein</b>	3.4 g

## Dietary servings

### Per Portion

Milk Alternative	0.1
Vegetables	0.3

## Energy sources

Carbohydrates	13%
Fat	66%
Protein	21%

Recipe from: Sweetashoney





# Healthy Deviled Eggs

## Ingredients

- 3 large egg Egg (free-range)
- 1 Avocado (ripe) avocado(s)
- 1 tomato Roma tomatoes (organic; sliced in half with the ribs and liquid removed)
- 1 medium Jalapeno pepper (organic; sliced lengthwise with; seeds and ribs removed) pepper(s)
- 1/2 tsp Cumin
- 1/4 tsp Turmeric, powder
- 1 pinch Salt and pepper (to taste)
- 2 tbsp Chives (chopped for garnishing)
- 1 medium Jalapeno pepper (diced for garnishing) pepper(s)

## Instructions

1. Place the eggs in a medium-sized pot with lukewarm water. Bring the water to a boil and simmer the eggs on medium-high heat for 5 to 6 minutes. Immediately drain the water and place the eggs in a bowl of ice water to cool them for 2 to 3 minutes. Remove the eggs and let them sit at room temperature for 30 minutes before peeling.
2. After peeling the eggs, slice them in half lengthwise, then remove the yolks and put them to the side.
3. Add the egg yolk, jalapeno, cumin, tomato, avocado, salt and pepper in a blender.
4. Blend the ingredients on high speed until a chunky, creamy guacamole mixture appears.
5. Using a spoon, gently scoop the guacamole into each egg cavity.
6. Sprinkle each egg with turmeric then sprinkle with diced jalapeno and chopped chives as desired

## Notes:

*Eggs*

are a great source of protein!

Nutrition Facts	
Per Portion	
<b>Calories</b>	606
Calories from fat	413
Calories from saturated fat	82
<b>Total Fat</b>	46 g
Saturated Fat	9.2 g
Trans Fat	0.1 g
Polyunsaturated Fat	6.1 g
Monounsaturated Fat	26.5 g
<b>Cholesterol</b>	578 mg
<b>Sodium</b>	296 mg
<b>Potassium</b>	1416 mg
<b>Total Carbohydrate</b>	24.0 g
Dietary Fiber	15.4 g
Sugars	5.3 g
<b>Protein</b>	24.1 g

## Dietary servings

Per Portion

Meat Alternative	1.7
Vegetables	3.4

## Energy sources

Carbohydrates	16%
Fat	68%
Protein	16%

Recipe from:Mercola.com



Health Rating

Prep 15 min Cook 30 min Ready in 45 min Servings 12

## Healthier Spinach Artichoke Dip

This recipe for healthier spinach artichoke dip is easy, creamy, and sneakily lightened up thanks to a special ingredient!

### Ingredients

341 gm	Frozen spinach (1 bag, prepared and drained)
1 can (15oz)	Cannellini beans, canned (rinsed and drained)
2 tbsp	Olive oil
1 can (15oz)	Artichoke hearts, canned (drained and roughly chopped)
114 gm	Cream cheese, fat free (softened)
1/2 cup	Parmesan cheese, grated
2 tsp	Hot sauce (or to taste)
2 tbsp	Garlic (minced)
1 tsp	Onion powder
1/4 tsp	Black pepper (ground)
1/4 tsp	Salt

### Instructions

**Step 1:** Prepare spinach according to package directions. Preheat oven to 375 degrees F. Once the spinach is done cooking, drain and add to a large bowl.

**Step 2:** In the bowl or a large food processor, blend the cannellini beans and olive oil until mostly smooth. Add mixture to the bowl with the drained spinach.

**Step 3:** Add the artichokes, cream cheese, parmesan cheese, hot sauce, garlic, onion powder, pepper, and salt to the bowl and stir to combine evenly. Place mixture in an oven-safe baking dish or cast iron pan. Top with additional Parmesan if you like.

**Step 4:** Bake for 20-30 minutes, or until dip is heated throughout and cheese is melty. Serve while warm.

Nutrition Facts	
Per Portion	
<b>Calories</b>	124
Calories from fat	35
Calories from saturated fat	10.4
<b>Total Fat</b>	3.9 g
Saturated Fat	1.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	4.8 mg
<b>Sodium</b>	322 mg
<b>Potassium</b>	427 mg
<b>Total Carbohydrate</b>	14.3 g
Dietary Fiber	4.0 g
Sugars	1.1 g
<b>Protein</b>	8.1 g

## Dietary servings

Per Portion

Meat Alternative	0.2
Vegetables	0.8

## Energy sources

Carbohydrates	46%
Fat	28%
Protein	26%

Recipe from:My Sequined Life





Health Rating

Prep	Cook	Ready in	Servings
10 min	10 min	20 min	12

# Goat Cheese Stuffed Dates

These goat cheese stuffed dates are an easy and delicious vegetarian appetizer for Christmas or New Year's Eve.

## Ingredients

12 date pitted	Medjool date
2/3 cup	Goat cheese, soft
6 pecans	Pecans (halved; or nuts of choice)
1 tbsp	Chives (fresh, chopped)
1 dash	Salt (to taste)
1 dash	Black pepper (to taste)

## Instructions

- Step 1:** Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.
- Step 2:** Pit the Medjool dates (if not already pitted) and use your fingers to coax the dates into a bowl shape.
- Step 3:** Stuff each date with 1/2 teaspoon of goat cheese.
- Step 4** Add a sprinkle of chopped chives on top of the goat cheese.
- Step 5:** Press a single pecan half into each date.
- Step 6:** Sprinkle salt and pepper on top of the dates.
- Step 7:** Place the stuffed dates on the baking sheet and bake for 10 minutes.

Nutrition Facts	
Per Portion	
Calories	107
Calories from fat	25.1
Calories from saturated fat	11.6
Total Fat	2.8 g
Saturated Fat	1.3 g
Trans Fat	0
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	1.0 g
Cholesterol	3.8 mg
Sodium	44 mg
Potassium	176 mg
Total Carbohydrate	18.3 g
Dietary Fiber	1.8 g
Sugars	16.1 g
Protein	2.1 g

## Dietary servings

Per Portion

Fruit	0.2
Milk Alternative	0.2

## Energy sources

Carbohydrates	68%
Fat	24%
Protein	8%





Health Rating

Prep	Cook	Ready in	Servings
30 min	25 min	55 min	10

## Garlic and Herb Stuffed Mushrooms

Mushrooms are an important source of antioxidants, mainly selenium, and as such have powerful anti-inflammatory properties.

### Ingredients

227 gm	Cremini (Italian) mushroom (approx. 10)
2 clove(s)	Garlic (peeled)
1/4 tsp	Sea salt, fine (or more to taste)
1/2 tsp	Herbes de provence
1/2 tbsp	Lemon juice
2 tbsp	Extra virgin olive oil
1 tbsp	Parsley, fresh (chopped)

### Instructions

1. Wipe the mushrooms with a damp towel. Do not rinse the mushrooms under running water, they will absorb too much water.
2. Remove the mushroom stems, trim their tough base, and chop into a fine dice.
3. In a mortar, pound together the garlic, 1/4 tsp of salt, and Provence herbs to form a rough paste.
4. Transfer the paste to a large bowl and stir in the lemon juice, olive oil, and parsley.
5. Add the mushrooms and mix with a spoon to cover the mushrooms with the marinade sauce.
6. Set aside and let the mushrooms marinate for 20 minutes at room temperature.
7. Preheat the oven to 400°F. Arrange the mushrooms in a baking dish.
8. Add the finely diced stems to the leftover marinade sauce, mix well and fill each of the mushrooms with it.
9. Add a little drizzle of olive oil and a pinch of salt.
10. Bake for 25 to 30 minutes, until they are nicely brown. Serve hot.

Notes:

Nutrition Facts	
Per Portion	
<b>Calories</b>	33
Calories from fat	25.0
Calories from saturated fat	3.5
<b>Total Fat</b>	2.8 g
Saturated Fat	0.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	0
<b>Sodium</b>	45 mg
<b>Potassium</b>	108 mg
<b>Total Carbohydrate</b>	1.3 g
Dietary Fiber	0.2 g
Sugars	0.4 g
<b>Protein</b>	0.6 g

## Dietary servings

Per Portion

Vegetables 0.6

## Energy sources

Carbohydrates 16%  
 Fat 76%  
 Protein 8%

Recipe from:A Squirrel in the Kitchen





# Mini Hummus & Roasted Pepper Phyllo Bites

These tasty and easy little phyllo bites are perfect for entertaining or healthy snacking!

## Ingredients

- 30 shell(s) Phyllo pastry shells, mini (2 boxes, defrosted)
- 1 cup Hummus
- 1/2 cup Cucumber (English, diced)
- 1 pepper(s) Roasted red peppers, canned (or roast your own at home; 2 halves, diced)
- 1/3 cup, crumbled Feta cheese
- 2 tbsp Parsley, fresh (minced flat-leaf)

## Instructions

- Step 1:** Bake frozen mini phyllo shells on a parchment-lined baking sheet at 375 degrees F, until browned and crisp, for 5 minutes.
- Step 2:** Fill each mini phyllo shell with 1 ½ teaspoon hummus.
- Step 3:** Divide the cucumber, roasted red pepper, feta cheese, and parsley evenly between the phyllo shells. Serve.

Nutrition Facts	
Per Portion	
Calories	39
Calories from fat	17.9
Calories from saturated fat	4.0
Total Fat	2.0 g
Saturated Fat	0.4 g
Trans Fat	0
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.5 g
Cholesterol	1.6 mg
Sodium	79 mg
Potassium	29.0 mg
Total Carbohydrate	4.0 g
Dietary Fiber	0.6 g
Sugars	0.1 g
Protein	1.3 g

## Dietary servings

Per Portion

Grain	0.2
Vegetables	0.1

## Energy sources

Carbohydrates	41%
Fat	46%
Protein	13%

Recipe from: [Cookin Canuck](#)

# Grocery List

## Condiments

<input type="checkbox"/>	Adobo sauce	59.2 ml
<input type="checkbox"/>	Balsamic vinegar	15.0 ml
<input type="checkbox"/>	Buffalo Sauce	47.6 gm
<input type="checkbox"/>	Canola oil	5.0 ml
<input type="checkbox"/>	Coconut oil	41.4 gm
<input type="checkbox"/>	Extra virgin olive oil	233.0 ml
<input type="checkbox"/>	Hot sauce	44.9 ml
<input type="checkbox"/>	Liquid aminos	14.8 ml
<input type="checkbox"/>	Marinara pasta sauce	0.1 can (26oz)
<input type="checkbox"/>	Olive oil	30.0 ml
<input type="checkbox"/>	Olive oil cooking spray	1.8 gm
<input type="checkbox"/>	Vinegar, white	14.9 ml

## Baking

<input type="checkbox"/>	All-purpose white flour	31.3 gm
<input type="checkbox"/>	Baking powder	2.4 gm
<input type="checkbox"/>	Coconut flour	11.2 gm
<input type="checkbox"/>	Cornstarch	24 gm
<input type="checkbox"/>	Granulated sugar	4.2 gm
<input type="checkbox"/>	Honey, raw	0.5 tbsp
<input type="checkbox"/>	Maple syrup, pure	9.9 ml
<input type="checkbox"/>	Nutritional yeast	30.4 gm
<input type="checkbox"/>	Phyllo pastry shells, mini	30 shell(s)

## Other

<input type="checkbox"/>	Almond Flour	1 cup
<input type="checkbox"/>	Cannellini beans, canned	2 can (15oz)
<input type="checkbox"/>	Cooking Spray, canola oil	1 1/5 second spray
<input type="checkbox"/>	Navy beans, canned	1 can (15oz)
<input type="checkbox"/>	Quinoa, cooked	369.1 gm

## Beverage

<input type="checkbox"/>	Almond milk, unsweetened	78.9 ml
<input type="checkbox"/>	Lemon juice	226.6 ml
<input type="checkbox"/>	Water	310.7 ml

## Canned Food

<input type="checkbox"/>	Artichoke hearts, canned	433.3 gm
<input type="checkbox"/>	Black beans, canned	240.0 gm
<input type="checkbox"/>	Black olives	5.2 large
<input type="checkbox"/>	Chickpeas, canned, drained	2126.2 gm
<input type="checkbox"/>	Jalapeno peppers, sliced, canned	0.1 jar (16 oz)
<input type="checkbox"/>	Kalamata olives	8 olive(s)
<input type="checkbox"/>	Roasted red peppers, canned	175.0 gm

## Fruits

<input type="checkbox"/>	Avocado	3.6 avocado(s)
<input type="checkbox"/>	Cranberries	110.0 gm
<input type="checkbox"/>	Lemon peel (zest)	25.4 tsp
<input type="checkbox"/>	Lime	1 fruit
<input type="checkbox"/>	Mango	1 mango
<input type="checkbox"/>	Medjool date	12 date pitted

## Vegetables

<input type="checkbox"/>	Baby spinach	246.0 gm
<input type="checkbox"/>	Broccoli, raw	0.2 head
<input type="checkbox"/>	Carrots	0.5 medium
<input type="checkbox"/>	Cauliflower	840 gm
<input type="checkbox"/>	Celery	0.8 medium stalk(s)
<input type="checkbox"/>	Chives	9.1 gm
<input type="checkbox"/>	Cremini (Italian) mushroom	28.2 mushroom(s)
<input type="checkbox"/>	Cucumber	4.2 cucumber(s)
<input type="checkbox"/>	Garlic	2.0 bulb
<input type="checkbox"/>	Green bell pepper	2.8 medium pepper(s)
<input type="checkbox"/>	Horseradish, prepared	15.2 gm
<input type="checkbox"/>	Jalapeno pepper	3.6 medium pepper(s)
<input type="checkbox"/>	Parsley, fresh	26.4 gm
<input type="checkbox"/>	Radish	0.4 bunch
<input type="checkbox"/>	Red bell pepper	1.3 medium pepper(s)
<input type="checkbox"/>	Red onion	70 gm
<input type="checkbox"/>	Roma tomatoes	1 tomato
<input type="checkbox"/>	Serrano pepper	1 pepper(s)
<input type="checkbox"/>	Sun-dried tomatoes	8.6 gm
<input type="checkbox"/>	Sweet potato	3.5 large potato
<input type="checkbox"/>	Tomato	0.8 medium
<input type="checkbox"/>	Yellow onion	0.8 medium
<input type="checkbox"/>	Zucchini	3.3 medium

## Meat

<input type="checkbox"/>	Beef, ground	453.6 gm
<input type="checkbox"/>	Ground turkey, extra lean	453.6 gm
<input type="checkbox"/>	Pepperoni	62.9 gm

## Spices & Herbs

<input type="checkbox"/>	Black pepper	8.5 gm
<input type="checkbox"/>	Cayenne pepper	0.9 gm
<input type="checkbox"/>	Chili powder	12.9 gm
<input type="checkbox"/>	Cumin	3.2 gm
<input type="checkbox"/>	Dill, fresh	0.1 bunch
<input type="checkbox"/>	Garlic powder	15.7 gm
<input type="checkbox"/>	Herbes de provence	1.1 gm
<input type="checkbox"/>	Italian herb seasoning, McCormick	0.8 gm
<input type="checkbox"/>	Kosher salt	3.1 gm
<input type="checkbox"/>	Onion powder	8.6 gm
<input type="checkbox"/>	Oregano, dried	0.8 gm
<input type="checkbox"/>	Paprika	4.3 gm
<input type="checkbox"/>	Parsley, dried	0.6 gm
<input type="checkbox"/>	Poultry seasoning, Trader's Choice	2.4 gm
<input type="checkbox"/>	Red pepper flakes	0.5 gm
<input type="checkbox"/>	Rosemary, dried	2.5 gm
<input type="checkbox"/>	Sage, fresh	2.0 gm
<input type="checkbox"/>	Sage, ground	1.4 gm
<input type="checkbox"/>	Salt	16.1 gm
<input type="checkbox"/>	Salt and pepper	1.9 gm
<input type="checkbox"/>	Sea salt	14.2 gm
<input type="checkbox"/>	Sea salt, fine	1.1 gm
<input type="checkbox"/>	Turmeric, powder	0.6 gm

### Dairy & Cheese

<input type="checkbox"/>	Butter, vegan	14 gm
<input type="checkbox"/>	Cheddar cheese	209.0 gm
<input type="checkbox"/>	Cheddar cheese, reduced fat (18%)	29.9 gm
<input type="checkbox"/>	Cream cheese	1.0 block
<input type="checkbox"/>	Cream cheese, fat free	0.5 block
<input type="checkbox"/>	Egg	19.3 medium egg
<input type="checkbox"/>	Feta cheese	92.4 gm
<input type="checkbox"/>	Feta cheese, low fat	37.3 gm
<input type="checkbox"/>	Goat cheese, soft	99.4 gm
<input type="checkbox"/>	Greek yogurt, plain, 2% M.F.	45.5 gm
<input type="checkbox"/>	Greek yogurt, plain, fat-free	119.5 gm
<input type="checkbox"/>	Mozzarella cheese	132.5 gm
<input type="checkbox"/>	Mozzarella cheese, partially skimmed	179.1 gm
<input type="checkbox"/>	Parmesan cheese, grated	50 gm
<input type="checkbox"/>	Partly skimmed milk, 2% M.F.	29.6 ml
<input type="checkbox"/>	Roquefort (blue) cheese	16.9 gm
<input type="checkbox"/>	Sour cream, 14% M.F.	115.0 gm

### Snacks & Nuts

<input type="checkbox"/>	Cashew nuts, raw	650.0 gm
<input type="checkbox"/>	Pecans	16.8 gm
<input type="checkbox"/>	Sesame seeds	9.1 gm

### Frozen & Refrigerated Foods

<input type="checkbox"/>	Dairy-free mozzarella cheese shreds, Daiya	0.5 package(s)
<input type="checkbox"/>	Frozen spinach	1.2 package (10oz)

### Various Groceries

<input type="checkbox"/>	Hummus	249.8 gm
<input type="checkbox"/>	Psyllium seed husk	2 tbsp (level)

### Seafood

<input type="checkbox"/>	Salmon, smoked	453.6 gm
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